

BEAST (EXPERT)

Set pause: 5 min

SUPERSET

Ring L-sit chinups

- 1 4 repetitions
- 2 4 repetitions
- 3 4 repetitions
- 4 4 repetitions

Pseudo planche pushups (2s pause on top)

- 1 4 repetitions
- 2 4 repetitions
- 3 4 repetitions
- 4 4 repetitions

Set pause: 5 min

SUPERSET

Scapula pullups

- 1 4 repetitions
- 2 4 repetitions
- 3 4 repetitions
- 4 4 repetitions

explosive pushups

- 1 6 repetitions
- 2 6 repetitions
- 3 6 repetitions
- 4 6 repetitions

Set pause: 5 min

SUPERSET

Wide ring chinups

- 1 4 repetitions
- 2 4 repetitions
- 3 4 repetitions

Pushup tricep extensions

- 1 5 repetitions
- 2 5 repetitions
- 3 5 repetitions

Circular hanging leg lifts

- 1 4 repetitions
- 2 4 repetitions
- 3 4 repetitions

Straight arm plank

- 1 10 repetitions
- 2 10 repetitions
- 3 10 repetitions