

BEAST (EXPERT)

Set pause: 5 min

SUPERSET

L-sit pullups

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

Tuck L-sit dips

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

Set pause: 5 min

SUPERSET

Narrow HFK chinups

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

Ring dips

- 1 5 repetitions
- 2 5 repetitions
- 3 5 repetitions
- 4 5 repetitions

Set pause: 5 min

SUPERSET

Supermans

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

Pike ups

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

Arching active hang

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

Planche lean

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