

BEAST (EXPERT)

Set pause: 5-6 min

SUPERSET

Wide L-sit pullups

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

Wide ring dips

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

Set pause: 5-6 min

SUPERSET

Wide behind the neck pullups

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

Ring dips (2s pause at top)

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

Set pause: 5-6 min

SUPERSET

Scapula pullups

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

Pseudo planche pushups (w. 2s pause top)

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

Circula hanging leg lifts

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

V-ups

- 1 8 repetitions
- 2 8 repetitions
- 3 8 repetitions