

## BEAST (EXPERT)

Set pause: 5-6 min

### SUPERSET

#### Archer chinups

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

#### Tuck L-sit russian dips

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

Set pause: 5-6 min

### SUPERSET

#### Ring L-sit chinups

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

#### Russian dips

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

Set pause: 5-6 min

### SUPERSET

#### Supermans

1 3 repetitions    2 3 repetitions    3 3 repetitions

#### Wide pullups

1 4 repetitions    2 4 repetitions    3 4 repetitions

#### Diamond pushups tricep extension

1 5 repetitions    2 5 repetitions    3 5 repetitions

#### Advanced L-sit hold

1 10 repetitions    2 10 repetitions    3 10 repetitions