

BEAST (EXPERT)

Set pause: 5-6 min

SUPERSET

Perfect pullups

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

Archer dips

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

Set pause: 5-6 min

SUPERSET

Swan pullups

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

Russian L-sit dips

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

Set pause: 5-6 min

SUPERSET

Wide L-sit pullups

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

Japanese pushups

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

Lift to V-sit

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

V-ups my way

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