

RAW WORKOUT REQUIREMENTS
MEN • LVL 0

NOVICE

- 3s Wall HS – 3 Wall HSPU – 3s Wall HS
belly must face the wall
- 1× +125% BW Full ATG 3s Paused Squat
- 1× Clean Muscle Up
- 10× +12kg Pull Ups
1s deadstops each rep both up and down, any grip, no kip
- 10× +8kg Pistols (each leg)
1s deadstops each rep both up and down (weight can be in front of the body)
- 6s One Leg Front Lever
- 6s One Leg Back Lever
- 10× +16kg Dips
1s deadstops each rep both up and down, no kip, full range of motion
- 10× Knee-sit Leg Raises
1s deadstops each rep down
- 10× Jump Squats
1s ATG deadstops each rep