

RAW WORKOUT REQUIREMENTS
WOMEN • LVL 2

AMAZON

- 10s Handstand
freestanding
- 1× +110% BW Full ATG Paused Squat
- 3× Full Muslce Ups
rings or bar
- 2× Archer Pull Ups
each arm
- 5× +20kg Dips
deadstop, full range of motion
- 1×Bar Pull Over + 5 Dips,
1×Bar Pull Over + 4 Dips,
1×Bar Pull Over + 3 Dips
all clean, each rep from pull basic up
- 3s Human Flag
can be straddle
- 3s Back Lever
can be straddle
- 3s Front Lever + 6s Tuck Front Lever
front lever can be straddle

1× +125% BW Full ATG Paused Squat

3s Dragon Flag

can be straddle

1× One Arm Leg Raise from L-sit

each arm, clean

1× +16kg Full Pistol Squat