

RAW WORKOUT REQUIREMENTS
WOMEN • LVL 1

MEMBER

- 3s Handstand
must be done on the ground
- 1× +100% BW Full ATG 3s Paused Squat
- 10× Pull Ups
any grip, full range of motion, lockouts
- 10× Pistols (each leg, ATG)
- 10× Dips
full range of motion, lockouts
- 10× Toes to Bar
- 10× Push Ups
chest to ground
- 1× Full Glute Ham Raise