

# Huntsman

**LEVEL I** 2 reps **LEVEL II** 4 reps **LEVEL III** 6 reps each

**LEVEL I** 3 sets **LEVEL II** 4 sets **LEVEL III** 5 sets **REST** up to 2 minutes



close grip push-ups



classic grip push-ups



wide grip push-ups



raised leg push-ups



staggered push-ups



stacked push-ups