```
git reset --hard HEAD^
git push origin -f
```

```
PS C:\Users\rabbil\Desktop\repo\demo> git reset --hard HEAD^
HEAD is now at 230b937 Version 5
PS C:\Users\rabbil\Desktop\repo\demo> git push origin -f
Total 0 (delta 0), reused 0 (delta 0), pack-reused 0 (from 0)
To https://github.com/rupomsoft/demo
 + 29af0ce...230b937 main -> main (forced update)
PS C:\Users\rabbil\Desktop\repo\demo>
```