**RING PROGRAM  
BEGINNER 2**

A picture containing box

Description automatically generatedA picture containing food

Description automatically generated

**PROGRAM 2  
  
WARMING-UP**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Single set Static hold** | **TRAINING 1** | **TRAINING 2** | **TRAINING 3** | **TRAINING 4** | **TRAINING 5** | **TRAINING 6** |
| **1. Chest schoulder stretch rings** | **2x 10/30** | **3x 10/30** | **3x 12/30** | **3x 14/30** | **4x14/30** | **4x16/30** |
| **2 regulier hold** | **3x 20/35** | **3x 24/35** | **3x 28/35** | **4x 20/35** | **4x24/35** | **4x26/35** |
| **3 push ups hold lag** | **3x 10/35** | **3x 12/35** | **3x 14/35** | **4x 12/35** | **4x16/35** | **4x20/35** |
| **4 ching up hold half way** | **4x 10/35** | **4x 12/35** | **4x 14/35** | **5x 10/35** | **5x 12/35** | **5x 14/35** |

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| **SINGLE SET NEGATIVE** | **TRAINING 1** | **TRAINING 2** | **TRAINING 3** | **TRAINING 4** | **TRAINING 5** | **TRAINING 6** |
| **5 dips** | **3x 6** | **3x8** | **3x10** | **4x8** | **4x9** | **4x10** |
| **6 Pull ups** | **3x 6** | **3x8** | **3x10** | **4x8** | **4x9** | **4x10** |

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| **SINGLE SETS** | **TRAINING 1** | **TRAINING 2** | **TRAINING 3** | **TRAINING 4** | **TRAINING 5** | **TRAINING 6** |
| **7 Push ups** | **4x10** | **4x12** | **4x14** | **5x12** | **5x14** | **5x16** |
| **8 Australian row** | **4x8** | **4x10** | **4x12** | **5x12** | **5x14** | **5x16** |
| **9 upside down pulls** | **4x6** | **4x8** | **4x10** | **5x6** | **5x7** | **5x8** |

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| **ABS** | **TRAINING 1** | **TRAINING 2** | **TRAINING 3** | **TRAINING 4** | **TRAINING 5** | **TRAINING 6** |
| **10 Tabata superman & HBH** | **4x 18/10** | **4x20/10** | **4x22/10** | **5x 18/10** | **5x20/10** | **5x22/10** |