**RING PROGRAM
BEGINNER 3**



**PROGRAM  3

WARMING-UP**

|  |  |  |  |  |  |  |
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| **EMOM SUPERSET STATIC HOLD**  | **TRAINING 1** | **TRAINING 2** | **TRAINING 3** | **TRAINING 4** | **TRAINING 5** | **TRAINING 6** |
| **1 Minutes 1 Pushup hold up** | **4x 24s** | **4x26** | **5x26** | **5x28** | **6x28** | **6x30** |
| **2 Minutes 2 pull ups hold up** | **4x 14** | **4x16** | **5x16** | **5x18** | **6x18** | **6x20** |
|  |  |  |  |  |  |  |
| **3 Minutes 1 regulair hanging** | **4x 24** | **4x 26** | **5x 28** | **5x 26** | **6x 28** | **6x 30** |
| **4 Minutes 2 upside down hanging** | **4x 14** | **4x 16** | **5x 18** | **5x 14** | **6x 16** | **6x 18** |

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| **SINGLE SET** | **TRAINING 1** | **TRAINING 2** | **TRAINING 3** | **TRAINING 4** | **TRAINING 5** | **TRAINING 6** |
| **5 box chin ups**  | **3x6** | **3x8** | **3x10** | **4x6** | **4x8** | **4x10** |
| **6 box dips** | **3x8** | **3x10** | **3x12** | **4x10** | **4x12** | **4x14** |
| **7 chest fly low position single arm** | **3x6** | **3x8** | **3x10** | **4x6** | **4x8** | **4x10** |
| **8 Hanging knee raises** | **3x12** | **3x14** | **4x14** | **4x16** | **5x14** | **5x16** |

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| **ABS** | **TRAINING 1** | **TRAINING 2** | **TRAINING 3** | **TRAINING 4** | **TRAINING 5** | **TRAINING 6** |
| **9 V-ups**  | **3x6** | **3x8** | **3x10** | **4x6** | **4x8** | **4x10** |
| **10 HBH** | **3x 20/35** | **3x 24/35** | **3x 28/35** | **4x 20/35** | **4x24/35** | **4x26/35** |