

RING PROGRAM

BEGINNER 4





PROGRAM 4

WARMING-UP

SINGLE SETS	TRAINING 1	TRAINING 2	TRAINING 3	TRAINING 4	TRAINING 5	TRAINING 6
1 Dips	4x6	4x8	4x10	5x6	5x8	5x10
2 Upside down pulls	4x8	4x10	4x12	5x8	5x10	5x12
3 Knee raises	4x12	4x14	4x16	5x14	5x16	5x18
4 Australian row	4x12	4x14	4x16	5x14	5x16	5x18

EMOM STATIC HOLD & MOVEMENT	TRAINING 1	TRAINING 2	TRAINING 3	TRAINING 4	TRAINING 5	TRAINING 6
4 push up hold low	4x 14s	4x 16s	5x18s	5x20	6x18	6x20
5 Puhs ups	4x 5	4x7	5x9	5x6	6x8	6x10
6 pull up half way	4x 14s	4x 16s	5x18s	5x20	6x18	6x20
7 Chin ups	4x 5	4x7	5x9	5x6	6x8	6x10

ABS	TRAINING 1	TRAINING 2	TRAINING 3	TRAINING 4	TRAINING 5	TRAINING 6
8 Tabata HBH	4x 18/10	4x20/10	4x22/10	5x 18/10	5x20/10	5x22/10