

RING PROGRAM

BEGINNER 5



PROGRAM 5

WARMING-UP



SUPERSETS	TRAINING 1	TRAINING 2	TRAINING 3	TRAINING 4	TRAINING 5	TRAINING 6
1 push-up hold down	3x20	3x24	4x26	4x16	5x18	5x20
2 push ups	3x10	3x12	4x14	4x10	5x12	5x14
4 pull up hold halfway	3x20	3x24	4x26	4x16	5x18	5x20
3 Australian pull ups	3x10	3x12	4x14	45x10	5x12	5x14
5 ring knee raise hold	3x20	3x24	4x26	4x16	5x18	5x20
6 ring knee raises	3x10	3x12	4x14	4x10	5x12	5x14
7 upside down hanging	3x10	3x14	4x16	4x12	5x14	5x16
8 upside down pulls	3x10	3x12	4x14	4x10	5x12	5x14

SUPERSETS	TRAINING 1	TRAINING 2	TRAINING 3	TRAINING 4	TRAINING 5	TRAINING 6
9 V-ups	3x8	3x10	3x12	4x8	4x10	4x12
10 Deadbug	2x10	2x12	3x8	3x10	3x12	3x14