**RING PROGRAM  
MEDIUM 1**

A picture containing box

Description automatically generatedA picture containing food

Description automatically generated

**PROGRAM 1  
  
WARMING-UP**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **SINGLE SETS** | **TRAINING 1** | **TRAINING 2** | **TRAINING 3** | **TRAINING 4** | **TRAINING 5** | **TRAINING 6** |
|  |  |  |  |  |  |  |
| **ROTATIES PUSH UP** | **2x10** | **2x12** | **2x14** | **3x10** | **3x12** | **3x14** |
| **ROTATIES DIP** | **2x10** | **2x12** | **2x14** | **3x10** | **3x12** | **3x14** |
| **ROTATIES PULL UP** | **2x10** | **2x12** | **2x14** | **3x10** | **3x12** | **3x14** |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **SINGLE SETS** | **TRAINING 1** | **TRAINING 2** | **TRAINING 3** | **TRAINING 4** | **TRAINING 5** | **TRAINING 6** |
|  |  |  |  |  |  |  |
| **CHEST AB EXERCISE** | **3x10** | **3x12** | **3x14** | **4x10** | **4x12** | **4x14** |
| **FALS GRIP AUSTRAILIAN ROW** | **3x10** | **3x12** | **3x14** | **4x10** | **4x12** | **4x14** |
| **HANGING ABS SINGLE LEG, LEG RAISES** | **3x2x8** | **3x2x9** | **3x10** | **4x8** | **4x9** | **4x10** |
| **BACK EXTENSION UPSIDE DOWN HANGING** | **3x10** | **3x12** | **3x14** | **4x10** | **4x12** | **4x14** |
|  |  |  |  |  |  |  |

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| --- | --- | --- | --- | --- | --- | --- |
| **NEGATIEF TRAINEN** | **TRAINING 1** | **TRAINING 2** | **TRAINING 3** | **TRAINING 4** | **TRAINING 5** | **TRAINING 6** |
|  |  |  |  |  |  |  |
| **1 PUSH-UPS** | **4x30/60** | **4x30/50** | **4x35/60** | **5x30/60** | **5x30/50** | **5x35/60** |
| **2 PULL-UPS** | **4x30/60** | **4x30/50** | **4x35/60** | **5x30/60** | **5x30/50** | **5x35/60** |
| **3 DIPS** | **4x30/60** | **4x30/50** | **4x35/60** | **5x30/60** | **5x30/50** | **5x35/60** |