**RING PROGRAM
MEDIUM 6**



**PROGRAM 6

WARMING-UP**

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| **MAX OUT** | **TRAINING 1** |
| **1 PULL-UPS** | **5 SETS** |
| **2 DIPS** | **5 SETS** |
| **3 KNEE TUCK AND PUNSH** | **5 SETS** |
| **4 HOW MANY TURN OVERS**  | **5 SETS** |
| **5 HOW LONG CAN YOU REGULAIR HANG?** | **1 SET** |
| **6 HOW LONG CAN YOU HANG IN PULLUP UP POSITION** | **1 SET** |