**RING PROGRAM  
MEDIUM 6**

A picture containing box

Description automatically generatedA picture containing food

Description automatically generated

**PROGRAM 6  
  
WARMING-UP**

|  |  |
| --- | --- |
| **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** |