**RING PROGRAM
HARD 2**



**PROGRAM 2

WARMING-UP**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **SINGLE SETS** | **TRAINING 1** | **TRAINING 2** | **TRAINING 3** | **TRAINING 4** | **TRAINING 5** | **TRAINING 6** |
| **BAND L-SIT FLOOR PULL UP WHIT TURN TO DIP**  | **3 SETS**  | **3 SETS**  | **4 SETS**  | **4 SETS**  | **4 SETS**  | **5 SETS** |

**PROGRESSION: TRY TO GET EVERY NEW WORKOUT 1 OR 2 MORE REPS IN TOTAL
50 SECONDS REST INBETWEEN SETS**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **SINGLE SETS** | **TRAINING 1** | **TRAINING 2** | **TRAINING 3** | **TRAINING 4** | **TRAINING 5** | **TRAINING 6** |
| **L SIT REGULAIR HANG TO WIDE HANG** | **3 SETS**  | **3 SETS**  | **4 SETS**  | **4 SETS**  | **4 SETS**  | **5 SETS** |
| **ARCHER PUSH UPS**  | **3 SETS**  | **3 SETS**  | **4 SETS**  | **4 SETS**  | **4 SETS**  | **5 SETS** |
| **FRONT LEVER RAISES** | **3 SETS**  | **3 SETS**  | **4 SETS**  | **4 SETS**  | **4 SETS**  | **5 SETS** |
| **PULL-UPS FALS GRIP** | **3 SETS**  | **3 SETS**  | **4 SETS**  | **4 SETS**  | **4 SETS**  | **5 SETS** |

**PROGRESSION: TRY TO GET EVERY NEW WORKOUT 1 OR 2 MORE REPS IN TOTAL
50 SECONDS REST INBETWEEN SETS**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **ARMAP** | **TRAINING 1** | **TRAINING 2** | **TRAINING 3** | **TRAINING 4** | **TRAINING 5** | **TRAINING 6** |
| **DIPPING** **BACK EXTENSION** **V-UPS**  | **8 MINUTES 6 REPS** | **8 MINUTES7 REPS** | **9 MINUTES6 REPS** | **9 MINUTES7 REPS** | **10 MINUTES7 REPS** | **10 MINUTES7 REPS** |