**RING PROGRAM  
HARD 2**

A picture containing box

Description automatically generatedA picture containing food

Description automatically generated

**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 MINUTES 7 REPS** | **9 MINUTES 6 REPS** | **9 MINUTES 7 REPS** | **10 MINUTES 7 REPS** | **10 MINUTES 7 REPS** |