**RING PROGRAM
MEDIUM 5**



**PROGRAM 5

WARMING-UP**

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| **SUPERSETS** | **TRAINING 1** | **TRAINING 2** | **TRAINING 3** | **TRAINING 4** | **TRAINING 5** | **TRAINING 6** |
| **1 LOWERBACK EXTENSION2 TURN OVERS** | **3 SET / 60S 4/4 REPS** | **3 SET / 60S 5/5 REPS** | **3 SET / 60S 6/6 REPS** | **4 SET / 60S 4/4 REPS** | **4 SET / 60S 5/5 REPS** | **4 SET / 60S 6/6 REPS** |
| **1 L-SIT PULL UPS FLOOR2 KNEE RAISES**  | **3 SET / 60S 8/4 REPS** | **3 SET / 60S 8/5 REPS** | **3 SET / 60S 10/5 REPS** | **4 SET / 60S 4/4 REPS** | **4 SET / 60S 4/4 REPS** | **4 SET / 60S 4/4 REPS** |
| **1 KNEE TUCK AND PUSH2 REGULAIR HANGING TO WIDE REPS** | **3 SET / 60S 4/4 REPS** | **3 SET / 60S 5/5 REPS** | **3 SET / 60S 6/6 REPS** | **4 SET / 60S 4/4 REPS** | **4 SET / 60S 5/5 REPS** | **4 SET / 60S 6/6 REPS** |
| **1 FLY’S2 PUSH-UPS** | **3 SET / 60S 4/8 REPS** | **3 SET / 60S 5/8 REPS** | **3 SET / 60S 6/9 REPS** | **4 SET / 60S 6/6 REPS** | **4 SET / 60S 4/4 REPS** | **4 SET / 60S 4/4 REPS** |

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| **RING ROTATIONS** | **TRAINING 1** | **TRAINING 2** | **TRAINING 3** | **TRAINING 4** | **TRAINING 5** | **TRAINING 6** |
| **PUSH-UP**  | **1 SETS 8X** | **1 SETS 10X** | **1 SETS 12X** | **2 SETS 8X** | **2 SETS 10X** | **2 SETS 12X** |
| **REGULAIR HANGING** | **1 SETS 8X** | **1 SETS 10X** | **1 SETS 12X** | **2 SETS 8X** | **2 SETS 10X** | **2 SETS 12X** |
| **PULL-UP** | **1 SETS 8X** | **1 SETS 10X**  | **1 SETS 12X** | **2 SETS 8X** | **2 SETS 10X**  | **2 SETS 12X** |