**RING PROGRAM  
MEDIUM 5**

A picture containing box

Description automatically generatedA picture containing food

Description automatically generated

**PROGRAM 5  
  
WARMING-UP**

|  |  |  |  |  |  |  |
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| **SUPERSETS** | **TRAINING 1** | **TRAINING 2** | **TRAINING 3** | **TRAINING 4** | **TRAINING 5** | **TRAINING 6** |
| **1 LOWERBACK EXTENSION 2 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 FLOOR 2 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 PUSH 2 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’S 2 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** |