

CROSSFIT AVON

Press Up & Dip Programme: Part 1

Pre Requisite: 5 Press Ups to 30" Box and 10 second hold with hands on boxes and feet off floor

Goal: To achieve 10 Press Ups to 24" Box and 30 second Ring Hold

Warm Up: 3 x 30ft Bear Crawl, walk back
Crossover Symmetry Activation routine

Workouts:

Session A

- 5 x 3-5 reps Bench Press @ 30X0 Tempo
- 3 x 8 [Powell Raise](#) @ 30X1 Tempo (3 sec descent, 1 sec pause at top)

Date:				
Bench Press (kg & reps)				
Powell Raise (kg & reps)				

Session B

- 5 sets of 4-7 Press Ups to 30" Box @ 21X1 Tempo (2 sec down, 1 sec pause at top and bottom). If you complete all sets of 7 to 30" Box, go lower next time
- Box Support Hold: Accumulate 60 seconds. Once you can do unbroken, change to Ring Support and accumulate 30 seconds.

Date:				
Press Ups (height and reps)				
Box/Ring Support Hold (option and time to accumulate)				

Session C

- On the minute for 10 minutes: 2-5 Press Up Negatives to 24" Box. Minimum 4 second descent
- 3 sets of 6-8 Dumbbell [Skull Crushers](#) @ 2011 Tempo

Date:				
Negatives (reps)				
DB Skull Crushers (kg & reps)				