

# CROSSFIT AVON

## Press Up & Dip Programme: Part 2

**Pre Requisite:** 10 Press Ups to 24" Box and 30 second Ring Hold

**Goal:** 10 Press Ups to floor and 1 Ring Dip

**Warm Up:** 3 x 60ft Bear Crawl and 5 Burpees  
Crossover Symmetry Activation routine

### **Workouts:**

#### **Session A**

- 5 sets of 4-7 Box Dips with toes on floor @ 21X1 Tempo
- Crossover Symmetry Iron Scap routine

Date:				
Box Dips (reps)				
Iron Scap (bands used)				

#### **Session B**

- 6 sets of 3-5 Press Ups to 20" Box @ 21X1 Tempo (2 sec down, 1 sec pause at top and bottom). If you complete all sets of 5 to 20" Box, go 4" lower next time
- Ring Support Hold: Accumulate 60 seconds. Once you can do unbroken, add 30 seconds.

Date:				
Press Ups (height and reps)				
Ring Support Hold (time in support and time to accumulate)				

#### **Session C**

- Every 2 minutes for 10 minutes (5 sets): 5-10 Press Up Negatives to Floor. Minimum 2 second descent. Press back up, when able, for as many reps as possible @ 20X1 Tempo
- 5 sets of 3-5 Banded Ring Dips @ 20X1 Tempo (2 sec down, 1 sec pause at top). If you complete all sets of 5, decrease band.

Date:				
Negatives (reps) Press Up? (reps)				
Ring Dips (band and reps)				