

Press Up & Dip Programme: Part 3

Pre Requisite: 10 Press Ups and 1 Ring Dip

Goal: 25 Press Ups and 10 Ring Dips

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

Workouts:

Session A

- Every 2 minutes for 10 minutes (5 sets): 9-15 Press Ups @ 20X1 Tempo
- Crossover Symmetry Iron Scap routine

Date:				
Press Ups (reps)				
Iron Scap (bands used)				

Session B

- 5 sets of 3-5 Weighted Press Ups (plate on back) @ 30X0 Tempo (3 sec down). If you complete all sets of 5 increase weight.
- Rest until fully recovered, then 1 set of Max Consecutive Press Ups @ 20X1

Date:				
Weighted Press Ups (kg and reps)				
Press Ups (reps)				

Session C

- Every 90 seconds for 12 minutes (8 sets): 1-5 Ring Dips @ 20X1 Tempo. If you complete all sets of 5 reps, add weight next time
- 3 sets of 15-20 [Reverse Snow Angels](#) @ 2020 Tempo

Date:				
Ring Dips (reps....& kg?)				
Reverse Snow Angels (kg & reps)				