



# Ring Dip Program: Advanced

### READ ME!

This program is designed for athletes who struggle to perform a higher volume ring dips in a workout. Athletes should be able to perform 12+ strict ring dips before attempting this program. Scaling is always encouraged and the difficulty of the program can easily be modified by the athlete or coach. This template is designed to be printed so you can keep track of your progress by writing notes, reps, measurements, times, weights, etc. Good luck!

Week 1				
Day	Movement	Rep Scheme	Remarks	Athlete Notes
Monday (Test Day)	Ring Dips	1 Max Set of Strict Ring Dips	Perfect, controlled reps. Record your score.	
	Tempo Push Ups	3x12 Rest as needed between sets	3-5 second descent, push up as fast as possible. Maintain perfect mechanics.	
Wednesday	Dumbbell Bench Press	4x15 AHAP	As heavy as possible. Keep the elbows tight and hands neutral. As heavy as you can go for all 50 reps.	
	Weighted Dips	10x5 Rest as needed between sets	Must be done in sets of 5. Use a weighted vest, dip belt or dumbbell pinched between the feet to add additional weight.	
Friday	Rest-Pause DB Shoulder Press	3 Max Sets Rest is 15 deep breaths	Start at 25% of 1RM Strict Press in each hand (e.g. Strict Press = 160lbs, use 40lb DBs in each hand.	
	Ring Dip Hold	Accumulate 4:00 (2:00 in the support, 2:00 in the bottom). Rest as needed between the two different positions.	Focus on external rotation. In the bottom, the shoulder must be above the top of the rings. There is a strict 5 minute cap to each 2:00 portion.	
	Strict Pull-ups	5 max effort sets	We are trying to balance out some of the pushing with these pull-ups. Max effort each set.	

Week 2				
Day	Movement	Rep Scheme	Remarks	Athlete Notes
Monday	Ring Dips	60 reps	Goal is to complete these 60 reps in as few sets as possible.	
	Tempo Push Ups	3x15	Same as last week - rest as needed.	
Wednesday	Dumbbell Bench Press	4x15 AHAP	Same idea as last week, but try to go heavier.	
	Weighted Dips	10x6 Rest as needed between sets	Must be done in sets of 6. Use a weighted vest, dip belt or dumbbell pinched between the feet to add additional weight.	
Friday	Rest-Pause DB Shoulder Press	3 Max Sets Rest is 15 deep breaths	Try to beat your score from last week with the same weight.	
	Ring Dip Hold	Accumulate 4:00 (2:00 in the support, 2:00 in the bottom). Rest as needed between the two different positions.	Same amount of time, but try to do it in fewer attempts this week. Strict 5 minute cap to each 2:00 portion.	
	Wide Grip Strict Pull-ups	5 max effort sets	We are trying to balance out some of the pushing with these pull-ups. Max effort each set.	

Week 3				
Day	Movement	Rep Scheme	Remarks	Athlete Notes
Monday	Ring Dips	6x10	Rest as little as needed between sets. All 10 must be unbroken each round.	
	Tempo Push Ups	3x18	Same as last week - rest as needed.	
Wednesday	Dumbbell Bench Press	4x15 AHAP	Same idea as last week, but try to go heavier.	
	Weighted Dips	10x7 Rest as needed between sets	Must be done in sets of 7. Use a weighted vest, dip belt or dumbbell pinched between the feet to add additional weight.	
Friday	Rest-Pause DB Shoulder Press	3 Max Sets Rest is 15 deep breaths	Try to beat your score from last week with the same weight. We want reps, not heavier.	
	Ring Dip Hold	Accumulate 5:00 (2:30 in the support, 2:30 in the bottom). Rest as needed between the two different positions.	Try to match the number of sets you did last week with the extra minute under tension. 6 minute cap for each 2:30 portion.	
	Strict Pull-ups	5 max effort sets	Try to beat your score from week 1.	

Week 4				
Day	Movement	Rep Scheme	Remarks	Athlete Notes
Monday	Ring Dips	5 max sets	Shoot for over 50 reps on each set. Rest as needed, but not too long. 2-3 minutes.	
	Tempo Push Ups	3x20	Same as last week - rest as needed.	
Wednesday	Dumbbell Bench Press	4x15 AHAP	Same idea as last week, but try to go heavier.	
	Weighted Dips	10x8 Rest as needed between sets	Must be done in sets of 8. Use a weighted vest, dip belt or dumbbell pinched between the feet to add additional weight.	
Friday (Re-test Day)	Ring Dips	1 Max Set of Ring Dips	It's time to retest, beat your text week score!	
	Ring Dip Hold	Accumulate 5:00 (2:30 in the support, 2:30 in the bottom). Rest as needed between the two different positions.	Fewer sets than last week. 6 minute cap to each 2:30 portion.	
	Wide Grip Strict Pull-ups	5 max effort sets	Try to beat your score from week 2.	

### Comments

- Throughout this 4-week period it is important to mobilize the pecs, deltoids, and triceps in order to prevent tightness and possible injury. Use lacrosse balls, foam rollers, or a coach to help mobilize and stretch these areas. Remember the following rules for these exercises:
1. Quality is priority #1
  2. Keep the scaps engaged and shoulders retracted, do not allow yourself to get into a "shoulder-forward" position.
  3. Maintain a sound hollow-rock position throughout these movements regardless of the scaling option you are using.