

Ring Dip Program: Beginner

This program is designed for newer athletes who cannot perform a proper ring dip, or for athletes who can only perform a few good reps before their mechanics fail. We believe the following metrics must be met before attempting ring dips: 10+ consecutive, perfect push-ups, and demonstrable stability in the bottom and at the top of the rings. 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 Ring Dips	If your max set is <5 reps, grab the lightest band necessary that allows you to complete 8+ reps.	
	Tempo Push Ups	3x8 Rest as needed between sets	3-5 second descent, push up as fast as possible. Maintain perfect mechanics.	
Wednesday	Dumbbell Bench Press	4x10 AHAP	As heavy as possible. Keep the elbows tight and hands neutral. As heavy as you can go for all 50 reps.	
	Ring Dip Hold	Accumulate 2:00 (1:00 in the support/arms extended and 1:00 in the bottom of the dip)	Focus on external rotation with these. In the bottom, the shoulder must be above the top of the rings. There is a strict 4 minute cap to each portion.	
Friday	Ring Dip Negatives	20 Reps Rest as needed between reps	5 second descent. Reps can be done in as small of sets (or singles) if needed. Do not rush through these reps.	
	Straight Arms Plank	Accumulate 2:00	This is a straight arm plank in as few sets as possible.	
	Strict Pull-ups	4 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	30 reps	Complete these 30 reps in as few sets as possible. If necessary, grab a light band to complete the reps.	
	Tempo Push Ups	3x10	3-5 second descent, push up as fast as possible. Maintain perfect mechanics.	
Wednesday	Dumbbell Bench Press	4x10 AHAP	Same idea as last week, but try to go heavier.	
	Ring Dip Hold	Accumulate 2:00 (1:00 in the support/arms extended and 1:00 in the bottom of the dip)	Try to do this in fewer sets than last week. Next week will be longer.	
Friday	Ring Dip Negatives	25 Reps Rest as needed between reps	5 second descent. Reps can be done in as small of sets (or singles) if needed. Do not rush through these reps.	
	Straight Arms Plank	Accumulate 3:00	This is a straight arm plank in as few sets as possible.	
	Strict Pull-ups	4 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	40 reps	Complete these 40 reps in as few sets as possible. If necessary, grab a light band to complete the reps.	
	Tempo Push Ups	3x12	3-5 second descent, push up as fast as possible. Maintain perfect mechanics.	
Wednesday	Dumbbell Bench Press	4x10 AHAP	Same idea as last week, but try to go heavier.	
	Ring Dip Hold	Accumulate 3:00 (1:30 in the support/arms extended and 1:30 in the bottom of the dip)	Still focusing on external rotation and a strong, supported bottom position.	
Friday	Ring Dip Negatives	30 Reps	5 second descent. Reps can be done in as small of sets (or singles) if needed. Do not rush through these reps.	
	Straight Arms Plank	Accumulate 4:00	Try to do this in fewer sets than last week.	
	Strict Pull-ups	4 max effort sets	We are trying to balance out some of the pushing with these pull-ups. Max effort each set.	

Week 4				
Day	Movement	Rep Scheme	Remarks	Athlete Notes
Monday	Ring Dips	50 Reps	Complete these 40 reps in as few sets as possible. If necessary, grab a light band to complete the reps.	
	Tempo Push Ups	3x15	3-5 second descent, push up as fast as possible. Maintain perfect mechanics.	
Wednesday	Dumbbell Bench Press	4x10 AHAP	Same idea as last week, but try to go heavier.	
	Ring Dip Hold	Accumulate 3:00 (1:30 in the support/arms extended and 1:30 in the bottom of the dip)	Still focusing on external rotation and a strong, supported bottom position.	
Friday (Re-test Day)	Ring Dips	1 Max Set of Ring Dips	Beat your test week score.	
	Straight Arms Plank	Accumulate 5:00	Try to do this in the same or fewer sets than last week.	
	Strict Pull-ups	4 max effort sets	We are trying to balance out some of the pushing with these pull-ups. Max effort each set.	

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 rotated externally, 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 - midline engaged, feet together with toes pointed slightly in front of the body, head and trunk neutral.