

Cross (Advanced)

PLEASE DO NOT BEGIN PROGRAM UNTIL YOU CAN PERFORM A 30 SECONDS SUPPORT ON RINGS
ALWAYS WARM UP FIRST

Warm Up - To be performed before every program

- | | |
|--|----------|
| 1. Sideways shoulder closes with elastic | X20 |
| 2. Weighted shoulder circles | X20 |
| 3. Chins | x6 |
| 4. German Hang (feet on floor) | 20 Secs |
| 5. Wide arm press ups | X6 |
| 6. Chest wall stretch | X20 Secs |
| 7. Ballet bar shoulder stretch | X20 Secs |

WE RECOMMEND EACH WORKOUT IS PERFORMED TWICE A WEEK

Workout 1 - 2 Rounds (90 Secs rest between exercises)

- | | |
|--|-----------------------|
| 1. Cross trainer from above | X5 and hold 5 Secs |
| 2. Cross trainer from below | X5 and hold 5 secs |
| 3. Weighted wide arm chins | X6-8 and hold 10 secs |
| 4. Cross presses in loops | X5 and hold 5 secs |
| 5. ½ cross press outs and hold attempt | X3 |
| 6. Wide arm double rope climb | X1 and hold 5 secs |
| 7. Maximum attempt in loop rings | 10-15 seconds |

Workout 2 - 2 Rounds (90 Secs rest between exercises)

- | | |
|---------------------------------------|----------------------|
| 1. Weighted wide arm dips | X6-8 and hold 5 secs |
| 2. Cross presses from below the rings | X3 and hold 5 secs |
| 3. Cross presses with elastic | X5 and hold 5 secs |
| 4. Cross hold with elastic or support | 10 secs |
| 5. Cross jumps from block and lower | X5 |
| 6. Wide arm chin rocks | X8-10 and hold 5secs |
| 7. Maximum attempt in loop rings | 10-15 secs |

