

# Dip Belt Level 1

Welcome to the Eleiko **Dip Belt** Level 1 program. This is a 4-week, 2 sessions/week stability and endurance-based program aimed at increasing functional capacity and movement. There are 2 blocks of exercises that each focus on different movements. Each block is performed in a circuit manner, moving from one exercise to the next as quickly as possible, resting, and then repeat for designated sets and reps. If weight needs to be adjusted for each exercise, that's ok, it's still part of your workout! The entire program can be done using the Eleiko **Dip Belt**. Prior to and following each training session, warm-up and cool down for 5-10 minutes. See our **Mobility programs** for a thorough warm-up/cooldown. *Please make sure you can easily perform these exercises without weight before doing these programs.* If needed, feel free to remove the Dip Belt to complete sets / reps.

Training Session 1				
Training Block	Exercise	Sets wk1 ,2,3,4	Reps wk 1,2,3,4	Rest
1	Chin-ups	2,3,4,3	10,10,8,8	0
	Dips	2,3,4,3	10,10,8,8	0
	Bent-over Leg Press (trunk parallel to floor, bend & extend knees)	2,3,4,3	10,10,8,8	1-2 min
<b>Rest 2-3 Minutes</b>				
2	Squats (Each foot on blocks/step w/ weight in between)	2,2,3,3	10,10,8,8	0
	Standing Calf Raises	2,2,3,3	10,10,8,8	0
	Bicycle abs or V-sits (You choose)	2,2,3,3	20,20,20,20	1-2 Min

Training Session 2				
Training Block	Exercise	Sets wk1,2,3,4	Reps wk1,2,3,4	Rest
1	Squats	2,2,3,3	8,8,6,6	0
	Dips	2,2,3,3	8,8,6,6	0
	Chin-ups	2,3,3,3	8,8,6,6	1-2 min
<b>Rest 2-3 Minutes</b>				
2	Bent-over Leg Press (trunk parallel to floor, bend & extend knees)	1,2,3,2	10,10,8,8	0
	Standing Calf Raises	1,2,3,2	10,10,8,8	0
	Supermans	1,2,3,2	10,10,10,10	1-2 min