

Dip Belt Level 2

Welcome to the Eleiko **Dip Belt** Level 2 program. This is a 4-week, 2 sessions/week strength-based program aimed at increasing functional strength. There are 2 blocks of exercises that each focus on different movements. Each block is performed in an interval manner, completing all sets and reps of one exercise before moving to the next exercise. The entire program can be done using the Eleiko **Dip Belt**. Choose the appropriate weight to perform all sets and reps. 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 perform the Level 1 program before doing this one.*

Training Session 1				
Training Block	Exercise	Sets wk1 ,2,3,4	Reps wk 1,2,3,4	Rest
1	Step-downs (Both feet on block/step, step down w/ 1 foot and return)	3,4,4,3	6,5,3,4	90 s
	Standing Calf Raises	3,4,4,3	6,5,3,4	90 s
	Squats	3,4,4,3	6,5,3,4	90 s
Rest 3-5 Minutes				
2	Pull-ups	2,2,3,3	8,8,6,6	60 s
	Elevated Push-up (Feet on step/bench, hands on fixed bar or step)	2,2,3,3	8,8,6,6	60 s
	Inverted Row (Heels on step/bench, hands on fixed bar or dip bar)	2,2,3,3	8,8,6,6	60 s

Training Session 2				
Training Block	Exercise	Sets wk1,2,3,4	Reps wk1,2,3,4	Rest
1	Step-ups (Both feet on floor, step up w/ 1 foot and return)	3,4,4,3	6,5,3,4	90 s
	Squats	3,4,4,3	6,5,3,4	90 s
	Standing Calf Raises	3,4,4,3	6,5,3,4	90 s
Rest 3-5 Minutes				
2	Elevated Push-up	2,2,3,3	10,10,8,8	0
	Inverted Row OR Pull-ups (You choose)	2,2,3,3	10,10,8,8	0
	Dips	2,2,3,3	10,10,8,8	1-2 min