

Body By Rings Push & Pull Phase #1							
Session	Letter	Exercise	Intensity	Sets	Reps	Tempo	Rest
Push 1	A1	Ring Dip	Elbows in	3 - 4	6 - 8	30X1	1: 30
Push 1	B1	Archer Pushup	Alternating	3 - 4	4 - 6 L&R	20X0	1: 30
Push 1	C1	Chest Fly	-	3	8 - 10	30X0	1: 30
Push 1	D1	Tricep Dip	-	3	6 - 10	20X0	1: 30
Push 1	E1	Tricep Extension	-	3	8 - 10	30X1	1: 30
Pull 1	A1	Chinup	Regular, Tuck L or L-Sit	3 - 5	6 - 8	30X2	2:00 - 3:00
Pull 1	B1	Bodyweight Row	Two arms	3 - 4	10 - 15 L&R	20X1	1: 30
Pull 1	C1	Pelican Curl	-	3	5 - 8	30X0	1: 30
Pull 1	D1	Face Pull	-	3	8 - 10	30X0	1: 30
Pull 1	E1	Ring Rollout	-	3	8 - 10	40X0	1: 30
Push 2	A1	Ring Dip	Elbows in	3 - 4	6 - 8	30X1	1: 30
Push 2	B1	Shoulder Pushup	Feet on Floor	3 - 4	4 - 8	30X1	1: 30
Push 2	C1	Bulgarian Pushup	-	3 - 4	6 - 10	20X0	1: 30
Push 2	D1	Shoulder Shrug	Back to wall	3 - 4	8 - 12	2s isometric	1: 30
Push 2	E1	Tricep Dip	-	3	6 - 10	20X0	1: 30
Pull 2	A1	Mantle Chinup	-	3 - 5	4 - 6 L&R	30X2	1: 30
Pull 2	B1	Archer Bodyweight Row	-	3 - 4	4 - 8 L&R	20X0	1: 30
Pull 2	C1	Face Pull	-	3	8 - 10	20X0	1: 30
Pull 2	D1	Bodyweight Bicep Curl	-	3 - 4	8 - 10	30X1	1: 30

Body By Rings Push & Pull Phase #1 (DELOAD)

Session	Letter	Exercise	Intensity	Sets	Reps	Tempo	Rest
Push 1	A1	Ring Dip	Elbows in	1 - 2	6 - 8	30X1	1: 30
Push 1	B1	Archer Pushup	Alternating	1 - 2	4 - 6 L&R	20X0	1: 30
Push 1	C1	Chest Fly	-	1 - 2	8 - 10	30X0	1: 30
Push 1	D1	Tricep Dip	-	1 - 2	6 - 10	20X0	1: 30
Push 1	E1	Tricep Extension	-	1 - 2	8 - 10	30X1	1: 30
 							
Pull 1	A1	Chinup	Regular, Tuck L or L-Sit	2 - 3	6 - 8	30X2	2:00 - 3:00
Pull 1	B1	Bodyweight Row	Two arms	1 - 2	10 - 15 L&R	20X1	1: 30
Pull 1	C1	Pelican Curl	-	1 - 2	5 - 8	30X0	1: 30
Pull 1	D1	Face Pull	-	1 - 2	8 - 10	30X0	1: 30
Pull 1	E1	Ring Rollout	-	1 - 2	8 - 10	40X0	1: 30
 							
Push 2	A1	Ring Dip	Elbows in	1 - 2	6 - 8	30X1	1: 30
Push 2	B1	Shoulder Pushup	Feet on Floor	1 - 2	4 - 8	30X1	1: 30
Push 2	C1	Bulgarian Pushup	-	1 - 2	6 - 10	20X0	1: 30
Push 2	D1	Shoulder Shrug	Back to wall	1 - 2	8 - 12	2s isometric	1: 30
Push 2	E1	Tricep Dip	-	1 - 2	6 - 10	20X0	1: 30
 							
Pull 2	A1	Mantle Chinup	-	1 - 2	4 - 6 L&R	30X2	1: 30
Pull 2	B1	Archer Bodyweight Row	-	1 - 2	4 - 8 L&R	20X0	1: 30
Pull 2	C1	Face Pull	-	1 - 2	8 - 10	20X0	1: 30
Pull 2	D1	Bodyweight Bicep Curl	-	1 - 2	8 - 10	30X1	1: 30

Body By Rings Push & Pull Phase #2

Session	Letter	Exercise	Intensity	Sets	Reps	Tempo	Rest
Push 1	A1	Ring Dip	Elbows in	3 - 4	8 - 10	30X1	1: 30
Push 1	B1	Archer Pushup	Alternating	3 - 4	6 - 8 L&R	20X0	1: 30
Push 1	C1	Chest Fly	-	3	8 - 12	30X0	1: 30
Push 1	D1	Tricep Dip	-	3	8 - 15	30X0	1: 30
Push 1	E1	Tricep Extension	-	3 - 4	8 - 12	30X1	1: 30
Push 1	F1	Diamond Pushup	Feet Elevated	1	8 - 15! Down Series	30X1	self directed
Pull 1	A1	Wide Pullup	Tuck L	3 - 4	6 - 12	30X0	2: 00 - 3: 00
Pull 1	B1	Archer Bodyweight Row	-	3 - 4	6 - 8 L&R	20X0	1: 30
Pull 1	C1	Pelican Curl	-	3	6 - 10	30X0	1: 30
Pull 1	D1	Rear Delt Fly	-	3	8 - 12	30X0	1: 30
Pull 1	E1	Ring Rollout	-	3	10 - 12	40X0	1: 30
Push 2	A1	Ring Dip	Bulgarian	3 - 4	5 - 8	30X1	1: 30
Push 2	B1	Shoulder Pushup	Feet elevated	3 - 4	6 - 10	40X1	1: 30
Push 2	C1	Bulgarian Pushup	-	3 - 4	8 - 10	30X1	1: 30
Push 2	D1	Shoulder Tap	Chest to wall	3 - 4	30 - 45s	-	1: 30
Push 2	E1	Tricep Dip	-	3 - 4	6 - 10	20X0	1: 30
Pull 2	A1	Archer Chinup	Alternating	4 - 6	3 - 5 L&R	30X0	1: 30
Pull 2	B1	Single Arm Row	-	3 - 4	4 - 8 L&R	30X0	1: 30
Pull 2	C1	Face Pull	-	3 - 4	8 - 12	20X0	1: 30
Pull 2	D1	Bodyweight Bicep Curl	-	3 - 4	8 - 12	30X1	1: 30
Pull 2	E1	Two Arm Hang	-	Self directed	2: 00 - 4: 00 mins Accumulation	-	self directed

Body By Rings Push & Pull Phase #2 (DELOAD)

Session	Letter	Exercise	Intensity	Sets	Reps	Tempo	Rest
Push 1	A1	Ring Dip	Elbows in	1 - 2	8 - 10	30X1	1: 30
Push 1	B1	Archer Pushup	Alternating	1 - 2	6 - 8 L&R	20X0	1: 30
Push 1	C1	Chest Fly	-	1 - 2	8 - 12	30X0	1: 30
Push 1	D1	Tricep Dip	-	1 - 2	8 - 15	30X0	1: 30
Push 1	E1	Tricep Extension	-	1 - 2	8 - 12	30X1	1: 30
Push 1	F1	Diamond Pushup	Feet Elevated	1	8 - 15! Down Series	30X1	self directed
Pull 1	A1	Wide Pullup	Tuck L	1 - 2	6 - 12	30X0	2: 00 - 3: 00
Pull 1	B1	Archer Bodyweight Row	-	1 - 2	6 - 8 L&R	20X0	1: 30
Pull 1	C1	Pelican Curl	-	1 - 2	6 - 10	30X0	1: 30
Pull 1	D1	Rear Delt Fly	-	1 - 2	8 - 12	30X0	1: 30
Pull 1	E1	Ring Rollout	-	1 - 2	10 - 12	40X0	1: 30
Push 2	A1	Ring Dip	Bulgarian	1 - 2	5 - 8	30X1	1: 30
Push 2	B1	Shoulder Pushup	Feet elevated	1 - 2	6 - 10	40X1	1: 30
Push 2	C1	Bulgarian Pushup	-	1 - 2	8 - 10	30X1	1: 30
Push 2	D1	Shoulder Tap	Chest to wall	1 - 2	30 - 45s	-	1: 30
Push 2	E1	Tricep Dip	-	1 - 2	6 - 10	20X0	1: 30
Pull 2	A1	Archer Chinup	Alternating	1 - 3	3 - 5 L&R	30X0	1: 30
Pull 2	B1	Single Arm Row	-	1 - 2	4 - 8 L&R	30X0	1: 30
Pull 2	C1	Face Pull	-	1 - 2	8 - 12	20X0	1: 30
Pull 2	D1	Bodyweight Bicep Curl	-	1 - 2	8 - 12	30X1	1: 30
Pull 2	E1	Two Arm Hang	-	Self directed	1: 00 - 2: 00 mins Accumulation	-	self directed

Body By Rings Push & Pull Phase #3

Session	Letter	Exercise	Intensity	Sets	Reps	Tempo	Rest
Push 1	A1	Handstand Pushup	Chest to wall	20 mins	Accumulation	30X1	self directed
Push 1	B1	Ring Dip	Bulgarian	3 - 5	5 - 8	30X1	2: 00
Push 1	C1	Archer Pushup	Same Side	3 - 5	6 - 8 L&R	30X1	2: 00
Push 1	D1	Chest Fly	-	4 - 5	6 - 8	30X0	2: 00
Push 1	E1	Tricep Extension	-	5 - 6	5 - 6	30X1	2: 00
Push 1	F1	Tricep Dip		3 - 4	8 - 12	30X0	2: 00
 							
Pull 1	A1	Wide Pullup	L-Sit	3 - 5	5 - 8	30X0	2: 00 - 3: 00
Pull 1	B1	L-Row	-	3 - 5	3 - 8	30X0	2: 00
Pull 1	C1	Pelican Curl	-	3 - 4	6 - 10	40X0	2: 00
Pull 1	D1	Rear Delt Fly	-	3 - 4	8 - 15	30X0	2: 00
Pull 1	E1	Ring Rollout	-	3	10 - 15	40X1	2: 00
 							
Push 2	A1	Ring Dip	Elbows in	3 - 5	8 - 12	30X1	2: 00
Push 2	B1	Shoulder Pushup	Feet Elevated	3 - 5	6 - 10	30X1	2: 00
Push 2	C1	Bulgarian Pushup	-	3 - 5	10 - 15	30X1	2: 00
Push 2	D1	Waist Tap	Chest to wall	3 - 5	30 - 45s	-	2: 00
Push 2	E1	Tricep Dip	-	3 - 4	10 - 12	30X1	2: 00
Push 2	F1	Diamond Pushup	Feet Elevated	2	8 -12! Down Series	30X1	self directed
 							
Pull 2	A1	Archer Chinup	Same side	3 - 5	4 - 8 L&R	30X1	1: 30
Pull 2	B1	Single Arm Row	-	3 - 5	6 - 10 L&R	30X0	2: 00
Pull 2	C1	Face Pull	-	3 - 4	8 - 12	20X0	2: 00
Pull 2	D1	Pelican Curl Negative	-	3	3 - 4	6 - 8s	2: 00
Pull 2	E1	Bodyweight Bicep Curl	-	3 - 4	6 - 10	30X1	2: 00
Pull 2	F1	One Arm Hang	-	Self directed	2: 00 - 4: 00 mins Accumulation	-	self directed

Body By Rings Push & Pull Phase #3 (DELOAD)

Session	Letter	Exercise	Intensity	Sets	Reps	Tempo	Rest
Push 1	A1	Handstand Pushup	Chest to wall	10 mins	Accumulation	30X1	self directed
Push 1	B1	Ring Dip	Bulgarian	1 - 3	5 - 8	30X1	2: 00
Push 1	C1	Archer Pushup	Same Side	2 - 3	6 - 8 L&R	30X1	2: 00
Push 1	D1	Chest Fly	-	2 - 3	6 - 8	30X0	2: 00
Push 1	E1	Tricep Extension	-	2 - 3	5 - 6	30X1	2: 00
Push 1	F1	Tricep Dip		1 - 2	8 - 12	30X0	2: 00
 							
Pull 1	A1	Wide Pullup	L-Sit	1 - 2	5 - 8	30X0	2: 00 - 3: 00
Pull 1	B1	L-Row	-	1 - 2	3 - 8	30X0	2: 00
Pull 1	C1	Pelican Curl	-	1 - 2	6 - 10	40X0	2: 00
Pull 1	D1	Rear Delt Fly	-	1 - 2	8 - 15	30X0	2: 00
Pull 1	E1	Ring Rollout	-	1	10 - 15	40X1	2: 00
 							
Push 2	A1	Ring Dip	Elbows in	1 - 2	8 - 12	30X1	2: 00
Push 2	B1	Shoulder Pushup	Feet Elevated	1 - 2	6 - 10	30X1	2: 00
Push 2	C1	Bulgarian Pushup	-	1 - 2	10 - 15	30X1	2: 00
Push 2	D1	Waist Tap	Chest to wall	1 - 2	30 - 45s	-	2: 00
Push 2	E1	Tricep Dip	-	1 - 2	10 - 12	30X1	2: 00
Push 2	F1	Diamond Pushup	Feet Elevated	1	8 -12! Down Series	30X1	self directed
 							
Pull 2	A1	Archer Chinup	Same side	1 - 2	4 - 8 L&R	30X1	1: 30
Pull 2	B1	Single Arm Row	-	1 - 2	6 - 10 L&R	30X0	2: 00
Pull 2	C1	Face Pull	-	1 - 2	8 - 12	20X0	2: 00
Pull 2	D1	Pelican Curl Negative	-	1 - 2	3 - 4	6 - 8s	2: 00
Pull 2	E1	Bodyweight Bicep Curl	-	1 - 2	6 - 10	30X1	2: 00
Pull 2	F1	One Arm Hang	-	Self directed	1: 00 - 2: 00 mins Accumulation	-	self directed