



GOLD MEDAL BODIES

Ultimate Guide to Beginner
Gymnastic Ring Training

GMB Ultimate Guide to Beginner Gymnastic Ring Training

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INTRODUCTION

Congratulations and welcome to the

Gold Medal Bodies

Ultimate Guide to Beginner Gymnastic Ring Training!

Once considered only the domain of [Olympic gymnasts](#), training with gymnastic rings (or other so-called “suspension” equipment) has started to surface in big gyms and on the YouTube. Some of it is for sheer novelty, because ring training is quite unlike what most people do for exercise.

Working on the rings brings a new dimension to your exercise regimen, the full body effort necessary to perform the various skills will blow you away. You’ll know this with the first rep of the first exercise you do!

The leverages and angles of force in this style of bodyweight training stimulate your muscles (and brain!) to higher levels of strength and power. It’s also a very efficient way of training and works your entire upper body and core with just a handful of exercises.

Sounds great right? Unfortunately, it’s very difficult if not impossible to simply jump up onto the rings and get started.

There are actually quite a bit of resources out there that share exercise descriptions or videos of simple exercises like dips and rows. But beyond just having you do more sets and reps, most don’t show the full potential of what you can do with the rings, and how you can get there.

That’s where this Ultimate Guide to Beginner Gymnastic Ring Training comes in, **we’re here to help you get started from scratch to a pretty cool mini flow routine.**

This training will improve your strength, coordination, and flexibility, as well as having the benefit of being fun and extremely cool.

The GMB Method

Gold Medal Bodies centers on training using gymnastic style exercises for total body practical strength. However, this doesn't mean that you'll be training to be a gymnast.

There's a difference. Gymnasts work very hard, for hours at a time, to excel at particular skills for competition. Training four to six hours a day, six days a week is not reasonable for most of us! Luckily, we don't have to do that to get the benefits from similar exercises.

We've pared down the number of exercises to the ones that will give you the most "bang for your buck".

Also, as mentioned before, GMB training is more than simply increasing reps and sets of the same exercises. A big part of gymnastic training is the [accumulation of more difficult skills](#).

Think of some crazy move you've seen at high level gymnastic meets, if it made you go "whoa!" then it probably needs a lot of strength and power to perform.

And beyond even that, the highest levels of skill involve linking movements together into a routine. The beauty and skill

of these routines are the main reason we think this type of training is so damn cool.

Our programs take you [step by step from basic exercise to a flow routine](#), and on the way builds muscle and confidence.

It's a good thing.



FUNDAMENTAL TIPS

Using apparatus such as the rings requires a few special considerations versus just placing your hands on the floor or even gripping a regular exercise machine.

Here are some essential details that will help you get started the right way on the rings.

Grip

Standard Grip

This is the grip for pushups, dips, pull-ups and holding positions.

- ★ Ring in middle of your palm in natural groove where you may feel pressure, but no pain.

False Grip

A staple in gymnastic training and one of the stranger things to figure out when you are first learning. You need this to perform a muscle up. It won't hurt to practice this often and in such exercises as assisted pull-ups. Getting used to this grip could take some time.

- ★ Grip higher up on the ring, place crook of wrist below blade of the hand, hand is at an angle on the ring.

Arm Alignment

The general alignment should be a straight line from your middle finger through the middle of your wrist to point of the elbow to the center of your shoulder. Essentially you need to “stack your blocks” correctly - both for the safety of your joints, and also for optimal performance. Being off line can place undue strain on the joints and is a waste of muscular energy, energy that should be used for the exercise at hand.

Center of Gravity Awareness

Another important detail to consider is knowing where the mass of your body is in relation to a vertical line made by the rings. For example, whilst in the top position on the rings, do you know where your body should be in relationship of that straight line from the rings to the sky and rings to the floor? How much of your body is in front of that line, and how much is behind it? This awareness helps you to attain the correct position, and what you need to do to get there.

THE PROGRAM

All of our programs feature a warmup, main program, and restorative movements to reduce tension. Even though this is just a “mini-program,” we include each component here because they are essential parts of our philosophy of training.

If you are going to add leg training while doing this program, we suggest doing that on a separate day.

Ring training can be more intense than you bargain for, and you’ll need a break between sessions to adequately recover and grow.

The Warm-Up

These movements were designed to prepare the appropriate joints and muscles for this workout.

Don’t shortchange yourself by not performing a good warmup! It’s worth the time, a properly warmed up body means a stronger performance during the workout.

Do these for one minute each.

Vibrations

- ★ Relax your shoulders as much as possible.
- ★ Knees remain bent the whole time.
- ★ Find a rhythm that feels easy and relaxed.

Shoulder Pulls

- ★ Tall kneeling or sitting on heels if possible.
- ★ First movement is upright, reaching your hands up high and pulling back behind you.
- ★ Second motion is done bent forward at your hips. Pull your arms behind you.
- ★ Last is bring your arms straight up to the sides.

Unloaded Pull Downs

- ★ Arms overhead and pull your elbows down to your sides.
- ★ Focus on pulling down with your back muscles.
- ★ Keep your shoulders back down while squeeze your shoulder blades together.

Elbow Circles

- ★ Hands out straight in front of you.
- ★ Rotate your forearms clockwise then counter-clockwise.
- ★ Go from fully straight elbows to fully bent while you make a circle.

Loaded Wrist Stretches

- ★ Palms flat on the ground.
- ★ Only bear as much weight as isn't painful.

The Exercises

The following group of exercises are a great introduction to working on the rings and will give you a good feeling of what a complete ring training program should provide.

Pulling Prep

Start this movement with hanging on the bar with your elbows straight. Keep your arms straight and pull your shoulder blades down and back, packing your shoulders and driving your chest upward. Contract your core strongly and exhale with each pull.

- ★ Keep arms straight.
- ★ Pull shoulder blades down.
- ★ Lock down core, lift chest up.



Ring Push Up

A simple exercise that everyone has done on the ground, but on the rings it's a new ballgame.

- ★ Straight body.
- ★ Rings directly under shoulders.
- ★ Palms facing each other, thumbs forward.

- ★ Elbows in, shoulders don't go down past the rings.

Ring Pull-Up

Pulling your own weight is more than just a saying, this exercise really separates those who dabble at training and those who really work hard.

- ★ Variations are palms facing each other, palms facing you, and palms facing out.
- ★ Look straight ahead and keep your chin level.
- ★ Pull elbows down, shoulders packing down and back.
- ★ Don't arch back, actually crunch your ribs down toward your hips.

Baby Muscle-Up

This is a key movement that will help many of you that have been struggling with the full muscle up. This “secret” exercise is so beneficial, we should charge extra for it!

- ★ Rings at chest level.
- ★ Feet out in front and on the ground to assist you in the pull and press to muscle-up.
- ★ Pull up strongly, and when shoulders go above the hands, push up hard.

Top Position Hold

Another seemingly simple exercise, but one that becomes immediately humbling as soon as you try it.

- ★ Arms close to the body with thumbs out.
- ★ Chest up, straight body.
- ★ Focus on pulling rings in toward the body, pushing through the rings, squeeze buttocks and core.

Tuck or L-Sit Hold

This is a full body burner. The combination of being solid through your arms and shoulders just to keep you steady and having your legs out in front of you, fires every muscle in your torso.

- ★ Start with rings facing outward.
- ★ Turn rings in.
- ★ Squeeze your stomach tight and keep your chest up.
- ★ Drive elbows down, shoulders packing down and back.

The Mini-Flow

This is what all the work leads up to, a flowing integration of the training exercises. More than just the sum of its parts, a well designed flow routine challenges your entire body and creates true practical strength.

1. Baby Muscle Up
2. Top Position
3. L-sit
4. Lower to the ground and repeat

Perform 3 to 5 sets, with up to 1 minute rest between sets.

The Cool-Down

More than just winding down after a hard workout, a good cool-down relieves the built up tension and stress from the main workout. We call these restorative movements because they help to loosen the stiffness after training and helps you to recover and improve for the next session.

Hold each position for 30 seconds for two sets, and work your way up to 60 seconds by the end of the program.

Lounge Chair

- ★ Shoulders drawn down and back
- ★ Keep chest up

Kneeling Shoulder Stretch

- ★ Back flat or slightly rounded
- ★ Keep shoulders pulled down and back

Reverse Wrist Stretch

- ★ Keep palms flat
- ★ Only as much weight on your wrists as is not painful

L-Arm Stretch

- ★ Keep your chest square to the floor.
- ★ Shoulders pulled down.
- ★ Keep your elbow at or below the middle of your chest.

Finish up with a bit of vibrations, and call it a day.

Training Schedule

Perform this workout 3 times a week. Make sure to allow at least one day between training sessions for recovery.

Perform each movement and hold at a level where you can complete at least 8 reps or hold for a minimum of 5 seconds. If you cannot complete 8 reps or at least 5 seconds, stay at that level until you can.

Only advance to the next level when you have completed 12 reps for movements or 10 seconds for holds for at least three consecutive sessions.

Push Up

- ★ 8 to 12 reps
- ★ 3 to 5 sets
- ★ Up to 1 minute rest between sets

Pulling Prep

- ★ 8 to 12 reps
- ★ 3 to 5 sets
- ★ Up to 1 minute rest between sets

Pull-Up (or Assisted Pull-Up)

- ★ 8 to 12 reps
- ★ 3 to 5 sets
- ★ Up to 1 minute rest between sets

Baby Muscle-Up

- ★ 8 to 12 reps
- ★ 3 to 5 sets
- ★ Up to 1 minute rest between sets

Top Position

- ★ 5 to 10 second hold
- ★ 3 to 5 sets
- ★ Up to 30 second rest between sets

Tuck (or L-Sit)

- ★ 5 to 10 second hold
- ★ 3 to 5 sets
- ★ Up to 30 second rest between sets

TROUBLESHOOTING

Focus on Proper Form

A lot of issues can be traced back to less than stellar technique. Remember, it doesn't pay to break form just to get a few more reps, especially in this style of training.

The movements have to be precise so that you can get the most out of each exercise and allow you to progress to the next. It may make it easier to be a little loose with your form, but [it certainly won't help you in the long run](#).

Don't Skip Ahead

Resist the urge to skip certain exercises or variations just because it seems easy.

Each exercise is meant to build up to the next and skipping one often leads to problems. Just as in keeping proper form, following the correct progression will get you the best (and fastest) results.

Listen To Your Body

Listen to your body, and rest more or do less if that's what you feel you need. This is the concept of Auto-Regulation.

Simply put, some days are going to be better than others. And some days a lot worse than others! Learn to recognize when you should back off and when the "two steps forward, one step back" rule applies.

This isn't a license to slack off, but a well timed decrease in training can pay good dividends.

OUTRODUCTION

Working on the rings has the potential to build a great deal of muscle and joint power, along with the coordination and body control found in great athletes in every sport.

Don't be intimidated by the amazing and incredibly difficult ring routines you at the Olympic games. We've provided you with a step by step process to get started with the rings for safe and productive training.

If you've always wanted to try using the rings in your work-outs but weren't sure exactly where to start, well you've got no excuse now!

Use the training program here for at least a couple of weeks, and we know you'll be happy with your progress.

Please let us know how are doing in the program!

When you're ready to get serious about your ring training, check out [Rings One](#).



Thank you. We hope to see you soon!

The GMB Team

Ryan, Jarlo, Andy, and Amber