



# **GOLD MEDAL BODIES**

Rings Two - Getting Started

# READY TO ROCK THE RINGS?

Congratulations and welcome to

## Gold Medal Bodies Rings Two!

We know you're excited and ready to get moving ASAP. Here's how you can get the most out of this course:

- ★ Firstly, please read the manual. We included it for a reason: you need it! Skim over it the first time as you watch through the tutorial videos and then make sure to read the details before you begin the workouts.
- ★ We've tried only to include the theory you absolutely need in this book, so it's not nearly as long as it could have been. Understanding this material will mean the difference between just seeing the demonstrations on the tutorial videos and really understanding how to practice the exercises. **Simply: Understanding this small amount of ring training theory will ensure that you get the results you want.**
- ★ Please refer to the following checklist to ensure that you have all of the files you need. You should have both exercise demonstrations and instruction, and workouts and flow routines. You'll also find a program outline in the manual and full charts of the entire program in the Rings Two Program Charts.

- ★ If you have questions or concerns, **READ THE MANUAL!** The answers to most questions are included in the text, so please make sure to read it again (you might even learn something!) before sending us an email. We also recommend re-reading the manual and watching the exercise instruction at least once per training phase (roughly once or twice a month) to refresh your memory; you'll also understand the performance points better with each return to the text.

If you follow these guidelines, we're sure you'll be pleased with your progress on Rings Two.

So go ahead and grab yourself a cold beverage, fire up your video player, and sit back to read over the information herein. Here's to skill and strength!

# CHECKLIST

## Getting Started

You are about to enter a new regimen of practice that will change the way you think about working out forever. BUT FIRST - here's a checklist to ensure that you have everything you need to get started.

### Step 1: Access Your Account

- Log into your account at:  
<http://goldmedalbodies.net>
  - ★ Email us if you can't remember your Username or Password
- Check for updates

Remember that all of our programs include free updates for life, so it's good to stay on our newsletter list to stay informed about new versions of the program.

## Step 2: Get Your Downloads

### Manuals - In PDF format

- Rings Two - Getting Started Guide
- Rings Two Training Manual
- Rings Two Program Charts
- Extras
  - ★ GMB Leg Module
  - ★ GMB Manifesto
  - ★ GMB Recovery Guide

### Videos - In .m4v format

- Introduction (3 videos)
  - ★ Intro
  - ★ R2 Programming
  - ★ Final Thoughts
- Exercise Tutorials (46 videos)
  - ★ Listed by skill blocks
  - ★ Back Kip (5 videos)
  - ★ Back Lever (8 videos)
  - ★ Front Kip (6 videos)

- ★ Front Lever (10 videos)
- ★ Front Roll (4 videos)
- ★ Handstand (6 videos)
- ★ Iron Cross (7 videos)
- Phase Workout Videos (13 videos)
  - ★ Warm Up
  - ★ Cool Down
  - ★ Includes examples for each Phase and Workout
- Supplemental Videos (8 videos)
  - ★ Arm Position
  - ★ How to Bail Safely
  - ★ Mounting Your Rings
  - ★ Ring Safety
  - ★ Rings Daisy Chain
  - ★ Short Warm-Up With Rings
  - ★ Tubing for Assistance
  - ★ Tube Warm-Up for Rings

### Step 3: Extract Files & Download Necessary Software (if needed)

- Extract (unzip) your files
  - ★ On Mac, use Archive Utility (already included on your computer)
  - ★ On Windows, we recommend the free, open-source [7-zip program](#) (if you don't already have an extraction program)

- Watch your videos
  - ★ Best viewed on [iTunes](#) or [VLC Media Player](#) (Both are free)

### Step 4: Read the Manuals

*Did you read the manual? NO? Uh oh, you know what we're going to say...*

- Read the manual!

### Step 5: Try it Out

- Give the routines a try
- Start with Phase 1, and work your way up
- You can also start with the optional Rings One Conditioning Cycle to prepare yourself for the main R1 course

### Step 6: Stay Connected!

- Email us with any questions you may have (remember that we're here to help!)
- Join our Posse, and [add us on Facebook](#)
- Send us a video or a photo of your progress