

## Ready to Rock the Rings?

Cool. 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 DVDs 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 DVD and really understanding how to practice the exercises. Simply: grokking this small amount of ring training theory will ensure that you get the results you want.
- ◆ Disk 1 includes exercise demonstrations and instruction. Disk 2 has the workouts and flow routines. You'll also find a program outline in this manual and full charts of the entire program in the appendix comprising the last 40 pages or so.
- ◆ 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 Disk 1 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 One.

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

## Gold Medal Bodies



**GOLD MEDAL BODIES**

**RINGS ONE**

## Gold Medal Bodies

**Rings One Training Manual and DVD Set**  
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This course and its authors accept no responsibility for any liability, injuries or damages arising out of any person's attempt to rely upon any information contained herein. Consult your doctor before beginning ring training. Be sure to follow all safety and installation instructions included with your equipment carefully. The authors and publisher of this course are not responsible for problems related to the equipment you use to perform these exercises.

Please be sure to thoroughly read the instructions for all exercises in this course, paying particular attention to all cautions and warnings shown to ensure safety.

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## THE GOLD MEDAL BODIES CURRICULUM

Welcome to the Rings One course. This program is part of the Gold Medal Bodies (GMB) curriculum, where our goal is to provide accessible gymnastic style training to everyone from the person just starting to work out, to the seasoned athlete who wants to get that extra edge in performance.

What makes our system unique compared to the various other programs out there? First is the background of the authors. With a diverse and detailed laundry list of gymnastic, martial-art, rehabilitative, performance-enhancement, and health qualifications, our experience lends itself to a different approach to training from your average program.

As such, we have different goals and expectations for results when we develop our curriculum.

### FIVE TRAINING TRUTHS

1. Fitness is a skill.
2. Size without strength is a shame.
3. Strength without skill is a waste.
4. Being tough isn't always enough.
5. Training is goal-specific.

GMB programs are organized around progressively challenging techniques and routines (what we like to call "flows"). These training sessions were designed to help you develop high levels of practical strength. By "practical," we mean the full body strength we can use in everyday

and recreational activities, not just in lifting a heavy weight up and down several times, or repeating the same movement over and over again.

Our definition of fitness is the capability to perform well in your chosen activities. What do you like to do? Shoot hoops a couple times a week? Get outside and go hiking on the weekends? Or simply play with your kids without tiring out or pulling something? Whatever way you choose to spend your free time, you want your body to be able to keep up with you. You've heard the line that "the spirit is willing, but the flesh is weak"? Well, we're here to get your body moving to wherever your spirit wants to go. Why? Because that is exactly what we want for ourselves and what we like to train for – and we believe that is what you want, too.

In our **GMB Manifesto** (which you can download from [www.goldmedalbodies.com](http://www.goldmedalbodies.com)), we presented our overriding philosophy of training, and we also made a few promises. Two of those promises are directly applicable here:

- ◆ **Promise Number One:** You will improve your fitness level for doing the things you love to do. You'll develop skills and strength that seemed nearly impossible when you first started. You'll develop control and precision. You'll develop a greater sense of your body and what it's capable of and apply these skills in everything you do.
- ◆ **Promise Number Two:** You will love your body. Whether or not you ever actually win a gold medal in anything, you'll know that your body is worthy of the distinction. You may never have a six pack or bulging pecs, but you'll most definitely have the confi-

dence that comes from knowing your abilities and your limits. Limits are okay when you know you're expanding them. They're okay when you know that your body is working for – and not against – you.

When your skills improve with every workout, how much you can lift will become irrelevant. You'll soon stop comparing your "scores" and "numbers" with others; instead, you will truly be proud of what you can do with your body.

We are so happy you've chosen to accompany us on this journey, and we believe you will gain so much from it because we've found so much benefit from this type of training ourselves. We are excited to share our concepts with as many people as possible.

Thank you for joining the **Gold Medal Bodies** posse!

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## INTRODUCTION TO RINGS ONE

Congratulations and welcome to **Gold Medal Bodies Rings One!** You are about to enter a new regimen of practice that will change the way you think about working out forever. You have no doubt watched Olympic gymnasts on television make certain movements seem effortless. Of course, as you've probably figured out, those skills and the training leading up to them is anything but easy. But that doesn't mean you can't work up to some impressive skills yourself.

In this course, we will lead you step by step and show you a strenuous, but fun, method of learning some serious gymnastic skills. With correct practice and due diligence, you will move your body through a variety of calculated motions, and in the process develop high levels of strength, grace, and poise.

These detailed programs were designed to take you from the most basic starting point to impressive skills that you will hardly believe you can do in just three short months. From warmup, to the main program exercises, to the cool-down, you will be engaging in serious training for serious results!

### COURSE EXPECTATIONS

In all of our GMB courses, we emphasize the development of particular gymnastic skills. You will start with fundamental exercises that build a base level of strength, then move on to component level movements that incorporate a variety of angles and torques to use those new base strengths in different movement patterns, then finally on to the chosen gymnastic skills themselves.

This is most likely very different from your current training regimen, whether it be primarily for cardiovascular or muscle endurance (running, rowing, circuit type work, etc.), or strength training with different tools (barbells, dumbbells, kettlebells, clubbells, etc.). With these methods, you generally work a few movements and progress via weight, volume (reps, sets), or density (amount of work in a given time), and these are all very valid methods of training. However, our methods have been proven to work for us and our clients as well, so we ask that you give our training protocols a fair trial and follow the programs in the course for their duration. We promise you'll be glad you did!

As with any new exercise movement, you'll most likely feel a period of awkwardness when you first start, and that's okay. It just means that your body is experiencing a very new stimulus, and that is just what you need to invigorate your mind, body, and spirit. This will take you forward to remarkable gains in strength and athletic performance.

## **USING THE MANUAL AND DVDS**

This manual outlines the course programming with all of the details for implementing a training schedule, how to progress through the exercises, and key points in performance. We also outline the general theory behind the course and how it all fits together to meet your goals of practical strength and mobility.

We've designed the manual to anticipate as many of your questions as possible with as straightforward instruction and detail as possible. We hope that you will be able to turn to the manual throughout your training and obtain



key points about the workout structure and progression. We advise reading through the entire manual first to get a good overview of the program. However, if you'd just like to skim through it first and get to the good stuff, you'll find that it's laid out in order to get you moving as soon as possible! The chapter with the full exercise list matches the video order on the DVDs to provide an easy reference.

The DVDs offer detailed instruction for every exercise and movement sequence in the program and provide the visual benchmark for proper technique and execution of the exercises. The voiceover instruction, along with onscreen text and different viewing angles of the movements, will provide the best instruction outside of having Coach Hurst right beside you. Please review the DVD chapters for the exercises a few times before you attempt them in your workout. You'll also find it useful to review the DVDs after your training session to compare your form to the correct performance by Coach Hurst.

And speaking of that guy...

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## **AFTER SCHOOL SPECIAL: THE RYAN HURST STORY**

by Coach Ryan Hurst

**A LONG, LONG TIME AGO, ON A PLANET FAR, FAR  
AWAY...**

When I was in the fourth grade, I met a man who would change my life. Mark Folger was a physical education teacher who was employed temporarily at my elementary school. During our P.E. class, Mark would always include rope climbing, Chin-Ups, Pull-Ups, tumbling, and balance work. I didn't realize it at the time, but he was scouting our school to create a boys' gymnastics team. Mark was a former Olympic athlete, representing the United States as an alternate for the 1984 Los Angeles Olympic Men's Gymnastics team. At Oklahoma University, he roomed with Bart Conner and was very well known for his high level of skill on the parallel bars.

Mark had recently moved back to Wichita, KS, with his wife Penny and was training out of a gymnastics center in downtown Wichita. He must have thought I had something in me, because he convinced my parents to sign me up! I started training with him while in elementary school and continued all the way into my high school years. By that time Mark had his own successful gymnastics gym, Folger's Gymnastics. I was a member of the boys' team and competing under his guidance at the state and national level. Our team did very well at all the meets and we racked up on the medals. During our off season, I also competed in high school gymnastics. Since my high school team was also made up of Folger's team, we won state and regionals every year. Mark attended all of our high school meets and I remember

him always being nervous about us getting injured and not being able to return to the "real" competition.

I also remember countless early Saturday mornings when my dad would drive me all over Kansas, Oklahoma, Texas, Nebraska, Colorado, and anywhere else we had a competition that weekend. I put in a great many hours of competition along with the daily hours of practice that it took to compete at that level, and I did this all without a single major injury.

While I didn't fully appreciate it at the time, thanks to Coach Folger's incredible coaching, I was able to go into practice and competition with the confidence of being completely prepared and injury free. Mark was, and still remains, amazing at creating incredible gymnasts. He not only values the importance of garnering medals, but also of keeping his athletes healthy. I truly believe that it is because of Coach Folger that I am where I am today in my physical practice. He was the first coach that instilled the concepts and practices that have allowed me to excel at being a movement artist. I consider myself lucky to have him as a coach, friend, and mentor even to this day.

## **DISCOVERING CIRCULAR STRENGTH TRAINING**

The summer after my senior year I had an unfortunate injury to my knee that ended my gymnastics career for good. And it wasn't an injury from gymnastics training or competition. I injured my leg while I was practicing martial arts. Martial arts, along with gymnastics, was an important part of my life. While I didn't neglect school, my priority was definitely to become the best movement artist possible.

Though my knee injury kept me from competing in gymnastics, I did continue my training as much as I could and

went even deeper into my martial arts practice. After my knee surgery, I went to college and eventually completed my university studies in Japan. It was through a friend of mine that I met Scott Sonnon. At that time **Circular Strength Training** (CST) wasn't officially around, but I knew that Scott was going to be my next coach.

I remained diligent in training in martial arts for quite a long time, but it seemed like I was also searching for something else. And I found that in CST; the unique body movements and emphasis on mobility, coordination, and body control reminded me so much of both my gymnastic training and the core of what I really loved about martial arts. I slowly changed my training to the CST method and, and I was blown away by my progress in strength and performance! Eventually I travelled all the way from Japan to the United States to train with Coach Sonnon, and I worked my way through the years to eventually attain the status of Faculty Head Coach in the system.

For those unfamiliar with the system, CST has an emphasis on health-first training, with the seamless integration of joint mobility, innovative strength training methods, and compensatory/recovery through activity-specific yoga postures. This system resonated with my all of my previous training in gymnastics, martial arts, and hatha yoga (which I had already studied and taught for many years). I was amazed to find one system that had brought it all together in one place!

As I trained and consulted with Coach Sonnon over the years, I realized that CST had so much in common with the particular training style I had undergone for gymnastics. Though very focused on performance, we also valued health

and wellness, as we knew that an injured and overworked gymnast wasn't going to benefit the team!

It wasn't long before I realized that the benefits I had gained from my gymnastic training could also benefit anyone who wanted a strong and healthy body. I could also incorporate CST training and teaching methods to help make the most efficient and result-producing programs available for gymnastic-style training.

### **GOLD MEDAL BODIES GENESIS**

Over the years I continued my own personal practice with a variety of gymnastic movements that I had chosen for their effects and efficiency. You see, as a competitive gymnast you have to practice an incredible variety of moves in order to meet certain qualifications at contests. This is why high level gymnasts spend many hours in the gym, up to six days a week! As I was no longer a competing gymnast, I didn't have to practice so many different moves, so I focused on the exercises that gave me the best results specifically for my training goals. Through my continued training in CST and analyzing what I had done throughout my training lifetime, I also came up with various methods to teach people how to perform movements even though they had no prior gymnastics background.

I would often play around with these skills during our free time at various seminars with my colleagues and students, and they would be amazed at the various "tricks" and moves I could perform on the rings, parallettes, and floor. They would pester me to teach them how to do, or work up to, the exercises. It was fun to watch them shake and struggle to perform moves that I had been doing nearly my entire life! And it was even better to see them progress

quickly through the variations and see their resulting excitement. It was like watching kids getting on a jungle gym for the first time, and I knew this is what training should be about!

Everyone was soon getting on me to teach my methods publicly and not just to those attending our seminars. Thus Gold Medal Bodies was born!

## THE INTENTIONS OF THE GMB CURRICULUM

When I was a competitive gymnast, I would train Monday through Saturday up to four hours a day. There are six events in men's gymnastics, and we would split our practices to avoid working the same apparatus every day. We would do ring work, pommel horse, and floor on one day, then perform parallel bars, horizontal bar, and vault the next. We would always have full sessions of warmup stretching, warmup turns on the events, conditioning after practice, and then finally a cool down. Thinking back, I am amazed that we engaged in that incredibly high volume of work.

Nowadays, there is no way that I could train on such an intensive schedule. Nor is there any reason to. I am no longer a competitive gymnast, and although I do continue to practice gymnastic skills, I no longer consider myself a gymnast. I simply train with gymnastic movements.

To me the difference between being a gymnast and training with gymnastic movements is quite obvious. What you will learn in this manual will help you in learning particular gymnastic moves on the rings, but this is NOT a manual on how to become an Olympic gymnast! If you are interested in competing in gymnastics, I suggest that you join a gymnastics complex and learn from a qualified coach.

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There is no substitute for proper instruction from a coach. They will be able to guide and teach you how to perform as a competitive gymnast and keep you from hurting yourself, which often happens when you go at it alone.

With all that aside, I know that you are interested in obtaining the strength, flexibility, physique, and remarkable movement skill of a trained gymnast, and we are here to help you!



## CHAPTER ONE: RING TRAINING THEORY

### WORKING ABOVE VERSUS BELOW THE RINGS

In ring training there are two basic planes: above the rings, and below the rings. Or to simplify a bit, you are either pushing or pulling. While there are some movements that can include both a push and pull, for the most part these two movements are separate, and that is how you will work them in the beginning.

A transition move is a movement that allows us to go from below to above the rings or from above to below the rings. A familiar example of a transition movement is the Muscle-Up. In some popular athletic training styles, the Muscle-Up is held as a primary exercise and performed with the goal of as many repetitions you can muster. We don't agree with this, and see the Muscle-Up as merely one movement in our toolbox allowing us to transition from below to above the rings. When you go through the exercise progressions outlined in this course, you will soon realize that the Muscle-Up shouldn't take all that long to learn, and is a relatively easy movement when compared to the other movements presented. In this course we are looking beyond the normal thinking about working with the rings and heading towards a sophisticated, yet still fun, approach to strength development with the gymnastics rings.

The Muscle-Up and other transition movements are just a way to get you moving from between above and below the rings. They are a major piece of learning how to perform flows on the rings, and doing so smoothly and strongly.

#### WORKING BELOW THE RINGS

Working below the rings means that you will be using pulling movements such as Pull-Ups, Chin-Ups, rows, and leg pulls. When we see these amazing Olympic gymnasts on the rings, pulling themselves up with ease, it is easy to notice their very muscular arm and back muscles. Yet most people don't realize that these pulling movements are some of the best abdominal training movements around. Yes, when you engage in ring training, your abs will get a terrific workout!

Let's take a brief look at what musculature is primarily involved in some of the basic pulling movements.

- ◆ **Pull-Ups:** Biceps, rear deltoid, rhomboid, latissimus dorsi, rectus abdominus
- ◆ **Tuck-Ups:** Latissimus dorsi, rectus abdominus, obliques

Pulling activities are generally overlooked or underworked in a lot of exercise programs (especially in "calisthenic" type regimens), and this not only a shame but also can be a significant impediment to functional strength development. The muscles of the back, shoulders, and trunk are meant to be strong, supporting structures that protect our bodies during the wide variety of daily physical stresses. When these areas are neglected in favor of the more familiar pressing and pushing motions, we risk imbalances that can lead not just to decreased performance but to injuries as well.

This is why working with rings can greatly improve your physical condition and an array of specific pulling exercises is incorporated into the Rings One course.

#### WORKING ABOVE THE RINGS

In these series of movements, you'll notice that your entire upper body will be working hard just trying to hold yourself upright! Your core trunk muscles are needed to help you stay in position above the rings. If your core is relatively weak, you will probably be working extremely hard at the beginning of this program, but at the end of your training cycle using Rings One, you will have core strength to spare!

Dips are a very common exercise performed above the rings. Yet sadly, dips are where most people stop when performing in the top plane. Movements such as the L-Sit, bent arm shoulder stand, press to handstand, and many others are incredible exercises that not only build a fabulous physique but also are a significant mental challenge. There is often quite a bit of fear when you first start to be upside down above the rings. Working through that fear and realizing how stable and strong you can be in these crazy positions will benefit you in so many other areas of athletics.

Here are some exercises performed above the rings listing the primary muscles involved.

- ◆ **Dips:** Pectorals, lower trapezius, triceps, serratus, rectus abdominus, erector spinae
- ◆ **L-Sit:** Pectorals, triceps, psoas major, rectus abdominus, obliques

- ◆ **Bent Arm Shoulder Stand:** Pectorals, anterior del-  
toids, triceps, erector spinae, gluteals, hamstrings

Above-the-ring work has its challenges, but it also comes along with great benefits in trunk and extremity strength gains.

The combination of the proper balance of pulling activities in below-the-ring work and the strong pushing forces developed in above-the-ring work will supercharge your strength in all that you do!

## **RING TRAINING PROTOCOL**

Two common methods for exercising with the rings are repetitions for time and pure skill training.

### **THE REP FOR TIME PROTOCOLS**

This protocol takes one movement and performs it either for a set amount of reps or for a set amount of time within a workout. The goal is not necessarily mastery of the skill but rather using it as a tool to improve your muscular conditioning. This training usually includes other implements (high bars, various weighted objects, etc.) to improve strength endurance and cardiovascular conditioning. This type of training can increase work capacity and muscle hypertrophy; however, high proficiency with the rings and improved movement skill are not the primary goals.

### **"TRICK" TRAINING**

At the other end of the spectrum is a pure skill training protocol with the primary goal of performing various "tricks," such as leverage holds and presses. This method

is often imbalanced as people gravitate towards their particular favorite techniques and neglect other motions.

We do not believe the above methods are wrong, nor are we saying that these are bad protocols. We feel that both of these methods are very valid protocols for achieving their particular goals. However, we feel that there is another method that can help you achieve the results you desire.

## **OUR RINGS ONE PROTOCOL FOR PRACTICAL FITNESS**

### **BASE TRAINING**

Whether it be on the rings, with a barbell, or just using body weight, we must first start with building strength. This makes sense because we can't expect to jump into a program and immediately lift a massive amount of weight or perform an Iron Cross! That is why we must first focus on developing a certain base level of strength with a General Preparedness Program (GPP). Now, even though GPP is termed "general," proper GPP is more than just some random exercises put together to make you sweat and strain. The chosen GPP exercises are the foundation for your entire program progression and should be specific work leading to your accomplishment of the final skills.

### **SKILL WORK**

The GPP fully prepares you for the next phase of training, Skill Acquisition Training (SAT). With SAT, we break down specific complex skills into their proper component parts. You then work on improving your form and ability in these components. Lastly, you link the components back together into the polished skill. There are a variety of options to train in this phase, but the overriding concern is identifying the correct components of a particular skill.

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SAT is a necessary component for this type of training regimen; however, it is all too common that once a given skill is learned, people simply keep repeating the skill over, and over, and over, and over...

However, it doesn't (and shouldn't) have to stop there.

### LEARNING FLOW

If we could choose only one aspect that separates our brand from most other training approaches, it is our emphasis on flow work. The ability to seamlessly transition from one movement to another takes high levels of strength, body awareness, and concentration. These are all qualities that we want to develop and enhance here at Gold Medal Bodies.

The skills acquired in the SAT portion of the program are now merged together to form a ring flow. The performance of the skills in sequence creates a greater training effect than performing those same moves separately. The transitioning between the moves involves a higher level of concentration and coordination, and this feeds directly into greater strength gains.

It will not only significantly improve your chest, back, shoulder, stomach and arm strength, but also increase the incredibly important attribute of being connected between your trunk/core and your limbs.

What do we mean by connected? Well, many times when you see people in the gym working on various machines and cables and dumbbells, they separate their training into one body part or another. These people often look very good, especially if their regimen is balanced with equal time spent on each segment of their bodies. However, though they

may be very muscular, they may not necessarily be very athletic.

Now, this doesn't mean they are weak; in fact, they may be very strong at certain lifts. Yet, this type of training focuses on placing stress on individual muscles, and very often the exercises they perform don't have various parts of the body working together to accomplish a movement.

On the other hand, that's exactly what we are doing. We are focused on the "movements, not muscle" approach, and this emphasis is what translates the strength we gain from training the ring flows into usable, practical strength for all our everyday and recreational activities. Rather than just being a collection of body parts, we have a whole-body feeling of strength and power.

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## **CHAPTER TWO: BALANCING PREPARATION, WORK, AND RECOVERY**

### **JOINT PREPARATION**

One of the hallmarks of intelligent training is a proper warmup routine. Our joints and muscles move much more smoothly when they are loosened up and primed for exercise. Optimally, you should have a warmup specific to the main exercises in your workout session, rather than a random "stretch whatever feels tight" routine.

A proper set of warmup exercises is specific to the movements you will be performing in your training. The various ranges of motion, along with what part of the body will bear the most strain in the activity, should be taken into consideration. This type of specificity is not only the most beneficial, it is also very efficient. You won't be wasting time on warmup activities that don't match what you will be doing in your workout.

Your warmup in this program emphasizes the shoulders and torso, as they bear the brunt of the tension and torque forces that are a feature of rings work. Your shoulders and spine should be well prepared for the training or you may injure yourself.

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### RINGS WARM-UP

The following are cursory descriptions of the exercises, please refer to the DVD for thorough explanations.

1. Vibrations (30 seconds)
  1. Whole body
  2. Hands open, raised to head height
  3. Twisting
2. Swimming
3. Running
4. Dog paddle
5. Arm screws
6. Gunslinger
7. Full body wave

## COMPENSATORY MOVEMENTS

While many programs out there now recognize the need for a specific warmup before a vigorous training session, there are still quite a few that either neglect a cool-down or just toss in a few arbitrary stretches for a couple of minutes here and there.

This neglect can lead to increased resting muscular tension, often felt as the sensation of being "tight" after a hard workout. This increased tension can accumulate and cause chronic muscle shortening and postural changes.

A simple way to think of the proper specific compensatory movements after a training session is to work the ranges of motion and driving forces that are opposite of the direction you applied force to in your workout program. For example, if your workout consisted mainly of push-ups (hands in front pushing away), the proper compensatory posture would have your hands behind you and pushing back away from you. This is the movement performed in the Table pose.

This cool-down flow sequence hits all of the proper compensatory positions for the various ring exercises in our program. The flow doesn't change after every workout because each training session contains the same balance of push and pull activities for the same ranges of motion and angles of force. The exercise selections and progressions uniformly emphasize different aspects of these motions and forces.

This specific work after the intense training is another distinct feature of the GMB programs, and it is a major part of our philosophy of training properly to not only have optimal performance but also decrease our risk of injury. We can't progress when we are injured!

## Gold Medal Bodies

### RINGS COOL-DOWN FLOW

1. Standing backbends
2. Elbow behind head
3. Hands clasped behind, forward bend
4. Chair pose with hands forward
5. Forward bend, jump back to Seal
6. Sleeping Warrior
7. Arm thread Sleeping Warrior
8. Table
9. Hand behind shoulder stretch

## CHAPTER THREE: THE EXERCISES

### SEVEN KEY COMPONENTS OF EXERCISE

Before we begin our description of the various exercises, let's start with the key points of proper performance you'll need to be aware of for every exercise in the GMB programs.

The seven key components were developed as a measure of the quality of a person's movement. Diligent adherence to these concepts ensures bodily safety and allows for the full physiological benefit of every exercise.

The seven key components are:

1. **Crown to coccyx alignment:** the proper positioning of the spine in relation to its own sections and the rest of the body in general.
2. **Core activation:** the proper recruitment of the deep torso musculature for stability in mobility.
3. **Hip recruitment:** the proper recruitment of the hip/pelvic girdle.
4. **Shoulder pack:** the proper alignment of the shoulder girdle for force transfer from the torso to the upper extremities.
5. **Arm lock:** the proper elbow positioning for force transfer from the shoulder girdle to the hand.
6. **Grip confirmation:** the proper tensioning and positioning of the hand/fingers.
7. **Leg drive:** the proper recruitment of the lower extremities.

By themselves, these components are reminders for the proper form and execution of every exercise. In the DVDs, Coach Hurst will describe the proper execution of the exercise and will often relate several of these key points to each other in his instruction. The manual will also emphasize certain components, and soon, with enough repetition under your belt, you will be able to critique yourself as you perform the exercises in this course. And rather than attempting to memorize a couple dozen little details about each exercise, we can instead refer to our performance in regard to these seven key components.

In addition, as in any good holistic system, it is the totality and interconnectedness of the seven key components that unlock the greatest benefit; the whole is greater than the sum of its parts. The proper performance of one key component often leads to the proper application of the other components.

For example, let's look at the relationship of shoulder pack to core activation. When we carefully align our shoulders down and back, and keep them steady in this position for every activity, our shoulder girdle sits upon our torso correctly. This posture allows for a stable platform for the optimal use of our upper extremities. If we don't and we allow the shoulder girdle up and away from the body, the force transferred will "leak" at the weaker connections. In addition, having our shoulder girdle improperly raised is often accompanied by a lifting of the ribs, implying a lack of proper core activation. When our core is correctly engaged, the ribs should be drawn down and in. If not, there is less than optimal stability in your trunk. Now imagine lifting a weight overhead with poor shoulder

pack; it is not just your shoulders that may suffer, but also your low back, as the decreased core activation can cause undue strain at your lumbar spine and pelvis.

Let's take detailed look at how the seven key components work in one of the basic exercises you'll be performing in this program.

## PULL-UPS

1. **Crown to coccyx alignment:** In this exercise, many people tend to overarch their back and neck. This actually places the muscles in a less than optimal position to exert force, and it also can create too much strain. You should be looking straight ahead, or just slightly upward. Lift the chest up, so as not to slump, but don't overdo it or you will bend your upper and lower back too far backwards and lose the correct positioning for proper core activation.
2. **Core activation:** As this is strongly related to the proper spinal alignment we mentioned above, make sure to keep your ribs drawn down and in toward your hips. This will assist in keeping your body in one piece. You'll then be able to maximize the force transfer from your arms to your torso and not lose any power from being too loose.
3. **Hip recruitment:** Once more we see the relationship between one component and another. Though it seems that you aren't using your lower body at all in a Pull-Up, proper lower body recruitment is crucial. Strong core activation, along with squeezing your hips and buttocks, provides stability from below

your ribs all the way down to your feet. This stability makes the Pull-Up easier to perform.

4. **Shoulder pack:** Keeping your shoulders pulled down and back is a challenge for the beginner, but is a definite key to good Pull-Up performance. If the shoulders are allowed to rise out of pack, it can be both injurious and also prevent the person from even pulling up at all. Shoulder pack is an important adjunct to core activation in this exercise.
5. **Arm lock:** Keep your elbows from moving side to side. Either your arms stay close to your sides or flared out to the side in line with your torso. Proper elbow positioning will prevent the various tendinitis injuries associated with improper form in Pull-Ups.
6. **Grip confirmation:** Your grip on the rings is very important (see DVDs for exact performance of the grip variations). And rather than maintaining a "death grip," you should actively change the position and strength of your grip. This will help prevent your grip from being the weakest link in the chain, with your grip failing before your other muscles are fatigued.
7. **Leg Drive:** As with hip recruitment, leg drive is often neglected as a component of "upper body" exercises. However, proper leg drive can certainly contribute to better results when practicing Pull-Ups. By tightening the upper and lower legs, you'll increase stability from your core to your feet. This makes it much easier to pull yourself up.



We won't be discussing the seven key components in detail for the 60+ exercises in the program. Because frankly, that would make this manual incredibly long! However, we do provide key cues for every exercise, and these cues along with the detailed instructions in the DVD will keep you in proper adherence to the seven key components.

With these simple examples, you can understand the connected nature of the seven key components and how a good awareness of them leads to an improved physical practice.

## CORRECT BREATHING PRINCIPLES

Another important aspect of optimal training is the practice of correct breathing during all of the movements.

First and foremost, **don't hold your breath!**

This should go without saying, but breath-holding is very common, especially when we start performing new exercises. Holding your breath and bracing in a posture or a difficult activity is, for many, a natural response. Unfortunately, it's also one of the worst things you can do. Exhale when you are exerting effort and never hold your breath.

Second, our breathing pattern should match inhalation with expansion and exhalation with compression. This allows us to follow the natural movement of our lungs and coordinate our body's position with the correct breathing, rather than fighting against.

For an example, stand up tall, lift up your hands as far as possible and breathe in deeply. You should feel as if you are breathing in as much air as possible, filling up your lungs to their capacity. Exhale and relax, and remember the sensation of the full inhalation. Now, sit down on

the floor and crunch up into a ball, hug your knees into your chest and make yourself as small as possible. Try to inhale deeply in this position. Compare this feeling with the one earlier, when you were standing tall and fully open. Doesn't it feel as if you are straining to inhale, and that there's no room for you to take in any air?

When you regulate your breathing to never hold your breath, exhale on exertion, and coordinate your breathing with your body position, you will make the most out of your effort and find yourself performing to your best ability.

As you continue to practice proper breathing in all your exercise activities, you will gradually progress from the need to be actively controlling your breath to where you are breathing correctly without thinking about it. This is the beginning of breath mastery, and it's a beautiful thing.

## RINGS ONE EXERCISE AND FLOW LIST

The following is a complete list of the exercises selected for the Rings One program. Please refer to the DVDs for detailed instructions on exercise performance.

### FUNDAMENTALS

#### Grips

- ◆ Standard grip: ring in middle of palm
- ◆ False grip: up on the ring, place crook of wrist below blade of the hand, hand is at an angle on the ring. Play with this grip on assisted chins

#### Dead Hang Pulling Prep

- ◆ Keep arm straight
- ◆ Pull shoulder blades down
- ◆ Lock down core, lift chest up
- ◆ Core activation emphasis

### ABOVE THE RINGS

#### Top Position

- ◆ Arms close to the body
- ◆ Chest up, straight body
- ◆ Focus on pulling rings in toward the body, pushing through the rings, squeeze buttocks and core

#### Top Position Tuck-Up

- ◆ Arms close to the body
- ◆ Chest up, straight body
- ◆ Pull knees to chest
- ◆ Don't bend over when pulling knees up
- ◆ Focus on pulling rings in toward the body, pushing through the rings, squeeze core

#### Top Position Pike-Ups (to L-Sit)

- ◆ Arms close to the body
- ◆ Chest up, straight body
- ◆ Pull from the hip flexors
- ◆ Don't bend over
- ◆ Focus on pulling rings in toward the body, pushing through the rings, squeeze core

#### Top Position Straddle Hold (Bonus Exercise)

- ◆ High pike to begin
- ◆ Turn the rings out
- ◆ Drive your legs up
- ◆ Elbows facing outward

### **Assisted Dip**

- ◆Height of belly button
- ◆Feet together on floor directly below rings
- ◆Keep elbows in, tucked in at your side
- ◆Keep chest up
- ◆Shoulders don't dip below rings
- ◆Push exhale, inhale as you lower

### **Dips**

- ◆Standard grip
- ◆Keep elbows in, tucked in at your side
- ◆Keep chest up
- ◆Don't let shoulders go past the rings
- ◆Focus on lowering into the dip
- ◆Push exhale, inhale as you lower

### **L-Sit to Dip**

- ◆Start in L-Sit
- ◆Chest up
- ◆Keep elbows in, tucked in at your side
- ◆Don't let shoulders go past the rings
- ◆Focus on lowering into the dip
- ◆Push exhale, inhale as you lower

### **Tuck to Tuck Shoulder Stand**

- ◆Core activation key point
- ◆From top position
- ◆Bring shoulders to hands, then lift buttocks up in the air
- ◆Rings stay close together in front of your chest, palms facing you
- ◆Return to starting position

### **L-Sit to Tuck Shoulder Stand**

- ◆Core activation key point
- ◆From top position
- ◆Bring shoulders to hands, then lift buttocks up in the air
- ◆Rings stay close together in front of your chest, palms facing you
- ◆Return to starting position

### **Tuck to Straight Leg Shoulder Stand**

- ◆Core activation key point
- ◆From top position
- ◆Bring shoulders to hands, then lift buttocks up in the air
- ◆Rings stay close together in front of your chest, palms facing you
- ◆Then straighten legs with feet pointing to the sky
- ◆Tuck again to return to starting position

### **Tuck to Tuck Bent Arm Stand**

- ◆Rings at waist level
- ◆Elbows bent at a little more than 90 degrees
- ◆Start at top position
- ◆Tight tuck to lift buttocks up
- ◆Keep hands facing each other
- ◆Bring shoulders down and forward and hips lift back and up
- ◆Elbows stay in same position, not going out to the side.

**L-Sit to Tuck Bent Arm Stand**

- ◆Rings at waist level
- ◆Elbows bent at a little more than 90 degrees
- ◆Start at top position
- ◆L-Sit to tuck to lift buttocks up
- ◆Keep hands facing each other
- ◆Bring shoulders down and forward and hips lift back and up
- ◆Elbows stay in same position, not going out to the side

**L-Sit to Bent Arm Stand to Shoulder Stand**

- ◆Rings at waist level
- ◆Elbows bent at a little more than 90 degrees
- ◆Start at top position
- ◆L-Sit to tuck to lift butt up
- ◆Keep hands facing each other
- ◆Bring shoulders to hands, then lift buttocks up in the air
- ◆Rings stay close together in front of your chest, palms facing you

**BELOW THE RINGS**

**Jump Tuck to Inverted Hang**

- ◆Below the rings
- ◆Pull with arms
- ◆Turn rings in
- ◆Pull down on the rings
- ◆Drive knees up toward armpits
- ◆Pull shoulders down and back slightly
- ◆Then move toward lifting hips up and over head
- ◆Elbows close in and straight.

**Pike to Inverted Hang**

- ◆Below the rings
- ◆Keep arms straight
- ◆Turn rings In
- ◆Pull down on the rings
- ◆Drive toes up toward armpits
- ◆Pull shoulders down and back slightly
- ◆Then move toward lifting hips up and over head
- ◆Elbows close in and straight.

**Tuck To Inverted Hang**

- ◆Below the rings
- ◆Keep arms straight
- ◆Turn rings in
- ◆Pull down on the rings
- ◆Drive knees up toward armpits
- ◆Pull shoulders down and back slightly
- ◆Then move toward lifting hips up and over head
- ◆Elbows close in and straight.

**Reverse Chin-Up**

- ◆Focus on the lowering
- ◆Palms facing toward you
- ◆Jump to chin level
- ◆Exhale when lower yourself
- ◆Lock down core, lift chest up
- ◆As you lower, bend knees so you can fully straighten arm
- ◆Core activation emphasis

### **Reverse Pull-Up**

- ◆ Palms facing out away from you
- ◆ Jump to chin level
- ◆ Exhale when lower yourself
- ◆ Elbows flare out and down, shoulders packing down and back
- ◆ Lock down core, lift chest up
- ◆ Core activation emphasis

### **Assisted Pull-Up/ Chin-Up (both are on the same video clip)**

- ◆ Palms facing away from you
- ◆ Chin level
- ◆ Go on knees
- ◆ Pull elbows down, shoulders packing down and back
- ◆ Elbows flare out as you go upward
- ◆ Use toes to help lift up
- ◆ Don't arch back, actually crunch your ribs down toward your hips

### **Narrow Pull-Up**

- ◆ Palms facing in toward each other
- ◆ Pull rings to shoulder level
- ◆ Pull elbows down, shoulders packing down and back
- ◆ Elbows as close to body as possible
- ◆ Don't arch back, actually crunch your ribs down toward your hip.

### **Wide Pull-Up**

- ◆ Palms facing away from you
- ◆ Pull as high you as can
- ◆ Pull elbows down, shoulders packing down and back
- ◆ Elbows flare out as you go up
- ◆ Don't arch back, actually crunch your ribs down toward your hips

### **Chin-Up**

- ◆ Palms turned in
- ◆ Chin level
- ◆ Pull elbows down, shoulders packing down and back
- ◆ Don't arch back, actually crunch your ribs down toward your hips

### **Tuck Pull-Up**

- ◆ Start with rings facing outward
- ◆ Turn rings in
- ◆ Squeeze your core
- ◆ Drive elbows down, shoulders packing down and back
- ◆ Keep chest up
- ◆ Don't arch back, actually crunch your ribs down toward your hips

### **L-Sit Chin-Up**

- ◆ Start with rings facing outward
- ◆ Turn rings in
- ◆ Squeeze your core
- ◆ Drive elbows down, shoulders packing down and back
- ◆ Keep chest up
- ◆ Don't arch back, actually crunch your ribs down toward your hips

### **Skin the Cat**

- ◆ Start with rings at chin level
- ◆ Lower yourself slowly
- ◆ Turn the rings out in the movement
- ◆ Pull down on the rings when returning to start position
- ◆ First pull as you lift hips up, then as you invert, straighten arms. To return back, pull up again to bend elbows and roll forward to the starting position

**Inverted Tuck Roll Chin-Up**

- ◆Keep tight tuck
- ◆Drive elbows down
- ◆Rotate palms facing In
- ◆Tuck, roll forward and pull up

**Inverted Pike Roll Chin-Up**

- ◆Start with deep pike
- ◆Drive elbows down
- ◆Rotate palms facing In
- ◆Chest up
- ◆Pike, roll forward and pull up

**L-Sit Chin Skins**

- ◆Skin the cat with pike roll Chin-Up
- ◆Start slow with control
- ◆Keep a deep pike
- ◆Turn the rings toward you

**Inverted Row (Straight Body)**

- ◆Start from inverted hang
- ◆Drive legs up toward the sky
- ◆Pull elbows in and down as you pull up
- ◆Keep chin tucked

**Inverted Tuck Row**

- ◆Start from inverted hang
- ◆Keep tight tuck
- ◆Pull elbows in and down as you pull up
- ◆Keep chin tucked

**Inverted Pike Row**

- ◆Start from inverted hang
- ◆Lower into the pike position
- ◆Push buttocks up to the sky
- ◆Pull elbows in and down as you pull up
- ◆Keep chin tucked
- ◆Elbows close to body

**Chin Half Cross (bonus exercise)**

- ◆Start with palms turned in
- ◆Support arm palm to your chin
- ◆Place weight on one arm and extend other arm
- ◆Keep support elbow firmly tucked

**Single Arm Chin-Up (bonus exercise)**

- ◆Drive up with non-chinning arm
- ◆Chest up
- ◆Place palm to chin

**Ice Cream Makers**

- ◆Front lever and Chin-Up combination.
- ◆Start in Chin-Up position, lean back and straighten arms.
- ◆Bring hip and straight legs forward as you straighten arms to lower the body

**Jump to Dip (Assisted Muscle Up)**

- ◆Rings at shoulder level
- ◆False grip
- ◆Keep elbows in, tucked in at your side
- ◆Keep chest up and explode into dip
- ◆Focus on lowering into the dip
- ◆Push exhale, inhale as you lower

**Baby Muscle-Up**

- ◆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

### **Muscle-Up**

- ◆Rings at shoulder height
- ◆False grip
- ◆Feet out in front, sit back, pull with arms

- ◆Keep elbows as close in front of you as possible, and pull
- ◆The transition to go above the rings happens when shoulders go above your hands, pull backwards and push up

## **LOW RINGS**

### **Plank Hold**

- ◆Don't turn hands while holding the position
- ◆Keep thumbs forward
- ◆Keep forearm against ring
- ◆Push through the part of your hand between your thumb and your wrist
- ◆Maintain this position throughout the hold

### **Front Push-Up**

- ◆Rings directly under shoulders
- ◆Palms facing each other to start
- ◆Turn rings to the front at the top
- ◆Elbow pits forward
- ◆Elbows in, shoulders don't go down past the rings

### **Assisted Push-Up**

- ◆Start on knees
- ◆Rings directly under shoulders
- ◆Palms facing each other, thumbs forward
- ◆Elbows will point backward
- ◆To progress, bring knees further back. Lower the rings as needed
- ◆Elbows in, shoulders don't go down past the rings

### **Extreme Push-Up**

- ◆Rings to belly
- ◆Palms facing each other, thumbs forward
- ◆Elbows will point backward
- ◆Keep body straight
- ◆Elbows in, shoulders don't go down past the rings

### **Push-Up**

- ◆Straight body
- ◆Rings directly under shoulders
- ◆Palms facing each other, thumbs forward
- ◆Elbows will point backward
- ◆Turn rings out for Bulgarian push-ups. Lower the rings as needed
- ◆Elbows in, shoulders don't go down past the rings

### **Mountain Climber**

- ◆Straight body
- ◆Push through the rings
- ◆Keep buttocks down during movement
- ◆But don't let hips sag
- ◆Keep shoulders over rings



### **Reverse Row**

- ◆ Ring setup, height should be the start position where your back is off the floor
- ◆ Pull hips up first and then drive chest up and facing the ceiling
- ◆ Pull hands toward your hips, elbows in, thumbs remain facing toward your head

### **Inverted Push-Up**

- ◆ Keep weight forward
- ◆ Buttocks high
- ◆ Inhale on lower, exhale on return
- ◆ Bring legs closer as you progress in level

## **LEGS**

### **Double Grind**

- ◆ Essentially a squat
- ◆ Bottom of the rings at shoulder height
- ◆ Sit back, shins stay perpendicular to ground
- ◆ Rings as support to allow sitting back further
- ◆ Don't use rings to help you lift up

### **Side Grind**

- ◆ Side squat to the rear
- ◆ Bottom of the rings at shoulder height
- ◆ Sit back, shins stay perpendicular to ground
- ◆ Rings as support to allow sitting back further
- ◆ Don't use rings to help you lift up

### **Single Leg Grind**

- ◆ One-legged squat
- ◆ Sit back into the squat
- ◆ Explode back up
- ◆ Try not to pull on rings
- ◆ Chest up

### **4 Corner Balance Drill Beginner and Intermediate**

- ◆ Hips rolled under you slightly
- ◆ Chest up
- ◆ Head looking straight ahead
- ◆ Hands gripping as lightly as possible for balance

## Gold Medal Bodies

## CHAPTER FOUR: THE PROGRAM

One of the unique distinctions of our training system is how we determine when to progress in our exercises. When do we try to add another repetition or set? When can we reduce the time in between sets? Some training systems are vague on this, often stating "work as hard as you can every time" or "you should always be trying to add another repetition!" This is all well and good, as increasing intensity is one of the ways to progress. However, doesn't it seem like there should be a better way to go about it?

In GMB training, we want to be aware of every aspect of our training and use this mindfulness to direct our work in the best way possible. We should evaluate our performance in every session and use these evaluations to analyze what should happen at the next session.

Our evaluation tools are; Rating of Perceived Technique (**RPT**) Rating of Perceived Exertion (**RPE**), and Rating of Perceived Discomfort (**RPD**). The ratings are made on a scale of 1-10, 1 being the lowest and 10 the highest on the scale.

- ◆ **Rate of Perceived Technique:** RPT is our self evaluation of the level of proficiency we have in the particular exercise. How does our form compare with the perfect form demonstrated in the DVDs? Before we attempt to add repetitions or sets to the exercise, we want to make sure our RPT is at least an 8.
- ◆ **Rate of Perceived Effort:** RPE is how much we judge our level of effort is in the given exercise. We should only add work when our RPE is at a 6 or be-

low. If it is higher than a 6, then you are at the right level of intensity and don't need to add more.

- ◆ **Rate of Perceived Discomfort:** RPD relates to the level of pain we have during an exercise. Now, this should be distinct from the unease we feel when we expend effort and our muscles are burning. Instead, RPD should refer to any pain that seems unreasonable for the exercise. This should always be at a level less than 3. If it creeps higher than 3, then the exercise needs to be modified or scaled further back.

So, to use an example, you are performing two sets of eight L-Sit dips with an RPT of 8, RPE of 5, and RPD of 1. It is time to either add more repetitions to your sets or decrease the rest period between the sets.

## PROGRAM OUTLINE

This section outlines the basic components of the Rings One program - kind of a bird's eye view so you can see where things are going and how you'll progress over the course of your practice. We've also included detailed daily charts in Appendix B.

### TRAINING PHASES

Both levels of Rings One include four phases, arranged as follows:

Phase	Focus	Reps	Rest	Sets
1 4 Weeks	<b>Strength Building</b> - practice basic movements	8 - 12	60 - 90s	3 - 5
2 4 Weeks	<b>Skill Acquisition</b> - build combinations Phase 1 movements	5 - 13	60 - 120s	3 - 5
3 2 Weeks	<b>Flow Acquisition</b> - group Phase 2 combinations into a routine	3 - 5	60 - 120s	3
4 2 Weeks	<b>Flow</b> - practice the flow in its entirety	Full flow	60 - 120s	Up to 6

As you can see, we begin with basic skills to build the necessary strength for serious ring training. As that strength becomes available, you'll gradually begin to chain the movements together in longer and more sophisticated routines, culminating in a 'master' routine that contains everything you've practiced up to that point.

## DAILY SCHEDULE

The workout days will alternate between training and recovery every other day, but you will always have the weekend as two days off in a row. For example:

Week 1						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Day 1 Workout	Active Recovery	Day 2 Workout	Active Recovery	Day 1 Workout	Active Recovery	Active Recovery
Week 2						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Day 2 Workout	Active Recovery	Day 1 Workout	Active Recovery	Day 2 Workout	Active Recovery	Active Recovery

And so on for the duration of the program. On the active recovery days you will simply perform the warmup sequence and cool-down flow one time, along with whatever recreational activities in which you normally participate. We also suggest performing a longer yoga session on Saturdays. A flow from the Prasara Primer would be nice...

**LEVEL A: NOVICE RINGS ATHLETE**

<b>Phase 1 - 4 Weeks</b>		
Day 1 Above the Rings	<ul style="list-style-type: none"> <li>•Top Position Holds (w/ rings out)</li> <li>•Assisted Dips</li> <li>•Assisted Push-Ups</li> </ul>	<ul style="list-style-type: none"> <li>•Plank Position Holds</li> <li>•Mountain Climbers</li> </ul>
Day 2 Below the Rings	<ul style="list-style-type: none"> <li>•Reverse Rows</li> <li>•Assisted Pull-Ups</li> <li>•Reverse Chin-Ups</li> </ul>	<ul style="list-style-type: none"> <li>•Jump to Inverted Hang</li> <li>•Double-Leg Grinds</li> </ul>
<b>Phase 2 - 4 Weeks</b>		
Day 1 Above the Rings	<ul style="list-style-type: none"> <li>•Dips</li> <li>•Tuck-Up to Shoulder-Stand</li> <li>•Jump Dips</li> </ul>	<ul style="list-style-type: none"> <li>•L-Sit Holds</li> <li>•4 Corner Balance Drill (beginner)</li> </ul>
Day 2 Below the Rings	<ul style="list-style-type: none"> <li>•Pull-Ups</li> <li>•Inverted Tuck Roll Chin-Up</li> </ul>	<ul style="list-style-type: none"> <li>•Skin the Cat</li> <li>•Single-Leg Grinds</li> </ul>
<b>Phase 3 - 2 Weeks</b>		
Day 1 Combinations	<b>Compound 1</b> <ul style="list-style-type: none"> <li>•Pike Up to Inverted Hold</li> <li>•Skin the Cat to Low L-Sit</li> </ul>	<b>Compound 2</b> <ul style="list-style-type: none"> <li>•Jump Muscle-Up</li> <li>•Top Position Tuck to Reverse Chin Lay-Back</li> <li>•Chin Lower to Lower Ring Tuck Position</li> </ul>
Day 2 Combinations	<b>Compound 1</b> (from Muscle-Up) <ul style="list-style-type: none"> <li>•Top Position Tuck to Tuck Shoulder Stand (Return to Top)</li> <li>•Top Position Tuck to Reverse Chin Lay-Back</li> <li>•Chin Lower to Lower Ring Tuck Position</li> </ul>	<b>Compound 2</b> <ul style="list-style-type: none"> <li>•Jump Muscle-Up</li> <li>•Top Position Tuck to Reverse Chin Lay-Back</li> <li>•Chin Lower to Lower Ring Tuck Position</li> </ul>
<b>Phase 4 - 2 Weeks</b>		
Full Flow	<ul style="list-style-type: none"> <li>•Pike to Inverted Hold</li> <li>•Skin the Cat to Low L-Sit</li> <li>•Double-Leg Grind to Jump Muscle-Up</li> <li>•L-Sit</li> </ul>	<ul style="list-style-type: none"> <li>•Top Position Tuck to Tuck Shoulder Stand</li> <li>•Tuck Top Position to Reverse Chin Lay-Back</li> <li>•Reverse Chin to Low L-Sit</li> </ul>

**LEVEL B: INTERMEDIATE RINGS ATHLETE**

<b>Phase 1 - 4 Weeks</b>		
Day 1 Above the Rings	<ul style="list-style-type: none"> <li>•Dips</li> <li>•Tuck to Tuck Shoulder Stand</li> <li>•Inverted Push Ups</li> </ul>	<ul style="list-style-type: none"> <li>•Push Ups</li> <li>•Jump Dips</li> <li>•L-Sit holds</li> </ul>
Day 2 Below the Rings	<ul style="list-style-type: none"> <li>•Inverted Tuck Rows (bent leg)</li> <li>•Inverted Tuck Roll Chin-Up</li> </ul>	<ul style="list-style-type: none"> <li>•Chin-Ups</li> <li>•Single-Leg Grinds</li> </ul>
<b>Phase 2 - 4 Weeks</b>		
Day 1 Above the Rings	<ul style="list-style-type: none"> <li>•Muscle-Up progressions (Baby Muscle-Up)</li> <li>•Tuck to Tuck Bent Arm Stand</li> </ul>	<ul style="list-style-type: none"> <li>•L-Sit to Dip</li> <li>•Inverted Push Ups</li> <li>•Push Ups</li> </ul>
Day 2 Below the Rings	<ul style="list-style-type: none"> <li>•Inverted Pike Roll Pike Chin-Up</li> <li>•Skin the Cat Roll to Chin-Up</li> </ul>	<ul style="list-style-type: none"> <li>•Wide Pull-Ups</li> <li>•Single Leg Grinds</li> </ul>
<b>Phase 3 - 2 Weeks</b>		
Day 1 Combinations	<p><b>Compound 1</b></p> <ul style="list-style-type: none"> <li>•Wide Pull-Up to Inverted Hang</li> <li>•Skin the Cat to Roll to Chin-Up</li> <li>•L-Sit lower to Single Leg Grinds</li> </ul> <p><b>Movement 2</b></p> <ul style="list-style-type: none"> <li>•Muscle-Up to L-Sit</li> <li>•Fall back to Reverse Chin Lower L-Sit</li> </ul>	<p><b>Compound 2</b></p> <ul style="list-style-type: none"> <li>•Wide Pull-Up to Inverted Hang</li> <li>•Skin the Cat to Roll to Chin-Up</li> <li>•L-Sit lower to Single Leg Grinds</li> </ul> <p><b>Movement 2</b></p> <ul style="list-style-type: none"> <li>•Muscle-Up to L-Sit</li> <li>•Fall back to Reverse Chin Lower L-Sit</li> </ul>
Day 2 Combinations	<p><b>Compound 1</b> (from Muscle-Up)</p> <ul style="list-style-type: none"> <li>•L-Sit to Shoulder Stand</li> <li>•Shoulder Stand back to L-Sit (Repeat)</li> </ul>	<p><b>Compound 2</b></p> <ul style="list-style-type: none"> <li>•Muscle-Up to L-Sit</li> <li>•Fall back to Front Lower L-Sit</li> </ul>
<b>Phase 4 - 2 Weeks</b>		
Full Flow	<ul style="list-style-type: none"> <li>•Wide Pull Up to Inverted Hang</li> <li>•Skin the Cat to Inverted Pike Roll Chin</li> <li>•Reverse L-Sit Chin Lower to Single-Leg Grinds</li> <li>•Muscle Up to L-Sit</li> </ul>	<ul style="list-style-type: none"> <li>•L-Sit to Tuck Bent Arm Stand</li> <li>•Bent Arm Stand back to L-Sit</li> <li>•L-Sit to L-Sit Reverse Lay Back</li> <li>•L-Sit Reverse Chin</li> </ul>



## **OUTRODUCTION**

We hope you enjoyed this first program in the Gold Medal Bodies curriculum. We've designed the Rings One program as the foundational training course for the rest of the GMB curriculum. Working on the rings builds a great deal of muscle and joint power, and is at the core of practical strength for all the activities in your life. And the strength, skills, and familiarity you've gained from the performance of this course leads into our other coursework. Which, of course, we hope you check out!

This manual also serves as a keystone for the GMB curriculum as we've tried our best to outline our philosophy of training and all the aspects that you should expect in the rest of our training programs. We hope that it is of enough detail and substance that you can refer to it as you continue training with us.

We are having a great time sharing with you the ways we like to train, and hope you continue to walk with us in this wonderful journey. We want you to finish each training session eager for the next. We want you to train hard and smart, but also have a lot of fun along the way! Most of all we want you to enjoy the real practical strength to help you in all that you do.

Thank you. We hope to see you soon!

**The GMB Team**

Ryan, Jarlo, and Andy

## Gold Medal Bodies

## APPENDIX A: BONUS EXERCISES

In this section we share some exercises that are not part of the written programs in Rings One; however, they are fun and challenging and can be incorporated into other training programs. Again, detailed performance instructions can be found on the DVDs.

### CHIN HALF CROSS

- ◆ Chest up high, and elbows tight against the body
- ◆ The arm that is extending to the side should have the elbow pointed down as much as possible
- ◆ Don't hold your breath!

### TOP POSITION STRADDLE HOLD

- ◆ Be aware of your head positioning, tuck your chin in slightly.
- ◆ In the transition to the straddle, strongly exhale and draw your ribs down and in, to engage your core strongly.

### SINGLE ARM CHIN

- ◆ As in all pulls, keep the chest up.
- ◆ Elbows drawn in tight and pulling down into the hip.
- ◆ In the shift over, control your speed, so as not to sway too much.

We recommend sets of low to medium repetitions (5-8 reps), as these tend to be fairly high tension exercises. You may also want to perform them earlier in your exercise session, when your energy levels are high.

## Gold Medal Bodies

## APPENDIX B: PROGRAM CHARTS

For your convenience, we've included daily charts for a full six months of training. Work and rest days are included.

### PROGRESSION

Without continually increasing the "difficulty" of a workout, it ceases to challenge your body. Since this challenge is responsible for the adaptation that results in increased strength, we want to make sure we keep progressing as the movements become easier.

Most phases of this program include variable ranges for the actual numbers of repetitions and sets as well as rest periods to be performed. We suggest you use the lowest number of both sets and reps and take the maximum rest for your first session of each phase. From Session 2, you may begin to add progressively more work.

How do you know when you're ready to add more work? The key is to monitor your **RPT**, **RPE**, and **RPD**, which we're sure you're familiar with since you read the manual (right?). When your RPT is above 8, RPE drops below 6, and RPD remains under 3, you are ready to step it up.

Depending on how big a jump you want to make for your next session, you can increase the number of reps or sets - it's really up to you.

Monitoring these levels is so important that we've included a space on the program charts that follow for you to record them after each session. If you don't want to mark up this manual (perhaps because you'd like to follow the

program again in the future), you're welcome to make copies of the charts. That will also make it easier to carry with you if you work out in a gym, and if you have a dedicated training space, you can simply tape the week's chart up on your wall.

Finally, we caution you not to progress too quickly. Moving too fast is a common cause of injury and stunted progress. One of the hallmarks of the CST system is the use of incremental progression. Truly, baby steps are sometimes the fastest way forward, and we encourage you to take your time mastering each technique. Remember that **skill** is our main variable here, so increasing your RPT should always be your focus.

## MAKING ADJUSTMENTS

Though it would be best to follow this schedule exactly as laid out, we know that training schedules are often tweaked to best fit our busy lives. There is room for flexibility in this training. Just remember to adhere to these important points:

1. Alternate the training and recovery days. Do the Day 1 Session and then the Day 2 session the next time you work on the rings, and so on.
2. Don't do the rings workout two days in a row.
3. Always make time to perform the Warm-Up and Cool-Down flow once on each active recovery day.

DAILY PROGRAM CHARTS - LEVEL A (NOVICE) PHASE 1

Week 1				
<p><b>Day 1</b></p> <p>Above the Rings</p>	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Top Position Holds (rings out)</li> <li>•Assisted Dips</li> </ul>	<ul style="list-style-type: none"> <li>•Assisted Push-Ups</li> <li>•Plank Position Holds</li> <li>•Mountain Climbers</li> <li>•Cool-Down Flow</li> </ul>	<p>3 to 5 sets:</p> <p>8 to 12 reps:</p> <p>60-90s rest:</p>	<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p><b>Day 2</b></p> <p>Active Recovery</p>	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Cool-Down Flow</li> </ul>			<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p><b>Day 3</b></p> <p>Below the Rings</p>	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Reverse Rows</li> <li>•Assisted Pull-Ups</li> <li>•Revers Chin-Ups</li> </ul>	<ul style="list-style-type: none"> <li>•Jump to Tuck Inverted Hang</li> <li>•Double-Leg Grinds</li> <li>•Cool-Down Flow</li> </ul>	<p>3 to 5 sets:</p> <p>8 to 12 reps:</p> <p>60-90s rest:</p>	<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p><b>Day 4</b></p> <p>Active Recovery</p>	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Cool-Down Flow</li> </ul>			<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p><b>Day 5</b></p> <p>Above the Rings</p>	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Top Position Holds (rings out)</li> <li>•Assisted Dips</li> </ul>	<ul style="list-style-type: none"> <li>•Assisted Push-Ups</li> <li>•Plank Position Holds</li> <li>•Mountain Climbers</li> <li>•Cool-Down Flow</li> </ul>	<p>3 to 5 sets:</p> <p>8 to 12 reps:</p> <p>60-90s rest:</p>	<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p><b>Day 6, 7</b></p> <p>Active Recovery</p>	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Cool-Down Flow</li> </ul>			<p>RPT: ,</p> <p>RPE: ,</p> <p>RPD: ,</p>

DAILY PROGRAM CHARTS - LEVEL A (NOVICE) PHASE 1

Week 2				
<p><b>Day 8</b></p> <p>Below the Rings</p>	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Reverse Rows</li> <li>•Assisted Pull-Ups</li> <li>•Revers Chin-Ups</li> </ul>	<ul style="list-style-type: none"> <li>•Jump to Tuck Inverted Hang</li> <li>•Double-Leg Grinds</li> <li>•Cool-Down Flow</li> </ul>	<p>3 to 5 sets:</p> <p>8 to 12 reps:</p> <p>60-90s rest:</p>	<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p><b>Day 9</b></p> <p>Active Recovery</p>	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Cool-Down Flow</li> </ul>			<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p><b>Day 10</b></p> <p>Above the Rings</p>	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Top Position Holds (rings out)</li> <li>•Assisted Dips</li> </ul>	<ul style="list-style-type: none"> <li>•Assisted Push-Ups</li> <li>•Plank Position Holds</li> <li>•Mountain Climbers</li> <li>•Cool-Down Flow</li> </ul>	<p>3 to 5 sets:</p> <p>8 to 12 reps:</p> <p>60-90s rest:</p>	<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p><b>Day 11</b></p> <p>Active Recovery</p>	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Cool-Down Flow</li> </ul>			<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p><b>Day 12</b></p> <p>Below the Rings</p>	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Reverse Rows</li> <li>•Assisted Pull-Ups</li> <li>•Revers Chin-Ups</li> </ul>	<ul style="list-style-type: none"> <li>•Jump to Tuck Inverted Hang</li> <li>•Double-Leg Grinds</li> <li>•Cool-Down Flow</li> </ul>	<p>3 to 5 sets:</p> <p>8 to 12 reps:</p> <p>60-90s rest:</p>	<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p><b>Day 13, 14</b></p> <p>Active Recovery</p>	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Cool-Down Flow</li> </ul>			<p>RPT: ,</p> <p>RPE: ,</p> <p>RPD: ,</p>



DAILY PROGRAM CHARTS - LEVEL A (NOVICE) PHASE 1

Week 3				
<b>Day 15</b>  Above the Rings	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Top Position Holds (rings out)</li> <li>•Assisted Dips</li> </ul>	<ul style="list-style-type: none"> <li>•Assisted Push-Ups</li> <li>•Plank Position Holds</li> <li>•Mountain Climbers</li> <li>•Cool-Down Flow</li> </ul>	3 to 5 sets:  8 to 12 reps:  60-90s rest:	RPT:  RPE:  RPD:
<b>Day 16</b>  Active Recovery	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Cool-Down Flow</li> </ul>			RPT:  RPE:  RPD:
<b>Day 17</b>  Below the Rings	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Reverse Rows</li> <li>•Assisted Pull-Ups</li> <li>•Revers Chin-Ups</li> </ul>	<ul style="list-style-type: none"> <li>•Jump to Tuck Inverted Hang</li> <li>•Double-Leg Grinds</li> <li>•Cool-Down Flow</li> </ul>	3 to 5 sets:  8 to 12 reps:  60-90s rest:	RPT:  RPE:  RPD:
<b>Day 18</b>  Active Recovery	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Cool-Down Flow</li> </ul>			RPT:  RPE:  RPD:
<b>Day 19</b>  Above the Rings	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Top Position Holds (rings out)</li> <li>•Assisted Dips</li> </ul>	<ul style="list-style-type: none"> <li>•Assisted Push-Ups</li> <li>•Plank Position Holds</li> <li>•Mountain Climbers</li> <li>•Cool-Down Flow</li> </ul>	3 to 5 sets:  8 to 12 reps:  60-90s rest:	RPT:  RPE:  RPD:
<b>Day 20, 21</b>  Active Recovery	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Cool-Down Flow</li> </ul>			RPT: ,  RPE: ,  RPD: ,

DAILY PROGRAM CHARTS - LEVEL A (NOVICE) PHASE 1

Week 4				
<b>Day 22</b>  Below the Rings	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Reverse Rows</li> <li>•Assisted Pull-Ups</li> <li>•Revers Chin-Ups</li> </ul>	<ul style="list-style-type: none"> <li>•Jump to Tuck Inverted Hang</li> <li>•Double-Leg Grinds</li> <li>•Cool-Down Flow</li> </ul>	3 to 5 sets:  8 to 12 reps:  60-90s rest:	RPT:  RPE:  RPD:
<b>Day 23</b>  Active Recovery	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Cool-Down Flow</li> </ul>			RPT:  RPE:  RPD:
<b>Day 24</b>  Above the Rings	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Top Position Holds (rings out)</li> <li>•Assisted Dips</li> </ul>	<ul style="list-style-type: none"> <li>•Assisted Push-Ups</li> <li>•Plank Position Holds</li> <li>•Mountain Climbers</li> <li>•Cool-Down Flow</li> </ul>	3 to 5 sets:  8 to 12 reps:  60-90s rest:	RPT:  RPE:  RPD:
<b>Day 25</b>  Active Recovery	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Cool-Down Flow</li> </ul>			RPT:  RPE:  RPD:
<b>Day 26</b>  Below the Rings	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Reverse Rows</li> <li>•Assisted Pull-Ups</li> <li>•Revers Chin-Ups</li> </ul>	<ul style="list-style-type: none"> <li>•Jump to Tuck Inverted Hang</li> <li>•Double-Leg Grinds</li> <li>•Cool-Down Flow</li> </ul>	3 to 5 sets:  8 to 12 reps:  60-90s rest:	RPT:  RPE:  RPD:
<b>Day 27, 28</b>  Active Recovery	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Cool-Down Flow</li> </ul>			RPT: ,  RPE: ,  RPD: ,

DAILY PROGRAM CHARTS - LEVEL A (NOVICE) PHASE 2

Week 1				
<p><b>Day 1</b></p> <p>Above the Rings</p>	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Dips</li> <li>•Tuck-Up to Shoulder Stand</li> </ul>	<ul style="list-style-type: none"> <li>•L-Sit Hold</li> <li>•4 Corner Balance Drill (beginner)</li> <li>•Cool-Down Flow</li> </ul>	<p>3 to 5 sets:</p> <p>5 to 13 reps:</p> <p>60-120s rest:</p>	<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p><b>Day 2</b></p> <p>Active Recovery</p>	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Cool-Down Flow</li> </ul>			<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p><b>Day 3</b></p> <p>Below the Rings</p>	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Pull-Ups</li> <li>•Inverted Tuck Roll Chin-Up</li> </ul>	<ul style="list-style-type: none"> <li>•Skin the Cat</li> <li>•Single-Leg Grind</li> <li>•Cool-Down Flow</li> </ul>	<p>3 to 5 sets:</p> <p>5 to 13 reps:</p> <p>60-120s rest:</p>	<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p><b>Day 4</b></p> <p>Active Recovery</p>	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Cool-Down Flow</li> </ul>			<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p><b>Day 5</b></p> <p>Above the Rings</p>	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Dips</li> <li>•Tuck-Up to Shoulder Stand</li> </ul>	<ul style="list-style-type: none"> <li>•L-Sit Hold</li> <li>•4 Corner Balance Drill (beginner)</li> <li>•Cool-Down Flow</li> </ul>	<p>3 to 5 sets:</p> <p>5 to 13 reps:</p> <p>60-120s rest:</p>	<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p><b>Day 6, 7</b></p> <p>Active Recovery</p>	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Cool-Down Flow</li> </ul>			<p>RPT: ,</p> <p>RPE: ,</p> <p>RPD: ,</p>

DAILY PROGRAM CHARTS - LEVEL A (NOVICE) PHASE 2

Week 2				
<b>Day 8</b> Below the Rings	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Pull-Ups</li> <li>•Inverted Tuck Roll</li> <li>•Chin-Up</li> </ul>	<ul style="list-style-type: none"> <li>•Skin the Cat</li> <li>•Single-Leg Grind</li> <li>•Cool-Down Flow</li> </ul>	3 to 5 sets: 5 to 13 reps: 60-120s rest:	RPT: RPE: RPD:
<b>Day 9</b> Active Recovery	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Cool-Down Flow</li> </ul>			RPT: RPE: RPD:
<b>Day 10</b> Above the Rings	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Dips</li> <li>•Tuck-Up to Shoulder Stand</li> </ul>	<ul style="list-style-type: none"> <li>•L-Sit Hold</li> <li>•4 Corner Balance Drill (beginner)</li> <li>•Cool-Down Flow</li> </ul>	3 to 5 sets: 5 to 13 reps: 60-120s rest:	RPT: RPE: RPD:
<b>Day 11</b> Active Recovery	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Cool-Down Flow</li> </ul>			RPT: RPE: RPD:
<b>Day 12</b> Below the Rings	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Pull-Ups</li> <li>•Inverted Tuck Roll</li> <li>•Chin-Up</li> </ul>	<ul style="list-style-type: none"> <li>•Skin the Cat</li> <li>•Single-Leg Grind</li> <li>•Cool-Down Flow</li> </ul>	3 to 5 sets: 5 to 13 reps: 60-120s rest:	RPT: RPE: RPD:
<b>Day 13, 14</b> Active Recovery	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Cool-Down Flow</li> </ul>			RPT: , RPE: , RPD: ,

DAILY PROGRAM CHARTS - LEVEL A (NOVICE) PHASE 2

Week 3				
<b>Day 15</b>  Above the Rings	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Dips</li> <li>•Tuck-Up to Shoulder Stand</li> </ul>	<ul style="list-style-type: none"> <li>•L-Sit Hold</li> <li>•4 Corner Balance Drill (beginner)</li> <li>•Cool-Down Flow</li> </ul>	3 to 5 sets:  5 to 13 reps:  60-120s rest:	RPT:  RPE:  RPD:
<b>Day 16</b>  Active Recovery	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Cool-Down Flow</li> </ul>			RPT:  RPE:  RPD:
<b>Day 17</b>  Below the Rings	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Pull-Ups</li> <li>•Inverted Tuck Roll Chin-Up</li> </ul>	<ul style="list-style-type: none"> <li>•Skin the Cat</li> <li>•Single-Leg Grind</li> <li>•Cool-Down Flow</li> </ul>	3 to 5 sets:  5 to 13 reps:  60-120s rest:	RPT:  RPE:  RPD:
<b>Day 18</b>  Active Recovery	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Cool-Down Flow</li> </ul>			RPT:  RPE:  RPD:
<b>Day 19</b>  Above the Rings	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Dips</li> <li>•Tuck-Up to Shoulder Stand</li> </ul>	<ul style="list-style-type: none"> <li>•L-Sit Hold</li> <li>•4 Corner Balance Drill (beginner)</li> <li>•Cool-Down Flow</li> </ul>	3 to 5 sets:  5 to 13 reps:  60-120s rest:	RPT:  RPE:  RPD:
<b>Day 20, 21</b>  Active Recovery	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Cool-Down Flow</li> </ul>			RPT: ,  RPE: ,  RPD: ,

DAILY PROGRAM CHARTS - LEVEL A (NOVICE) PHASE 2

Week 4				
<b>Day 22</b>  Below the Rings	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Pull-Ups</li> <li>•Inverted Tuck Roll</li> <li>Chin-Up</li> </ul>	<ul style="list-style-type: none"> <li>•Skin the Cat</li> <li>•Single-Leg Grind</li> <li>•Cool-Down Flow</li> </ul>	3 to 5 sets:  5 to 13 reps:  60-120s rest:	RPT:  RPE:  RPD:
<b>Day 23</b>  Active Recovery	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Cool-Down Flow</li> </ul>			RPT:  RPE:  RPD:
<b>Day 24</b>  Above the Rings	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Dips</li> <li>•Tuck-Up to Shoulder Stand</li> </ul>	<ul style="list-style-type: none"> <li>•L-Sit Hold</li> <li>•4 Corner Balance Drill (beginner)</li> <li>•Cool-Down Flow</li> </ul>	3 to 5 sets:  5 to 13 reps:  60-120s rest:	RPT:  RPE:  RPD:
<b>Day 25</b>  Active Recovery	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Cool-Down Flow</li> </ul>			RPT:  RPE:  RPD:
<b>Day 26</b>  Below the Rings	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Pull-Ups</li> <li>•Inverted Tuck Roll</li> <li>Chin-Up</li> </ul>	<ul style="list-style-type: none"> <li>•Skin the Cat</li> <li>•Single-Leg Grind</li> <li>•Cool-Down Flow</li> </ul>	3 to 5 sets:  5 to 13 reps:  60-120s rest:	RPT:  RPE:  RPD:
<b>Day 27, 28</b>  Active Recovery	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Cool-Down Flow</li> </ul>			RPT: ,  RPE: ,  RPD: ,

**DAILY PROGRAM CHARTS - LEVEL A (NOVICE) PHASE 3**

Week 1			
<b>Day 1</b>	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li><b>Combination 1</b></li> <li>•Pike up to Inverted Hold</li> <li>•Skin the Cat to Low L-Sit</li> </ul>	<ul style="list-style-type: none"> <li><b>Combination 2</b></li> <li>•Jump Muscle-Up</li> <li>•Top Position Tuck to Reverse Chin Lay-Back</li> <li>•Chin Lower to Lower Ring Tuck Position</li> <li>•Cool-Down Flow</li> </ul>	<p>3 sets: 3 to 5 reps: 60-120s rest:</p> <p>RPT: RPE: RPD:</p>
<b>Day 2</b> Active Recovery	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Cool-Down Flow</li> </ul>		
<b>Day 3</b>	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li><b>Combination 1</b> (from Muscle-Up)</li> <li>•Top Position Tuck to Tuck Shoulder Stand (Return to Top)</li> <li>•Top Position tuck to Reverse Chin Lay-Back</li> <li>•Chin Lower to Lower Ring Tuck Position</li> </ul>	<ul style="list-style-type: none"> <li><b>Combination 2</b></li> <li>•Jump Muscle-Up</li> <li>•Top Position Tuck to Reverse Chin Lay-Back</li> <li>•Chin Lower to Lower Ring Pike Position</li> <li>•Cool-Down Flow</li> </ul>	<p>3 sets: 3 to 5 reps: 60-120s rest:</p> <p>RPT: RPE: RPD:</p>
<b>Day 4</b> Active Recovery	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Cool-Down Flow</li> </ul>		
<b>Day 5</b>	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li><b>Combination 1</b></li> <li>•Pike up to Inverted Hold</li> <li>•Skin the Cat to Low L-Sit</li> </ul>	<ul style="list-style-type: none"> <li><b>Combination 2</b></li> <li>•Jump Muscle-Up</li> <li>•Top Position Tuck to Reverse Chin Lay-Back</li> <li>•Chin Lower to Lower Ring Tuck Position</li> <li>•Cool-Down Flow</li> </ul>	<p>3 sets: 3 to 5 reps: 60-120s rest:</p> <p>RPT: RPE: RPD:</p>
<b>Day 6, 7</b> Active Recovery	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Cool-Down Flow</li> </ul>		<p>RPT: ,</p> <p>RPE: ,</p> <p>RPD: ,</p>

**DAILY PROGRAM CHARTS - LEVEL A (NOVICE) PHASE 3**

Week 2			
<b>Day 8</b>	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> </ul> <p><b>Combination 1</b> (from Muscle-Up)</p> <ul style="list-style-type: none"> <li>•Top Position Tuck to Tuck Shoulder Stand (Return to Top)</li> <li>•Top Position tuck to Reverse Chin Lay-Back</li> <li>•Chin Lower to Lower Ring Tuck Position</li> </ul>	<p><b>Combination 2</b></p> <ul style="list-style-type: none"> <li>•Jump Muscle-Up</li> <li>•Top Position Tuck to Reverse Chin Lay-Back</li> <li>•Chin Lower to Lower Ring Pike Position</li> <li>•Cool-Down Flow</li> </ul>	<p>3 sets: 3 to 5 reps: 60-120s rest:</p> <p>RPT: RPE: RPD:</p>
<b>Day 9</b>  Active Recovery	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Cool-Down Flow</li> </ul>		
<b>Day 10</b>	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> </ul> <p><b>Combination 1</b></p> <ul style="list-style-type: none"> <li>•Pike up to Inverted Hold</li> <li>•Skin the Cat to Low L-Sit</li> </ul>	<p><b>Combination 2</b></p> <ul style="list-style-type: none"> <li>•Jump Muscle-Up</li> <li>•Top Position Tuck to Reverse Chin Lay-Back</li> <li>•Chin Lower to Lower Ring Tuck Position</li> <li>•Cool-Down Flow</li> </ul>	<p>3 sets: 3 to 5 reps: 60-120s rest:</p> <p>RPT: RPE: RPD:</p>
<b>Day 11</b>  Active Recovery	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Cool-Down Flow</li> </ul>		
<b>Day 12</b>	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> </ul> <p><b>Combination 1</b> (from Muscle-Up)</p> <ul style="list-style-type: none"> <li>•Top Position Tuck to Tuck Shoulder Stand (Return to Top)</li> <li>•Top Position tuck to Reverse Chin Lay-Back</li> <li>•Chin Lower to Lower Ring Tuck Position</li> </ul>	<p><b>Combination 2</b></p> <ul style="list-style-type: none"> <li>•Jump Muscle-Up</li> <li>•Top Position Tuck to Reverse Chin Lay-Back</li> <li>•Chin Lower to Lower Ring Pike Position</li> <li>•Cool-Down Flow</li> </ul>	<p>3 sets: 3 to 5 reps: 60-120s rest:</p> <p>RPT: RPE: RPD:</p>
<b>Day 13, 14</b>  Active Recovery	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Cool-Down Flow</li> </ul>		<p>RPT: ,</p> <p>RPE: ,</p> <p>RPD: ,</p>



**DAILY PROGRAM CHARTS - LEVEL A (NOVICE) PHASE 4**

Week 1		
<b>Day 1</b>	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Pike to Inverted Hold</li> <li>•Skin the Cat to Low L-Sit</li> <li>•Double-Leg Grind to Jump Muscle-Up</li> <li>•L-Sit</li> <li>•Top Position Tuck to Tuck Shoulder Stand</li> </ul>	<ul style="list-style-type: none"> <li>•Tuck Shoulder Stand to Tuck Top Position</li> <li>•Tuck Top Position to Reverse Chin Lay-Back</li> <li>•Reverse Chin to Low L-Sit</li> <li>•Cool-Down Flow</li> </ul>
<b>Day 2</b> Active Recovery	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Cool-Down Flow</li> </ul>	
<b>Day 3</b>	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Pike to Inverted Hold</li> <li>•Skin the Cat to Low L-Sit</li> <li>•Double-Leg Grind to Jump Muscle-Up</li> <li>•L-Sit</li> <li>•Top Position Tuck to Tuck Shoulder Stand</li> </ul>	<ul style="list-style-type: none"> <li>•Tuck Shoulder Stand to Tuck Top Position</li> <li>•Tuck Top Position to Reverse Chin Lay-Back</li> <li>•Reverse Chin to Low L-Sit</li> <li>•Cool-Down Flow</li> </ul>
<b>Day 4</b> Active Recovery	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Cool-Down Flow</li> </ul>	
<b>Day 5</b>	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Pike to Inverted Hold</li> <li>•Skin the Cat to Low L-Sit</li> <li>•Double-Leg Grind to Jump Muscle-Up</li> <li>•L-Sit</li> <li>•Top Position Tuck to Tuck Shoulder Stand</li> </ul>	<ul style="list-style-type: none"> <li>•Tuck Shoulder Stand to Tuck Top Position</li> <li>•Tuck Top Position to Reverse Chin Lay-Back</li> <li>•Reverse Chin to Low L-Sit</li> <li>•Cool-Down Flow</li> </ul>
<b>Day 6, 7</b> Active Recovery	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Cool-Down Flow</li> </ul>	RPT: , RPE: , RPD: ,

**DAILY PROGRAM CHARTS - LEVEL A (NOVICE) PHASE 4**

Week 2		
<b>Day 8</b>	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Pike to Inverted Hold</li> <li>•Skin the Cat to Low L-Sit</li> <li>•Double-Leg Grind to Jump Muscle-Up</li> <li>•L-Sit</li> <li>•Top Position Tuck to Tuck Shoulder Stand</li> </ul>	<ul style="list-style-type: none"> <li>•Tuck Shoulder Stand to Tuck Top Position</li> <li>•Tuck Top Position to Reverse Chin Lay-Back</li> <li>•Reverse Chin to Low L-Sit</li> <li>•Cool-Down Flow</li> </ul>
<b>Day 9</b> Active Recovery	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Cool-Down Flow</li> </ul>	
<b>Day 10</b>	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Pike to Inverted Hold</li> <li>•Skin the Cat to Low L-Sit</li> <li>•Double-Leg Grind to Jump Muscle-Up</li> <li>•L-Sit</li> <li>•Top Position Tuck to Tuck Shoulder Stand</li> </ul>	<ul style="list-style-type: none"> <li>•Tuck Shoulder Stand to Tuck Top Position</li> <li>•Tuck Top Position to Reverse Chin Lay-Back</li> <li>•Reverse Chin to Low L-Sit</li> <li>•Cool-Down Flow</li> </ul>
<b>Day 11</b> Active Recovery	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Cool-Down Flow</li> </ul>	
<b>Day 12</b>	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Pike to Inverted Hold</li> <li>•Skin the Cat to Low L-Sit</li> <li>•Double-Leg Grind to Jump Muscle-Up</li> <li>•L-Sit</li> <li>•Top Position Tuck to Tuck Shoulder Stand</li> </ul>	<ul style="list-style-type: none"> <li>•Tuck Shoulder Stand to Tuck Top Position</li> <li>•Tuck Top Position to Reverse Chin Lay-Back</li> <li>•Reverse Chin to Low L-Sit</li> <li>•Cool-Down Flow</li> </ul>
<b>Day 13, 14</b> Active Recovery	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Cool-Down Flow</li> </ul>	RPT: , RPE: , RPD: ,

**DAILY PROGRAM CHARTS - LEVEL B (INTERMEDIATE)  
PHASE 1**

<b>Week 1</b>				
<b>Day 1</b>  Above the Rings	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Dips</li> <li>•Tuck to Tuck Shoulder Stand</li> <li>•Inverted Push-Ups</li> </ul>	<ul style="list-style-type: none"> <li>•Push-Ups</li> <li>•Jump Dips</li> <li>•L-Sit Holds</li> <li>•Cool-Down Flow</li> </ul>	3 to 5 sets:  8 to 12 reps:  60-90s rest:	RPT:  RPE:  RPD:
<b>Day 2</b>  Active Recovery	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Cool-Down Flow</li> </ul>			RPT:  RPE:  RPD:
<b>Day 3</b>  Below the Rings	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Inverted Tuck Rows (bent leg)</li> <li>•Inverted Tuck Roll</li> <li>Chin-Up</li> </ul>	<ul style="list-style-type: none"> <li>•Chin-Ups</li> <li>•Single-Leg Grinds</li> <li>•Cool-Down Flow</li> </ul>	3 to 5 sets:  8 to 12 reps:  60-90s rest:	RPT:  RPE:  RPD:
<b>Day 4</b>  Active Recovery	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Cool-Down Flow</li> </ul>			RPT:  RPE:  RPD:
<b>Day 5</b>  Above the Rings	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Dips</li> <li>•Tuck to Tuck Shoulder Stand</li> <li>•Inverted Push-Ups</li> </ul>	<ul style="list-style-type: none"> <li>•Push-Ups</li> <li>•Jump Dips</li> <li>•L-Sit Holds</li> <li>•Cool-Down Flow</li> </ul>	3 to 5 sets:  8 to 12 reps:  60-90s rest:	RPT:  RPE:  RPD:
<b>Day 6, 7</b>  Active Recovery	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Cool-Down Flow</li> </ul>			RPT: ,  RPE: ,  RPD: ,

**DAILY PROGRAM CHARTS - LEVEL B (INTERMEDIATE)  
PHASE 1**

<b>Week 2</b>				
<b>Day 8</b> Below the Rings	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Inverted Tuck Rows (bent leg)</li> <li>•Inverted Tuck Roll</li> <li>Chin-Up</li> </ul>	<ul style="list-style-type: none"> <li>•Chin-Ups</li> <li>•Single-Leg Grinds</li> <li>•Cool-Down Flow</li> </ul>	3 to 5 sets: 8 to 12 reps: 60-90s rest:	RPT: RPE: RPD:
<b>Day 9</b> Active Recovery	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Cool-Down Flow</li> </ul>			RPT: RPE: RPD:
<b>Day 10</b> Above the Rings	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Dips</li> <li>•Tuck to Tuck Shoulder Stand</li> <li>•Inverted Push-Ups</li> </ul>	<ul style="list-style-type: none"> <li>•Push-Ups</li> <li>•Jump Dips</li> <li>•L-Sit Holds</li> <li>•Cool-Down Flow</li> </ul>	3 to 5 sets: 8 to 12 reps: 60-90s rest:	RPT: RPE: RPD:
<b>Day 11</b> Active Recovery	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Cool-Down Flow</li> </ul>			RPT: RPE: RPD:
<b>Day 12</b> Below the Rings	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Inverted Tuck Rows (bent leg)</li> <li>•Inverted Tuck Roll</li> <li>Chin-Up</li> </ul>	<ul style="list-style-type: none"> <li>•Chin-Ups</li> <li>•Single-Leg Grinds</li> <li>•Cool-Down Flow</li> </ul>	3 to 5 sets: 8 to 12 reps: 60-90s rest:	RPT: RPE: RPD:
<b>Day 13, 14</b> Active Recovery	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Cool-Down Flow</li> </ul>			RPT: , RPE: , RPD: ,

**DAILY PROGRAM CHARTS - LEVEL B (INTERMEDIATE)  
PHASE 1**

<b>Week 3</b>				
<b>Day 15</b>  Above the Rings	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Dips</li> <li>•Tuck to Tuck Shoulder Stand</li> <li>•Inverted Push-Ups</li> </ul>	<ul style="list-style-type: none"> <li>•Push-Ups</li> <li>•Jump Dips</li> <li>•L-Sit Holds</li> <li>•Cool-Down Flow</li> </ul>	3 to 5 sets:  8 to 12 reps:  60-90s rest:	RPT:  RPE:  RPD:
<b>Day 16</b>  Active Recovery	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Cool-Down Flow</li> </ul>			RPT:  RPE:  RPD:
<b>Day 17</b>  Below the Rings	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Inverted Tuck Rows (bent leg)</li> <li>•Inverted Tuck Roll</li> <li>Chin-Up</li> </ul>	<ul style="list-style-type: none"> <li>•Chin-Ups</li> <li>•Single-Leg Grinds</li> <li>•Cool-Down Flow</li> </ul>	3 to 5 sets:  8 to 12 reps:  60-90s rest:	RPT:  RPE:  RPD:
<b>Day 18</b>  Active Recovery	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Cool-Down Flow</li> </ul>			RPT:  RPE:  RPD:
<b>Day 19</b>  Above the Rings	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Dips</li> <li>•Tuck to Tuck Shoulder Stand</li> <li>•Inverted Push-Ups</li> </ul>	<ul style="list-style-type: none"> <li>•Push-Ups</li> <li>•Jump Dips</li> <li>•L-Sit Holds</li> <li>•Cool-Down Flow</li> </ul>	3 to 5 sets:  8 to 12 reps:  60-90s rest:	RPT:  RPE:  RPD:
<b>Day 20, 21</b>  Active Recovery	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Cool-Down Flow</li> </ul>			RPT: ,  RPE: ,  RPD: ,

**DAILY PROGRAM CHARTS - LEVEL B (INTERMEDIATE)  
PHASE 1**

<b>Week 4</b>				
<b>Day 22</b>  Below the Rings	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Inverted Tuck Rows (bent leg)</li> <li>•Inverted Tuck Roll</li> <li>Chin-Up</li> </ul>	<ul style="list-style-type: none"> <li>•Chin-Ups</li> <li>•Single-Leg Grinds</li> <li>•Cool-Down Flow</li> </ul>	3 to 5 sets:  8 to 12 reps:  60-90s rest:	RPT:  RPE:  RPD:
<b>Day 23</b>  Active Recovery	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Cool-Down Flow</li> </ul>			RPT:  RPE:  RPD:
<b>Day 24</b>  Above the Rings	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Dips</li> <li>•Tuck to Tuck Shoulder Stand</li> <li>•Inverted Push-Ups</li> </ul>	<ul style="list-style-type: none"> <li>•Push-Ups</li> <li>•Jump Dips</li> <li>•L-Sit Holds</li> <li>•Cool-Down Flow</li> </ul>	3 to 5 sets:  8 to 12 reps:  60-90s rest:	RPT:  RPE:  RPD:
<b>Day 25</b>  Active Recovery	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Cool-Down Flow</li> </ul>			RPT:  RPE:  RPD:
<b>Day 26</b>  Below the Rings	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Inverted Tuck Rows (bent leg)</li> <li>•Inverted Tuck Roll</li> <li>Chin-Up</li> </ul>	<ul style="list-style-type: none"> <li>•Chin-Ups</li> <li>•Single-Leg Grinds</li> <li>•Cool-Down Flow</li> </ul>	3 to 5 sets:  8 to 12 reps:  60-90s rest:	RPT:  RPE:  RPD:
<b>Day 27, 28</b>  Active Recovery	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Cool-Down Flow</li> </ul>			RPT: ,  RPE: ,  RPD: ,

**DAILY PROGRAM CHARTS - LEVEL B (INTERMEDIATE)  
PHASE 2**

<b>Week 1</b>				
<b>Day 1</b>  Above the Rings	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Baby Muscle-Up</li> <li>•Tuck to Tuck Bent Arm Stand</li> </ul>	<ul style="list-style-type: none"> <li>•L-Sit to Dip</li> <li>•Inverted Push-Up</li> <li>•Push-Up</li> <li>•Cool-Down Flow</li> </ul>	3 to 5 sets:  5 to 13 reps:  60-120s rest:	RPT:  RPE:  RPD:
<b>Day 2</b>  Active Recovery	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Cool-Down Flow</li> </ul>			RPT:  RPE:  RPD:
<b>Day 3</b>  Below the Rings	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Inverted Pike Roll</li> <li>•Pike Chin-Up</li> <li>•Skin the Cat Roll to Chin-Up</li> </ul>	<ul style="list-style-type: none"> <li>•Wide Pull-Ups</li> <li>•Single-Leg Grinds</li> <li>•Cool-Down Flow</li> </ul>	3 to 5 sets:  5 to 13 reps:  60-120s rest:	RPT:  RPE:  RPD:
<b>Day 4</b>  Active Recovery	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Cool-Down Flow</li> </ul>			RPT:  RPE:  RPD:
<b>Day 5</b>  Above the Rings	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Baby Muscle-Up</li> <li>•Tuck to Tuck Bent Arm Stand</li> </ul>	<ul style="list-style-type: none"> <li>•L-Sit to Dip</li> <li>•Inverted Push-Up</li> <li>•Push-Up</li> <li>•Cool-Down Flow</li> </ul>	3 to 5 sets:  5 to 13 reps:  60-120s rest:	RPT:  RPE:  RPD:
<b>Day 6, 7</b>  Active Recovery	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Cool-Down Flow</li> </ul>			RPT: ,  RPE: ,  RPD: ,

**DAILY PROGRAM CHARTS - LEVEL B (INTERMEDIATE)  
PHASE 2**

<b>Week 2</b>				
<b>Day 8</b>  Below the Rings	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Inverted Pike Roll</li> <li>•Pike Chin-Up</li> <li>•Skin the Cat Roll to Chin-Up</li> </ul>	<ul style="list-style-type: none"> <li>•Wide Pull-Ups</li> <li>•Single-Leg Grinds</li> <li>•Cool-Down Flow</li> </ul>	3 to 5 sets:  5 to 13 reps:  60-120s rest:	RPT:  RPE:  RPD:
<b>Day 9</b>  Active Recovery	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Cool-Down Flow</li> </ul>			RPT:  RPE:  RPD:
<b>Day 10</b>  Above the Rings	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Baby Muscle-Up</li> <li>•Tuck to Tuck Bent Arm Stand</li> </ul>	<ul style="list-style-type: none"> <li>•L-Sit to Dip</li> <li>•Inverted Push-Up</li> <li>•Push-Up</li> <li>•Cool-Down Flow</li> </ul>	3 to 5 sets:  5 to 13 reps:  60-120s rest:	RPT:  RPE:  RPD:
<b>Day 11</b>  Active Recovery	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Cool-Down Flow</li> </ul>			RPT:  RPE:  RPD:
<b>Day 12</b>  Below the Rings	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Inverted Pike Roll</li> <li>•Pike Chin-Up</li> <li>•Skin the Cat Roll to Chin-Up</li> </ul>	<ul style="list-style-type: none"> <li>•Wide Pull-Ups</li> <li>•Single-Leg Grinds</li> <li>•Cool-Down Flow</li> </ul>	3 to 5 sets:  5 to 13 reps:  60-120s rest:	RPT:  RPE:  RPD:
<b>Day 13, 14</b>  Active Recovery	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Cool-Down Flow</li> </ul>			RPT: ,  RPE: ,  RPD: ,



**DAILY PROGRAM CHARTS - LEVEL B (INTERMEDIATE)  
PHASE 2**

<b>Week 3</b>				
<b>Day 15</b>  Above the Rings	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Baby Muscle-Up</li> <li>•Tuck to Tuck Bent Arm Stand</li> </ul>	<ul style="list-style-type: none"> <li>•L-Sit to Dip</li> <li>•Inverted Push-Up</li> <li>•Push-Up</li> <li>•Cool-Down Flow</li> </ul>	3 to 5 sets:  5 to 13 reps:  60-120s rest:	RPT:  RPE:  RPD:
<b>Day 16</b>  Active Recovery	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Cool-Down Flow</li> </ul>			RPT:  RPE:  RPD:
<b>Day 17</b>  Below the Rings	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Inverted Pike Roll</li> <li>•Skin the Cat Roll to Chin-Up</li> </ul>	<ul style="list-style-type: none"> <li>•Wide Pull-Ups</li> <li>•Single-Leg Grinds</li> <li>•Cool-Down Flow</li> </ul>	3 to 5 sets:  5 to 13 reps:  60-120s rest:	RPT:  RPE:  RPD:
<b>Day 18</b>  Active Recovery	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Cool-Down Flow</li> </ul>			RPT:  RPE:  RPD:
<b>Day 19</b>  Above the Rings	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Baby Muscle-Up</li> <li>•Tuck to Tuck Bent Arm Stand</li> </ul>	<ul style="list-style-type: none"> <li>•L-Sit to Dip</li> <li>•Inverted Push-Up</li> <li>•Push-Up</li> <li>•Cool-Down Flow</li> </ul>	3 to 5 sets:  5 to 13 reps:  60-120s rest:	RPT:  RPE:  RPD:
<b>Day 20, 21</b>  Active Recovery	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Cool-Down Flow</li> </ul>			RPT: ,  RPE: ,  RPD: ,

**DAILY PROGRAM CHARTS - LEVEL B (INTERMEDIATE)  
PHASE 2**

<b>Week 4</b>				
<b>Day 22</b>  Below the Rings	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Inverted Pike Roll</li> <li>•Pike Chin-Up</li> <li>•Skin the Cat Roll to Chin-Up</li> </ul>	<ul style="list-style-type: none"> <li>•Wide Pull-Ups</li> <li>•Single-Leg Grinds</li> <li>•Cool-Down Flow</li> </ul>	3 to 5 sets:  5 to 13 reps:  60-120s rest:	RPT:  RPE:  RPD:
<b>Day 23</b>  Active Recovery	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Cool-Down Flow</li> </ul>			RPT:  RPE:  RPD:
<b>Day 24</b>  Above the Rings	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Baby Muscle-Up</li> <li>•Tuck to Tuck Bent Arm Stand</li> </ul>	<ul style="list-style-type: none"> <li>•L-Sit to Dip</li> <li>•Inverted Push-Up</li> <li>•Push-Up</li> <li>•Cool-Down Flow</li> </ul>	3 to 5 sets:  5 to 13 reps:  60-120s rest:	RPT:  RPE:  RPD:
<b>Day 25</b>  Active Recovery	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Cool-Down Flow</li> </ul>			RPT:  RPE:  RPD:
<b>Day 26</b>  Below the Rings	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Inverted Pike Roll</li> <li>•Pike Chin-Up</li> <li>•Skin the Cat Roll to Chin-Up</li> </ul>	<ul style="list-style-type: none"> <li>•Wide Pull-Ups</li> <li>•Single-Leg Grinds</li> <li>•Cool-Down Flow</li> </ul>	3 to 5 sets:  5 to 13 reps:  60-120s rest:	RPT:  RPE:  RPD:
<b>Day 27, 28</b>  Active Recovery	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Cool-Down Flow</li> </ul>			RPT: ,  RPE: ,  RPD: ,

**DAILY PROGRAM CHARTS - LEVEL B (INTERMEDIATE)  
PHASE 3**

Week 1			
<b>Day 1</b>	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> </ul> <p><b>Combination 1</b></p> <ul style="list-style-type: none"> <li>•Wide Pull-Up to In-verted Hang</li> <li>•Sink the Cat to Roll to Chin-Up</li> <li>•L-Sit Lower to Single-Leg Grind</li> </ul>	<p><b>Combination 2</b></p> <ul style="list-style-type: none"> <li>•Muscle-Up to L-Sit</li> <li>•Fall Back to Re-verse Chin Lower L-Sit</li> </ul> <p>•Cool-Down Flow</p>	<p>3 sets: 3 to 5 reps: 60-120s rest:</p> <p>RPT: RPE: RPD:</p>
<b>Day 2</b> Active Recovery	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Cool-Down Flow</li> </ul>		
<b>Day 3</b>	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> </ul> <p><b>Combination 1</b> (from Muscle-Up)</p> <ul style="list-style-type: none"> <li>•L-Sit to Shoulder Stand</li> <li>•Shoulder Stand to L-Sit (Repeat)</li> </ul>	<p><b>Combination 2</b></p> <ul style="list-style-type: none"> <li>•Muscle-Up to L-sit</li> <li>•Fall Back to Front Lower L-Sit</li> </ul> <p>•Cool-Down Flow</p>	<p>3 sets: 3 to 5 reps: 60-120s rest:</p> <p>RPT: RPE: RPD:</p>
<b>Day 4</b> Active Recovery	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Cool-Down Flow</li> </ul>		
<b>Day 5</b>	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> </ul> <p><b>Combination 1</b></p> <ul style="list-style-type: none"> <li>•Wide Pull-Up to In-verted Hang</li> <li>•Sink the Cat to Roll to Chin-Up</li> <li>•L-Sit Lower to Single-Leg Grind</li> </ul>	<p><b>Combination 2</b></p> <ul style="list-style-type: none"> <li>•Muscle-Up to L-Sit</li> <li>•Fall Back to Re-verse Chin Lower L-Sit</li> </ul> <p>•Cool-Down Flow</p>	<p>3 sets: 3 to 5 reps: 60-120s rest:</p> <p>RPT: RPE: RPD:</p>
<b>Day 6, 7</b> Active Recovery	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Cool-Down Flow</li> </ul>		<p>RPT: ,</p> <p>RPE: ,</p> <p>RPD: ,</p>

**DAILY PROGRAM CHARTS - LEVEL B (INTERMEDIATE)  
PHASE 3**

Week 2			
<b>Day 8</b>	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li><b>Combination 1</b> (from Muscle-Up)</li> <li>•L-Sit to Shoulder Stand</li> <li>•Shoulder Stand to L-Sit (Repeat)</li> </ul>	<ul style="list-style-type: none"> <li><b>Combination 2</b></li> <li>•Muscle-Up to L-sit</li> <li>•Fall Back to Front Lower L-Sit</li> <li>•Cool-Down Flow</li> </ul>	3 sets: 3 to 5 reps: 60-120s rest:  RPT: RPE: RPD:
<b>Day 9</b> Active Recovery	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Cool-Down Flow</li> </ul>		
<b>Day 10</b>	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li><b>Combination 1</b></li> <li>•Wide Pull-Up to Inverted Hang</li> <li>•Sink the Cat to Roll to Chin-Up</li> <li>•L-Sit Lower to Single-Leg Grind</li> </ul>	<ul style="list-style-type: none"> <li><b>Combination 2</b></li> <li>•Muscle-Up to L-Sit</li> <li>•Fall Back to Reverse Chin Lower L-Sit</li> <li>•Cool-Down Flow</li> </ul>	3 sets: 3 to 5 reps: 60-120s rest:  RPT: RPE: RPD:
<b>Day 11</b> Active Recovery	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Cool-Down Flow</li> </ul>		
<b>Day 12</b>	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li><b>Combination 1</b> (from Muscle-Up)</li> <li>•L-Sit to Shoulder Stand</li> <li>•Shoulder Stand to L-Sit (Repeat)</li> </ul>	<ul style="list-style-type: none"> <li><b>Combination 2</b></li> <li>•Muscle-Up to L-sit</li> <li>•Fall Back to Front Lower L-Sit</li> <li>•Cool-Down Flow</li> </ul>	3 sets: 3 to 5 reps: 60-120s rest:  RPT: RPE: RPD:
<b>Day 13, 14</b> Active Recovery	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Cool-Down Flow</li> </ul>		RPT: , RPE: , RPD: ,

**DAILY PROGRAM CHARTS - LEVEL B (INTERMEDIATE)  
PHASE 4**

<b>Week 1</b>			
<b>Day 1</b>	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Wide Pull-Up to Inverted Hang</li> <li>•Skin the Cat to Inverted Pike Roll Chin</li> <li>•Reverse L-Sit Chin Lower to Single-Leg Grind</li> </ul>	<ul style="list-style-type: none"> <li>•Muscle-Up to L-Sit</li> <li>•L-Sit to Tuck Bent Arm Stand</li> <li>•Bent Arm Stand to L-Sit</li> <li>•L-Sit to Reverse Lay Back</li> <li>•L-Sit Reverse Chin</li> <li>•Cool-Down Flow</li> </ul>	<p>3 to 5 sets: 90-120s rest:</p> <p>RPT: RPE: RPD:</p>
<b>Day 2</b> Active Recovery	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Cool-Down Flow</li> </ul>		
<b>Day 3</b>	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Wide Pull-Up to Inverted Hang</li> <li>•Skin the Cat to Inverted Pike Roll Chin</li> <li>•Reverse L-Sit Chin Lower to Single-Leg Grind</li> </ul>	<ul style="list-style-type: none"> <li>•Muscle-Up to L-Sit</li> <li>•L-Sit to Tuck Bent Arm Stand</li> <li>•Bent Arm Stand to L-Sit</li> <li>•L-Sit to Reverse Lay Back</li> <li>•L-Sit Reverse Chin</li> <li>•Cool-Down Flow</li> </ul>	<p>3 to 5 sets: 90-120s rest:</p> <p>RPT: RPE: RPD:</p>
<b>Day 4</b> Active Recovery	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Cool-Down Flow</li> </ul>		
<b>Day 5</b>	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Wide Pull-Up to Inverted Hang</li> <li>•Skin the Cat to Inverted Pike Roll Chin</li> <li>•Reverse L-Sit Chin Lower to Single-Leg Grind</li> </ul>	<ul style="list-style-type: none"> <li>•Muscle-Up to L-Sit</li> <li>•L-Sit to Tuck Bent Arm Stand</li> <li>•Bent Arm Stand to L-Sit</li> <li>•L-Sit to Reverse Lay Back</li> <li>•L-Sit Reverse Chin</li> <li>•Cool-Down Flow</li> </ul>	<p>3 to 5 sets: 90-120s rest:</p> <p>RPT: RPE: RPD:</p>
<b>Day 6, 7</b> Active Recovery	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Cool-Down Flow</li> </ul>		<p>RPT: ,</p> <p>RPE: ,</p> <p>RPD: ,</p>

**DAILY PROGRAM CHARTS - LEVEL B (INTERMEDIATE)  
PHASE 4**

Week 2			
<b>Day 8</b>	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Wide Pull-Up to Inverted Hang</li> <li>•Skin the Cat to Inverted Pike Roll Chin</li> <li>•Reverse L-Sit Chin Lower to Single-Leg Grind</li> </ul>	<ul style="list-style-type: none"> <li>•Muscle-Up to L-Sit</li> <li>•L-Sit to Tuck Bent Arm Stand</li> <li>•Bent Arm Stand to L-Sit</li> <li>•L-Sit to Reverse Lay Back</li> <li>•L-Sit Reverse Chin</li> <li>•Cool-Down Flow</li> </ul>	<p>3 to 5 sets: 90-120s rest:</p> <p>RPT: RPE: RPD:</p>
<b>Day 9</b> Active Recovery	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Cool-Down Flow</li> </ul>		
<b>Day 10</b>	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Wide Pull-Up to Inverted Hang</li> <li>•Skin the Cat to Inverted Pike Roll Chin</li> <li>•Reverse L-Sit Chin Lower to Single-Leg Grind</li> </ul>	<ul style="list-style-type: none"> <li>•Muscle-Up to L-Sit</li> <li>•L-Sit to Tuck Bent Arm Stand</li> <li>•Bent Arm Stand to L-Sit</li> <li>•L-Sit to Reverse Lay Back</li> <li>•L-Sit Reverse Chin</li> <li>•Cool-Down Flow</li> </ul>	<p>3 to 5 sets: 90-120s rest:</p> <p>RPT: RPE: RPD:</p>
<b>Day 11</b> Active Recovery	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Cool-Down Flow</li> </ul>		
<b>Day 12</b>	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Wide Pull-Up to Inverted Hang</li> <li>•Skin the Cat to Inverted Pike Roll Chin</li> <li>•Reverse L-Sit Chin Lower to Single-Leg Grind</li> </ul>	<ul style="list-style-type: none"> <li>•Muscle-Up to L-Sit</li> <li>•L-Sit to Tuck Bent Arm Stand</li> <li>•Bent Arm Stand to L-Sit</li> <li>•L-Sit to Reverse Lay Back</li> <li>•L-Sit Reverse Chin</li> <li>•Cool-Down Flow</li> </ul>	<p>3 to 5 sets: 90-120s rest:</p> <p>RPT: RPE: RPD:</p>
<b>Day 13, 14</b> Active Recovery	<ul style="list-style-type: none"> <li>•Warm-Up Routine</li> <li>•Cool-Down Flow</li> </ul>		<p>RPT: ,</p> <p>RPE: ,</p> <p>RPD: ,</p>

