



GOLD MEDAL BODIES

Rings Two Program Charts

GMB Rings Two Program Charts

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PROGRAM CHARTS

Our Rings Two program can be structured in 1 of 3 different ways. These options are presented below, and you should select the training schedule that best fits your current schedule (i.e. how much time you can devote to the training, either by number of days per week or time per session, and how much recovery time you'll need).

R2 is structured over a period of 5 months, but you may find that you need a fair bit longer to really get these moves. That's okay, and totally normal.

Option 1 - Medium Effort

- ★ Workout A - Monday / Thursday
- ★ Workout B - Tuesday / Friday
- ★ Workout C - Wednesday / Saturday

Option 2 - Alternate Workouts Each Week

- ★ Workout A - Monday / Friday
- ★ Workout B - Wednesday
- ★ Workout C - Tuesday / Thursday (light to medium effort)

Option 3 - High Effort / Extra Recovery

- ★ Workout A - Monday
- ★ Workout B - Wednesday
- ★ Workout C - Friday

No matter which option you choose, remember to adjust the volume and intensity of the training in a way that matches how you feel, and your performance on any given day.

Don't be a slave to the sets and reps!

In the Daily Charts section below, you'll find sample charts for Option 1.

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** and **RPE**, which we’re sure you’re familiar with since you read the manual (right?). When your RPT is above 8, and RPE drops below 6, 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.

Finally, we caution you not to progress too quickly. Moving too fast is a common cause of injury and stunted progress. 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 primary focus.

Evaluation

As you progress, it will be important to continually reevaluate your performance so you can measure your progress and notice any errors in form you need to improve.

Remember the concept of Auto Regulation, and be sure you use it to determine what level of progression you should be working at.

We also recommend periodically taking video of your sessions and comparing your form with the video tutorials.

How to Use These Charts

Not so fast! Before you jump into the program, please take a minute to familiarize yourself with how we've structured the program charts.

The charts on the following pages are designed to be printed out and carried with you to your training sessions. If you have a dedicated training space, you can simply tape the week's chart up on your wall.

As you work through each phase, print out a chart for each week, and be sure to keep track of your RPT and RPE. (Yes, it is that important so we're repeating it again).

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:

- ★ Alternate the training and recovery days. Do the Workout A Session and then the Workout B session the next time you work on the rings, and so on.
- ★ Don't do the same rings workout two days in a row.
- ★ Always make time to perform the Warm-Up and Cool-Down routine once on each active recovery day.

R2 PROGRAM DETAILS

Prep Phase - Foundation

The first four weeks of the R2 program are designed to build up your condition for the hard work on the rings, and evaluate your current strength and skill levels. You'll be using movements from R1 for the preparation of the advanced movements in R2. Because this is a preparatory program and the intensity level isn't very high, we recommend you train on the rings at least 4 days a week.

Of course, use your best judgement and auto regulate to increase or decrease the training frequency as needed.

Workout A - Pushing Focus

1. Top Position RTO
 - 30 seconds x 5 sets
2. Dips
 - 5 reps x 5 sets
3. L-Sit to Shoulder Stand
 - 3 reps x 5 sets
4. Rings Turned Out (RTO) Push-Ups
 - 5 reps x 5 sets

5. Handstand Using Straps
 - Hold for up to 5 to 10 seconds and gradually work up to 5 sets

Workout B - Pulling Focus

1. Chin-Up
 - 3 to 5 reps x 5 sets
2. L-Chin Repeats
 - 5 reps x 5 sets
3. Skin the Cat
 - 5 reps x 5 sets
4. Straight Arm Pike Pulls
 - 5 reps x 5 sets

Form & Recovery

Repetition Performance

You must focus on keeping steady, controlled repetitions throughout all phases of this program. The ability to control your body on the rings with slow and purposeful motions is a sign of high levels of strength.

Rest Periods

Your rest periods should be long enough to make sure you are ready for the next set. This might be as short as 30 seconds or as long as 4 minutes (or more). The focus is on strength and performing the set volume for the day, no matter how long it takes.

Recovery

You'll soon find out that the R2 program is going to work your body to its limits. The stress on the upper body is considerable because of the leverage disadvantages on the rings.

Now is the time to really dial in your recovery strategies; a good night's sleep, good quality food, and the least stress possible in your daily activities will go a long way in helping you get through the program.

Of course there will be days here and there where you can't do all of these things, but realize that you'll probably need to take a day off and/or decrease the intensity of your training.

R2 is just that difficult.

Phase 1 - Conditioning

In this phase, the training sessions are divided into two kinds of workouts: Straight Arm or Bent Arm exercises.

You may have heard of these exercise categories previously and we believe that it's a very effective way to train in this first phase. Some people claim that you should always train this way. But, as you know, our program eventually moves towards a Flow routine. You won't always be able to totally separate straight and bent arm training exercises. (And after Phase 1, they won't be separated).

It's very important that you not do more than the prescribed sets and repetitions. The training method in R2 depends upon a gradual ramp up in effort and volume. You may feel as if you can do more in certain workouts, but resist the urge.

Working to exhaustion and feeling "spent" is not the goal, the goal is working the skill with good form with a moderate amount of volume.

Workout A - Straight Arm Focus

WARM-UP

1. Regular warm-up routine and tubing warm-up routine
2. Ring Top Position Swings
 - 1 set for up to 1 minute
3. Ring Hollow Body Plank Holds
 - 30 seconds x 3 sets.
4. Top Position Holds with RTO
 - 30 seconds x 3 sets

SKILL WORK

1. Front Lever
 - 5 to 10 seconds x 5 sets
2. Back Lever
 - 5 to 10 seconds x 5 sets
3. Iron Cross / Iron Cross Assists
 - 3 reps x 5 sets

CONDITIONING

1. Straight Arm Pike Pulls
 - 5 reps x 3 sets
2. Skin the Cat (from Inverted Hang)
 - 3 reps x 3 sets
3. Low Frog Holds
 - 10 seconds x 3 sets

COOL-DOWN

- ★ Regular cool-down

Workout B - Bent Arm Focus

WARM-UP

1. Regular warm-up and tube warm-up
2. Standard Ring Push Ups
 - 5 reps x 2 sets
3. Ring Dips
 - 5 reps x 2 sets
4. Ring Chin Ups
 - 5 reps x 2 sets

SKILL WORK

1. Back Kip
 - 1 rep x 5 sets
2. Front Roll
 - 1 rep x 5 sets
3. Front Kip to Top Position
 - 2 reps x 5 sets

CONDITIONING

1. RTO Push Ups
 - 3 reps x 3 sets
2. L-Chin repeats
 - 3 reps x 3 sets
3. L-Sit to Bent Arm Stand repeats
 - 2 reps x 3 sets

COOL-DOWN

- ★ Regular cool-down

Workout C - Handstand Focus

- ★ Up to 10 repetitions of handstands

Recuperation Weeks

By now you're probably understanding why we keep repeating that R2 is a lot of work, and you may be coming down a bit from your initial enthusiasm about the program.

So, to give your body a bit of a rest and to prevent over-training, we suggest inserting a Recuperation Week after Phase 1, and in between all of the other Phases.

During these Recuperation Weeks, you'll focus on the two movements that are giving you the most problems. Commonly these are the Front Lever and the Back Kip, but figure out which two apply the most to your situation.

Perform these two movements every weekday, but in no predetermined set/rep scheme. Refer back to our discussion of Auto-Regulation, and vary the routine based on your body's reaction to the effort that day.

Have fun with the movements and play around with your performance and do as much as you can in the session without forcing it. Just jump up there and give it a go. Take a rest, and then try it again. Go slow and work on the "feel" of the movement. End the session with some handstand work, with the same auto-regulation scheme, and call it a day.

Phase 2 - Skill Set

Workout A

WARM-UP

1. Regular warm-up and tube warm-up
2. Hollow Body Plank (RTO)
 - Hold 5 sets of 20 seconds
3. Top Position (RTO)
 - Hold 5 sets of 20 seconds

SKILL WORK

1. Front Lever to Back Lever
 - 2 to 3 reps x 8 sets
2. Half & Half to Iron Cross
 - 2 to 3 reps x 8 sets

CONDITIONING

1. Skin the Cat to Front Lever
 - 5 reps x 5 sets
2. Assisted Iron Cross
 - 3 to 5 reps x 5 sets

Focus on the Iron Cross with your feet either on the ground or elevated in an L-Sit. Go ALL the way into the full Iron Cross, hold, and then pull back up.

COOL-DOWN

- ★ Regular cool-down

Workout B

WARM-UP

1. Regular warm-up
2. Ring Push Ups
 - 5 reps x 5 sets
3. Dips
 - 5 reps x 5 sets
4. Chins
 - 5 reps x 5 sets

SKILL WORK

1. Ring Front Kip to Top Position to L-Sit
 - 1 rep x 8 to 10 sets
2. Front Roll to Top Position Hold
 - 1 rep x 8 to 10 sets

CONDITIONING

- ★ Muscle-Up
 - 3 reps x 5 sets

COOL-DOWN

- ★ Regular cool down

Workout C

★ Handstands

This will be worked the same as Workout C in Phase 1 - continue to increase your proficiency in this skill. Start with handstands on the ground, then try them out on the rings. Play with the movements, perhaps trying L-Sit to Handstand.

Use this day to work as much as you can within your limits, one day it may just be 10 handstands and the next week it could be 20. Follow your gut on this.

Recuperation Week

As explained above, take a Recuperation Week after completing Phase 2.

Work on your two most challenging movements Monday through Friday, and take Saturday and Sunday off before starting Phase 3.

Phase 3 - Mini Flow

Workout A

WARM-UP

1. Hollow Body Plank (RTO)
 - Hold 20 seconds x 5 sets
2. Top Position (RTO)
 - Hold 20 seconds x 5 sets

SKILL WORK

1. **Movement A:** Pull to Inverted Hang. Back lever hold and lower to German Hang. Pike and Kip to Top Position.
2. **Movement B:** From Top Position, Front Roll stop in Top Position. Roll forward into Inverted Hang, lower to Front Lever.

Do Movement A then take a long rest. Then do Movement B and take a long rest. Repeat for up to 6 to 8 rounds.

CONDITIONING

1. Front Lever Tuck
 - Hold 10 seconds x up to 5 sets
2. Muscle-Up (work on slow transition between pull up and press)
 - 2 reps x up to 5 sets

Workout B

WARM-UP

1. Ring Push Ups
 - 5 reps x 5 sets
2. Dips
 - 5 reps x 5 sets
3. Chins
 - 5 reps x 5 sets

SKILL WORK

1. **Movement A:** Back Kip to Top Position, Lower to Iron Cross
2. **Movement B:** L-Sit to Press Handstand Lower to Shoulder Stand

CONDITIONING

1. RTO Push-Up
 - 3 to 5 reps x up to 5 sets
2. Assisted Iron Cross
 - 3 to 5 reps x up to 5 sets
3. Handstands
 - On the rings
 - Hold for as long as you can for up to 8 sets

Phase 4 - Full Flow

Flow

In the flow, you will use the highest level in the exercise block for each skill. They don't have to match up in terms of difficulty, and most likely won't, there will be skills that you'll get better at more quickly than others. The great thing about this program is that you have a variety of progressions within the exercise blocks to choose from, and you can perform the full Flow at whatever level you are at.

You'll see that we've provided two versions of the Flow in the accompanying videos. "Version A" shows the flow with the easiest variations of the skills, while "Version B" shows the flow with the most difficulty variations. In between these versions are countless versions dependent upon the skill level of each movement a person can perform.

WARM-UP

- ★ Regular warm up routine
- ★ Do 1 or 2 of your favorite ring movements (at a low level of exertion)

FLOW ROUTINE

1. Back Kip to Top Position lower to Iron Cross
2. Bend arms, fall out of Iron Cross and pull into Inverted Hang
3. Back Lever Hold
4. Pull out of Back Lever or drop to German Hang then Pike to Front Kip to Top Position L-Sit
5. L-Sit press to Handstand
6. Lower to Shoulder Stand
7. Top Position
8. Front Roll to Top Position
9. Slow lower and sit back into Inverted Hang
10. Lower to Front Lever Hold
11. Lower legs to Dead Hang

Depending upon your ring set-up, you may not be able to fully perform the handstand with your legs straight. Work the best you can within the limitations during the flow, and later (or on different days) you can lower your rings and work on a full handstand.

CONDITIONING

- ★ Work on up to 3 of your weakest skills, after the Flow
- ★ Use a lower level in the exercise block than the one you can currently perform
- ★ 5 to 8 reps x 3 to 5 sets

The Flow itself will likely be enough exercise for you, but on the days you feel extra motivated, it would be a good idea to choose no more than three of your weakest skills and perform these after the flow.

For example, you may be able to perform the Iron Cross without support half way down. In this case, do assisted Iron Cross with your feet elevated (or with band assist) for 5 to 8 reps with perfect form.

DAILY PROGRAM CHARTS - PREP PHASE WEEK 1

Week 1				
Day 1 Workout A Pushing Focus	<ul style="list-style-type: none"> • Warm-Up • Top Position RTO • Dips • L-Sit to Shoulder Stand 	<ul style="list-style-type: none"> • Rings Turned Out (RTO) Push-Ups • Handstand Using Straps • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 2 Workout B Pulling Focus	<ul style="list-style-type: none"> • Warm-Up • Chin-Up • L-Chin Repeats 	<ul style="list-style-type: none"> • Skin the Cat • Straight Arm Pike Pulls • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 3	<ul style="list-style-type: none"> • (Optional) Low to Moderate lower body training 		3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 4 Workout A Pushing Focus	<ul style="list-style-type: none"> • Warm-Up • Top Position RTO • Dips • L-Sit to Shoulder Stand 	<ul style="list-style-type: none"> • Rings Turned Out (RTO) Push-Ups • Handstand Using Straps • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 5 Workout B Pulling Focus	<ul style="list-style-type: none"> • Warm-Up • Chin-Up • L-Chin Repeats 	<ul style="list-style-type: none"> • Skin the Cat • Straight Arm Pike Pulls • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 6, 7 Active Recovery	<ul style="list-style-type: none"> • No ring work at all today 			RPT: RPE:

DAILY PROGRAM CHARTS - PREP PHASE WEEK 2

Week 2				
Day 8 Workout A Pushing Focus	<ul style="list-style-type: none"> • Warm-Up • Top Position RTO • Dips • L-Sit to Shoulder Stand 	<ul style="list-style-type: none"> • Rings Turned Out (RTO) Push-Ups • Handstand Using Straps • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 9 Workout B Pulling Focus	<ul style="list-style-type: none"> • Warm-Up • Chin-Up • L-Chin Repeats 	<ul style="list-style-type: none"> • Skin the Cat • Straight Arm Pike Pulls • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 10	<ul style="list-style-type: none"> • (Optional) Low to Moderate lower body training 		3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 11 Workout A Pushing Focus	<ul style="list-style-type: none"> • Warm-Up • Top Position RTO • Dips • L-Sit to Shoulder Stand 	<ul style="list-style-type: none"> • Rings Turned Out (RTO) Push-Ups • Handstand Using Straps • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 12 Workout B Pulling Focus	<ul style="list-style-type: none"> • Warm-Up • Chin-Up • L-Chin Repeats 	<ul style="list-style-type: none"> • Skin the Cat • Straight Arm Pike Pulls • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 13, 14 Active Recovery	<ul style="list-style-type: none"> • No ring work at all today 			RPT: RPE:

DAILY PROGRAM CHARTS - PREP PHASE WEEK 3

Week 3				
Day 15 Workout A Pushing Focus	<ul style="list-style-type: none"> • Warm-Up • Top Position RTO • Dips • L-Sit to Shoulder Stand 	<ul style="list-style-type: none"> • Rings Turned Out (RTO) Push-Ups • Handstand Using Straps • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 16 Workout B Pulling Focus	<ul style="list-style-type: none"> • Warm-Up • Chin-Up • L-Chin Repeats 	<ul style="list-style-type: none"> • Skin the Cat • Straight Arm Pike Pulls • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 17	<ul style="list-style-type: none"> • (Optional) Low to Moderate lower body training 		3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 18 Workout A Pushing Focus	<ul style="list-style-type: none"> • Warm-Up • Top Position RTO • Dips • L-Sit to Shoulder Stand 	<ul style="list-style-type: none"> • Rings Turned Out (RTO) Push-Ups • Handstand Using Straps • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 19 Workout B Pulling Focus	<ul style="list-style-type: none"> • Warm-Up • Chin-Up • L-Chin Repeats 	<ul style="list-style-type: none"> • Skin the Cat • Straight Arm Pike Pulls • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 20, 21 Active Recovery	<ul style="list-style-type: none"> • No ring work at all today 			RPT: RPE:

DAILY PROGRAM CHARTS - PREP PHASE WEEK 4

Week 4				
Day 22 Workout A Pushing Focus	<ul style="list-style-type: none"> • Warm-Up • Top Position RTO • Dips • L-Sit to Shoulder Stand 	<ul style="list-style-type: none"> • Rings Turned Out (RTO) Push-Ups • Handstand Using Straps • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 23 Workout B Pulling Focus	<ul style="list-style-type: none"> • Warm-Up • Chin-Up • L-Chin Repeats 	<ul style="list-style-type: none"> • Skin the Cat • Straight Arm Pike Pulls • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 24	<ul style="list-style-type: none"> • (Optional) Low to Moderate lower body training 		3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 25 Workout A Pushing Focus	<ul style="list-style-type: none"> • Warm-Up • Top Position RTO • Dips • L-Sit to Shoulder Stand 	<ul style="list-style-type: none"> • Rings Turned Out (RTO) Push-Ups • Handstand Using Straps • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 26 Workout B Pulling Focus	<ul style="list-style-type: none"> • Warm-Up • Chin-Up • L-Chin Repeats 	<ul style="list-style-type: none"> • Skin the Cat • Straight Arm Pike Pulls • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 27, 28 Active Recovery	<ul style="list-style-type: none"> • No ring work at all today 			RPT: RPE:

DAILY PROGRAM CHARTS - RECUPERATION

Recuperation Week			
Day 1	<ul style="list-style-type: none"> • Warm-Up • Work on two of your most challenging movements • Cool Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 2	<ul style="list-style-type: none"> • Warm-Up • Work on two of your most challenging movements • Cool Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 3	<ul style="list-style-type: none"> • Warm-Up • Work on two of your most challenging movements • Cool Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 4	<ul style="list-style-type: none"> • Warm-Up • Work on two of your most challenging movements • Cool Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 5	<ul style="list-style-type: none"> • Warm-Up • Work on two of your most challenging movements • Cool Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 6, 7 Active Recovery	<ul style="list-style-type: none"> • No ring work at all today 		RPT: RPE:

DAILY PROGRAM CHARTS - PHASE 1 WEEK 1

Week 1				
Day 1 Workout A Straight Arm	<ul style="list-style-type: none"> • Warm-Up Skill Work • Front Lever • Back Lever • Iron Cross / Iron Cross Assists 	Conditioning <ul style="list-style-type: none"> • Straight Arm Pike Pulls • Skin the Cat (from Inverted Hang) • Low Frog Holds • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 2 Workout B Bent Arm	<ul style="list-style-type: none"> • Warm-Up Skill Work • Back Kip • Front Roll • Front Kip to Top Position 	Conditioning <ul style="list-style-type: none"> • RTO Push-Ups • L-Chin Repeats • L-Sit to Bent Arm Stand Repeats • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 3 Workout C	<ul style="list-style-type: none"> • Handstands 		Up to 10 reps: 60-90s rest:	RPT: RPE:
Day 4 Workout A Straight Arm	<ul style="list-style-type: none"> • Warm-Up Skill Work • Front Lever • Back Lever • Iron Cross / Iron Cross Assists 	Conditioning <ul style="list-style-type: none"> • Straight Arm Pike Pulls • Skin the Cat (from Inverted Hang) • Low Frog Holds • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 5 Workout B Bent Arm	<ul style="list-style-type: none"> • Warm-Up Skill Work • Back Kip • Front Roll • Front Kip to Top Position 	Conditioning <ul style="list-style-type: none"> • RTO Push-Ups • L-Chin Repeats • L-Sit to Bent Arm Stand Repeats • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 6, 7 Active Recovery	<ul style="list-style-type: none"> • No ring work at all today 			RPT: RPE:

DAILY PROGRAM CHARTS - PHASE 1 WEEK 2

Week 2				
Day 8 Workout A Straight Arm	<ul style="list-style-type: none"> • Warm-Up • Skill Work • Front Lever • Back Lever • Iron Cross / Iron Cross Assists 	<ul style="list-style-type: none"> • Conditioning • Straight Arm Pike Pulls • Skin the Cat (from Inverted Hang) • Low Frog Holds • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 9 Workout B Bent Arm	<ul style="list-style-type: none"> • Warm-Up • Skill Work • Back Kip • Front Roll • Front Kip to Top Position 	<ul style="list-style-type: none"> • Conditioning • RTO Push-Ups • L-Chin Repeats • L-Sit to Bent Arm Stand Repeats • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 10 Workout C	<ul style="list-style-type: none"> • Handstands 		Up to 10 reps: 60-90s rest:	RPT: RPE:
Day 11 Workout A Straight Arm	<ul style="list-style-type: none"> • Warm-Up • Skill Work • Front Lever • Back Lever • Iron Cross / Iron Cross Assists 	<ul style="list-style-type: none"> • Conditioning • Straight Arm Pike Pulls • Skin the Cat (from Inverted Hang) • Low Frog Holds • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 12 Workout B Bent Arm	<ul style="list-style-type: none"> • Warm-Up • Skill Work • Back Kip • Front Roll • Front Kip to Top Position 	<ul style="list-style-type: none"> • Conditioning • RTO Push-Ups • L-Chin Repeats • L-Sit to Bent Arm Stand Repeats • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 13, 14 Active Recovery	<ul style="list-style-type: none"> • No ring work at all today 			RPT: RPE:

DAILY PROGRAM CHARTS - PHASE 1 WEEK 3

Week 3				
Day 15 Workout A Straight Arm	<ul style="list-style-type: none"> • Warm-Up • Skill Work • Front Lever • Back Lever • Iron Cross / Iron Cross Assists 	Conditioning <ul style="list-style-type: none"> • Straight Arm Pike Pulls • Skin the Cat (from Inverted Hang) • Low Frog Holds • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 16 Workout B Bent Arm	<ul style="list-style-type: none"> • Warm-Up • Skill Work • Back Kip • Front Roll • Front Kip to Top Position 	Conditioning <ul style="list-style-type: none"> • RTO Push-Ups • L-Chin Repeats • L-Sit to Bent Arm Stand Repeats • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 17 Workout C	<ul style="list-style-type: none"> • Handstands 		Up to 10 reps: 60-90s rest:	RPT: RPE:
Day 18 Workout A Straight Arm	<ul style="list-style-type: none"> • Warm-Up • Skill Work • Front Lever • Back Lever • Iron Cross / Iron Cross Assists 	Conditioning <ul style="list-style-type: none"> • Straight Arm Pike Pulls • Skin the Cat (from Inverted Hang) • Low Frog Holds • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 19 Workout B Bent Arm	<ul style="list-style-type: none"> • Warm-Up • Skill Work • Back Kip • Front Roll • Front Kip to Top Position 	Conditioning <ul style="list-style-type: none"> • RTO Push-Ups • L-Chin Repeats • L-Sit to Bent Arm Stand Repeats • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 20, 21 Active Recovery	<ul style="list-style-type: none"> • No ring work at all today 			RPT: RPE:

DAILY PROGRAM CHARTS - PHASE 1 WEEK 4

Week 4				
Day 22 Workout A Straight Arm	<ul style="list-style-type: none"> • Warm-Up • Skill Work • Front Lever • Back Lever • Iron Cross / Iron Cross Assists 	Conditioning <ul style="list-style-type: none"> • Straight Arm Pike Pulls • Skin the Cat (from Inverted Hang) • Low Frog Holds • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 23 Workout B Bent Arm	<ul style="list-style-type: none"> • Warm-Up • Skill Work • Back Kip • Front Roll • Front Kip to Top Position 	Conditioning <ul style="list-style-type: none"> • RTO Push-Ups • L-Chin Repeats • L-Sit to Bent Arm Stand Repeats • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 24 Workout C	<ul style="list-style-type: none"> • Handstands 		Up to 10 reps: 60-90s rest:	RPT: RPE:
Day 25 Workout A Straight Arm	<ul style="list-style-type: none"> • Warm-Up • Skill Work • Front Lever • Back Lever • Iron Cross / Iron Cross Assists 	Conditioning <ul style="list-style-type: none"> • Straight Arm Pike Pulls • Skin the Cat (from Inverted Hang) • Low Frog Holds • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 26 Workout B Bent Arm	<ul style="list-style-type: none"> • Warm-Up • Skill Work • Back Kip • Front Roll • Front Kip to Top Position 	Conditioning <ul style="list-style-type: none"> • RTO Push-Ups • L-Chin Repeats • L-Sit to Bent Arm Stand Repeats • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 27, 28 Active Recovery	<ul style="list-style-type: none"> • No ring work at all today 			RPT: RPE:

DAILY PROGRAM CHARTS - PHASE 1 WEEK 5

Week 5				
Day 29 Workout A Straight Arm	<ul style="list-style-type: none"> • Warm-Up Skill Work • Front Lever • Back Lever • Iron Cross / Iron Cross Assists 	Conditioning <ul style="list-style-type: none"> • Straight Arm Pike Pulls • Skin the Cat (from Inverted Hang) • Low Frog Holds • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 30 Workout B Bent Arm	<ul style="list-style-type: none"> • Warm-Up Skill Work • Back Kip • Front Roll • Front Kip to Top Position 	Conditioning <ul style="list-style-type: none"> • RTO Push-Ups • L-Chin Repeats • L-Sit to Bent Arm Stand Repeats • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 31 Workout C	<ul style="list-style-type: none"> • Handstands 		Up to 10 reps: 60-90s rest:	RPT: RPE:
Day 32 Workout A Straight Arm	<ul style="list-style-type: none"> • Warm-Up Skill Work • Front Lever • Back Lever • Iron Cross / Iron Cross Assists 	Conditioning <ul style="list-style-type: none"> • Straight Arm Pike Pulls • Skin the Cat (from Inverted Hang) • Low Frog Holds • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 33 Workout B Bent Arm	<ul style="list-style-type: none"> • Warm-Up Skill Work • Back Kip • Front Roll • Front Kip to Top Position 	Conditioning <ul style="list-style-type: none"> • RTO Push-Ups • L-Chin Repeats • L-Sit to Bent Arm Stand Repeats • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 34, 35 Active Recovery	<ul style="list-style-type: none"> • No ring work at all today 			RPT: RPE:

DAILY PROGRAM CHARTS - RECUPERATION

Recuperation Week			
Day 1	<ul style="list-style-type: none"> • Warm-Up • Work on two of your most challenging movements • Cool Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 2	<ul style="list-style-type: none"> • Warm-Up • Work on two of your most challenging movements • Cool Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 3	<ul style="list-style-type: none"> • Warm-Up • Work on two of your most challenging movements • Cool Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 4	<ul style="list-style-type: none"> • Warm-Up • Work on two of your most challenging movements • Cool Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 5	<ul style="list-style-type: none"> • Warm-Up • Work on two of your most challenging movements • Cool Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 6, 7 Active Recovery	<ul style="list-style-type: none"> • No ring work at all today 		RPT: RPE:

DAILY PROGRAM CHARTS - PHASE 2 WEEK 1

Week 1				
Day 1 Workout A	<ul style="list-style-type: none"> • Warm-Up Skill Work • Front Lever to Back Lever • Half & Half to Iron Cross 	Conditioning <ul style="list-style-type: none"> • Skin the Cat to Front Lever • Assisted Iron Cross • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 2 Workout B	<ul style="list-style-type: none"> • Warm-Up Skill Work • Ring Front Kip to Top Position to L-Sit • Front Roll to Top Position Hold 	Conditioning <ul style="list-style-type: none"> • Muscle-Up • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 3 Workout C	<ul style="list-style-type: none"> • Handstands 		Up to 10 reps: 60-90s rest:	RPT: RPE:
Day 4 Workout A	<ul style="list-style-type: none"> • Warm-Up Skill Work • Front Lever to Back Lever • Half & Half to Iron Cross 	Conditioning <ul style="list-style-type: none"> • Skin the Cat to Front Lever • Assisted Iron Cross • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 5 Workout B	<ul style="list-style-type: none"> • Warm-Up Skill Work • Ring Front Kip to Top Position to L-Sit • Front Roll to Top Position Hold 	Conditioning <ul style="list-style-type: none"> • Muscle-Up • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 6, 7 Workout C / Active Recovery	<ul style="list-style-type: none"> • Your choice: Repeat Workout C on one day, or take both days off to recover 			RPT: RPE:

DAILY PROGRAM CHARTS - PHASE 2 WEEK 2

Week 2				
Day 8 Workout A	<ul style="list-style-type: none"> • Warm-Up Skill Work • Front Lever to Back Lever • Half & Half to Iron Cross 	Conditioning <ul style="list-style-type: none"> • Skin the Cat to Front Lever • Assisted Iron Cross • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 9 Workout B	<ul style="list-style-type: none"> • Warm-Up Skill Work • Ring Front Kip to Top Position to L-Sit • Front Roll to Top Position Hold 	Conditioning <ul style="list-style-type: none"> • Muscle-Up • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 10 Workout C	<ul style="list-style-type: none"> • Handstands 		Up to 10 reps: 60-90s rest:	RPT: RPE:
Day 11 Workout A	<ul style="list-style-type: none"> • Warm-Up Skill Work • Front Lever to Back Lever • Half & Half to Iron Cross 	Conditioning <ul style="list-style-type: none"> • Skin the Cat to Front Lever • Assisted Iron Cross • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 12 Workout B	<ul style="list-style-type: none"> • Warm-Up Skill Work • Ring Front Kip to Top Position to L-Sit • Front Roll to Top Position Hold 	Conditioning <ul style="list-style-type: none"> • Muscle-Up • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 13, 14 Workout C / Active Recovery	<ul style="list-style-type: none"> • Your choice: Repeat Workout C on one day, or take both days off to recover 			RPT: RPE:

DAILY PROGRAM CHARTS - PHASE 2 WEEK 3

Week 3				
Day 15 Workout A	<ul style="list-style-type: none"> • Warm-Up Skill Work • Front Lever to Back Lever • Half & Half to Iron Cross 	Conditioning <ul style="list-style-type: none"> • Skin the Cat to Front Lever • Assisted Iron Cross • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 16 Workout B	<ul style="list-style-type: none"> • Warm-Up Skill Work • Ring Front Kip to Top Position to L-Sit • Front Roll to Top Position Hold 	Conditioning <ul style="list-style-type: none"> • Muscle-Up • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 17 Workout C	<ul style="list-style-type: none"> • Handstands 		Up to 10 reps: 60-90s rest:	RPT: RPE:
Day 18 Workout A	<ul style="list-style-type: none"> • Warm-Up Skill Work • Front Lever to Back Lever • Half & Half to Iron Cross 	Conditioning <ul style="list-style-type: none"> • Skin the Cat to Front Lever • Assisted Iron Cross • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 19 Workout B	<ul style="list-style-type: none"> • Warm-Up Skill Work • Ring Front Kip to Top Position to L-Sit • Front Roll to Top Position Hold 	Conditioning <ul style="list-style-type: none"> • Muscle-Up • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 20, 21 Workout C / Active Recovery	<ul style="list-style-type: none"> • Your choice: Repeat Workout C on one day, or take both days off to recover 			RPT: RPE:

DAILY PROGRAM CHARTS - PHASE 2 WEEK 4

Week 4				
Day 22 Workout A	<ul style="list-style-type: none"> • Warm-Up Skill Work • Front Lever to Back Lever • Half & Half to Iron Cross 	Conditioning <ul style="list-style-type: none"> • Skin the Cat to Front Lever • Assisted Iron Cross • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 23 Workout B	<ul style="list-style-type: none"> • Warm-Up Skill Work • Ring Front Kip to Top Position to L-Sit • Front Roll to Top Position Hold 	Conditioning <ul style="list-style-type: none"> • Muscle-Up • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 24 Workout C	<ul style="list-style-type: none"> • Handstands 		Up to 10 reps: 60-90s rest:	RPT: RPE:
Day 25 Workout A	<ul style="list-style-type: none"> • Warm-Up Skill Work • Front Lever to Back Lever • Half & Half to Iron Cross 	Conditioning <ul style="list-style-type: none"> • Skin the Cat to Front Lever • Assisted Iron Cross • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 26 Workout B	<ul style="list-style-type: none"> • Warm-Up Skill Work • Ring Front Kip to Top Position to L-Sit • Front Roll to Top Position Hold 	Conditioning <ul style="list-style-type: none"> • Muscle-Up • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 27, 28 Workout C / Active Recovery	<ul style="list-style-type: none"> • Your choice: Repeat Workout C on one day, or take both days off to recover 			RPT: RPE:

DAILY PROGRAM CHARTS - RECUPERATION

Recuperation Week			
Day 1	<ul style="list-style-type: none"> • Warm-Up • Work on two of your most challenging movements • Cool Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 2	<ul style="list-style-type: none"> • Warm-Up • Work on two of your most challenging movements • Cool Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 3	<ul style="list-style-type: none"> • Warm-Up • Work on two of your most challenging movements • Cool Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 4	<ul style="list-style-type: none"> • Warm-Up • Work on two of your most challenging movements • Cool Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 5	<ul style="list-style-type: none"> • Warm-Up • Work on two of your most challenging movements • Cool Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 6, 7 Active Recovery	<ul style="list-style-type: none"> • No ring work at all today 		RPT: RPE:

DAILY PROGRAM CHARTS - PHASE 3 WEEK 1

Week 1				
Day 1 Workout A	<ul style="list-style-type: none"> Warm-Up Skill Work Movement A: Pull to Inverted Hang, Back Lever Hold and lower to German Hang. Pike and Kip to Top Position. Movement B: From Top Position, Front Roll stop in Top Position. Roll forward into Inverted Hang, lower to Front Lever. 	Conditioning <ul style="list-style-type: none"> Front Lever Tuck Hold Muscle-Up Cool-Down 	6 to 8 rounds:	RPT: RPE:
Day 2 Workout B	<ul style="list-style-type: none"> Warm-Up Skill Work Movement A: Back Kip to Top Position, Lower to Iron Cross Movement B: L-Sit to Press Handstand lower to Shoulder Stand 	Conditioning <ul style="list-style-type: none"> RTO Push-Up Assisted Iron Cross Handstands (on rings) Cool-Down 	6 to 8 rounds:	RPT: RPE:
Day 3 Active Recovery	<ul style="list-style-type: none"> Warm-Up Light Handstand Work Cool-Down 			RPT: RPE:
Day 4 Workout A	<ul style="list-style-type: none"> Warm-Up Skill Work Movement A: Pull to Inverted Hang, Back Lever Hold and lower to German Hang. Pike and Kip to Top Position. Movement B: From Top Position, Front Roll stop in Top Position. Roll forward into Inverted Hang, lower to Front Lever. 	Conditioning <ul style="list-style-type: none"> Front Lever Tuck Hold Muscle-Up Cool-Down 	6 to 8 rounds:	RPT: RPE:
Day 5 Workout B	<ul style="list-style-type: none"> Warm-Up Skill Work Movement A: Back Kip to Top Position, Lower to Iron Cross Movement B: L-Sit to Press Handstand lower to Shoulder Stand 	Conditioning <ul style="list-style-type: none"> RTO Push-Up Assisted Iron Cross Handstands (on rings) Cool-Down 	6 to 8 rounds:	RPT: RPE:
Day 6, 7 Active Recovery	<ul style="list-style-type: none"> Warm-Up Light Handstand Work Cool-Down 			RPT: RPE:

DAILY PROGRAM CHARTS - PHASE 3 WEEK 2

Week 2				
<p>Day 8</p> <p>Workout A</p>	<ul style="list-style-type: none"> • Warm-Up <p>Skill Work</p> <ul style="list-style-type: none"> • Movement A: Pull to Inverted Hang, Back Lever Hold and lower to German Hang. Pike and Kip to Top Position. • Movement B: From Top Position, Front Roll stop in Top Position. Roll forward into Inverted Hang, lower to Front Lever. 	<p>Conditioning</p> <ul style="list-style-type: none"> • Front Lever Tuck Hold • Muscle-Up • Cool-Down 	6 to 8 rounds:	<p>RPT:</p> <p>RPE:</p>
<p>Day 9</p> <p>Workout B</p>	<ul style="list-style-type: none"> • Warm-Up <p>Skill Work</p> <ul style="list-style-type: none"> • Movement A: Back Kip to Top Position, Lower to Iron Cross • Movement B: L-Sit to Press Handstand lower to Shoulder Stand 	<p>Conditioning</p> <ul style="list-style-type: none"> • RTO Push-Up • Assisted Iron Cross • Handstands (on rings) • Cool-Down 	6 to 8 rounds:	<p>RPT:</p> <p>RPE:</p>
<p>Day 10</p> <p>Active Recovery</p>	<ul style="list-style-type: none"> • Warm-Up • Light Handstand Work • Cool-Down 			<p>RPT:</p> <p>RPE:</p>
<p>Day 11</p> <p>Workout A</p>	<ul style="list-style-type: none"> • Warm-Up <p>Skill Work</p> <ul style="list-style-type: none"> • Movement A: Pull to Inverted Hang, Back Lever Hold and lower to German Hang. Pike and Kip to Top Position. • Movement B: From Top Position, Front Roll stop in Top Position. Roll forward into Inverted Hang, lower to Front Lever. 	<p>Conditioning</p> <ul style="list-style-type: none"> • Front Lever Tuck Hold • Muscle-Up • Cool-Down 	6 to 8 rounds:	<p>RPT:</p> <p>RPE:</p>
<p>Day 12</p> <p>Workout B</p>	<ul style="list-style-type: none"> • Warm-Up <p>Skill Work</p> <ul style="list-style-type: none"> • Movement A: Back Kip to Top Position, Lower to Iron Cross • Movement B: L-Sit to Press Handstand lower to Shoulder Stand 	<p>Conditioning</p> <ul style="list-style-type: none"> • RTO Push-Up • Assisted Iron Cross • Handstands (on rings) • Cool-Down 	6 to 8 rounds:	<p>RPT:</p> <p>RPE:</p>
<p>Day 13, 14</p> <p>Active Recovery</p>	<ul style="list-style-type: none"> • Warm-Up • Light Handstand Work • Cool-Down 			<p>RPT:</p> <p>RPE:</p>

DAILY PROGRAM CHARTS - PHASE 3 WEEK 3

Week 3				
Day 15 Workout A	<ul style="list-style-type: none"> Warm-Up Skill Work Movement A: Pull to Inverted Hang, Back Lever Hold and lower to German Hang. Pike and Kip to Top Position. Movement B: From Top Position, Front Roll stop in Top Position. Roll forward into Inverted Hang, lower to Front Lever. 	Conditioning <ul style="list-style-type: none"> Front Lever Tuck Hold Muscle-Up Cool-Down 	6 to 8 rounds:	RPT: RPE:
Day 16 Workout B	<ul style="list-style-type: none"> Warm-Up Skill Work Movement A: Back Kip to Top Position, Lower to Iron Cross Movement B: L-Sit to Press Handstand lower to Shoulder Stand 	Conditioning <ul style="list-style-type: none"> RTO Push-Up Assisted Iron Cross Handstands (on rings) Cool-Down 	6 to 8 rounds:	RPT: RPE:
Day 17 Active Recovery	<ul style="list-style-type: none"> Warm-Up Light Handstand Work Cool-Down 			RPT: RPE:
Day 18 Workout A	<ul style="list-style-type: none"> Warm-Up Skill Work Movement A: Pull to Inverted Hang, Back Lever Hold and lower to German Hang. Pike and Kip to Top Position. Movement B: From Top Position, Front Roll stop in Top Position. Roll forward into Inverted Hang, lower to Front Lever. 	Conditioning <ul style="list-style-type: none"> Front Lever Tuck Hold Muscle-Up Cool-Down 	6 to 8 rounds:	RPT: RPE:
Day 19 Workout B	<ul style="list-style-type: none"> Warm-Up Skill Work Movement A: Back Kip to Top Position, Lower to Iron Cross Movement B: L-Sit to Press Handstand lower to Shoulder Stand 	Conditioning <ul style="list-style-type: none"> RTO Push-Up Assisted Iron Cross Handstands (on rings) Cool-Down 	6 to 8 rounds:	RPT: RPE:
Day 20, 21 Active Recovery	<ul style="list-style-type: none"> Warm-Up Light Handstand Work Cool-Down 			RPT: RPE:

DAILY PROGRAM CHARTS - PHASE 3 WEEK 4

Week 4				
Day 22 Workout A	<ul style="list-style-type: none"> • Warm-Up • Skill Work • Movement A: Pull to Inverted Hang, Back Lever Hold and lower to German Hang. Pike and Kip to Top Position. • Movement B: From Top Position, Front Roll stop in Top Position. Roll forward into Inverted Hang, lower to Front Lever. 	Conditioning <ul style="list-style-type: none"> • Front Lever Tuck Hold • Muscle-Up • Cool-Down 	6 to 8 rounds:	RPT: RPE:
Day 23 Workout B	<ul style="list-style-type: none"> • Warm-Up • Skill Work • Movement A: Back Kip to Top Position, Lower to Iron Cross • Movement B: L-Sit to Press Handstand lower to Shoulder Stand 	Conditioning <ul style="list-style-type: none"> • RTO Push-Up • Assisted Iron Cross • Handstands (on rings) • Cool-Down 	6 to 8 rounds:	RPT: RPE:
Day 24 Active Recovery	<ul style="list-style-type: none"> • Warm-Up • Light Handstand Work • Cool-Down 			RPT: RPE:
Day 25 Workout A	<ul style="list-style-type: none"> • Warm-Up • Skill Work • Movement A: Pull to Inverted Hang, Back Lever Hold and lower to German Hang. Pike and Kip to Top Position. • Movement B: From Top Position, Front Roll stop in Top Position. Roll forward into Inverted Hang, lower to Front Lever. 	Conditioning <ul style="list-style-type: none"> • Front Lever Tuck Hold • Muscle-Up • Cool-Down 	6 to 8 rounds:	RPT: RPE:
Day 26 Workout B	<ul style="list-style-type: none"> • Warm-Up • Skill Work • Movement A: Back Kip to Top Position, Lower to Iron Cross • Movement B: L-Sit to Press Handstand lower to Shoulder Stand 	Conditioning <ul style="list-style-type: none"> • RTO Push-Up • Assisted Iron Cross • Handstands (on rings) • Cool-Down 	6 to 8 rounds:	RPT: RPE:
Day 27, 28 Active Recovery	<ul style="list-style-type: none"> • Warm-Up • Light Handstand Work • Cool-Down 			RPT: RPE:

DAILY PROGRAM CHARTS - RECUPERATION

Recuperation Week			
Day 1	<ul style="list-style-type: none"> • Warm-Up • Work on two of your most challenging movements • Cool Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 2	<ul style="list-style-type: none"> • Warm-Up • Work on two of your most challenging movements • Cool Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 3	<ul style="list-style-type: none"> • Warm-Up • Work on two of your most challenging movements • Cool Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 4	<ul style="list-style-type: none"> • Warm-Up • Work on two of your most challenging movements • Cool Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 5	<ul style="list-style-type: none"> • Warm-Up • Work on two of your most challenging movements • Cool Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 6, 7 Active Recovery	<ul style="list-style-type: none"> • No ring work at all today 		RPT: RPE:

DAILY PROGRAM CHARTS - PHASE 4 WEEK 1

Week 1				
<p>Day 1 Flow</p>	<ul style="list-style-type: none"> • Warm-Up Routine • Back Kip to Top Position lower to Iron Cross • Bend Arms, fall out of Iron Cross and pull into Inverted Hang • Back Lever Hold • Pull out of Back Lever and then Pike to Front Kip to Top Position L-Sit • L-Sit press to Handstand • Lower to Shoulder Stand 	<ul style="list-style-type: none"> • Top Position • Front Roll to Top Position • Slow lower and sit back into Inverted Hang • Lower to Front Lever Hold • Lower legs to Dead Hang • Cool-Down Flow 	<p>3 to 5 sets:</p> <p>5 to 8 reps:</p> <p>60-120s rest:</p>	<p>RPT:</p> <p>RPE:</p>
<p>Day 2, 4, 6, 7 Active Recovery</p>	<ul style="list-style-type: none"> • No ring work 			<p>RPT:</p> <p>RPE:</p>
<p>Day 3 Flow</p>	<ul style="list-style-type: none"> • Warm-Up Routine • Back Kip to Top Position lower to Iron Cross • Bend Arms, fall out of Iron Cross and pull into Inverted Hang • Back Lever Hold • Pull out of Back Lever and then Pike to Front Kip to Top Position L-Sit • L-Sit press to Handstand • Lower to Shoulder Stand 	<ul style="list-style-type: none"> • Top Position • Front Roll to Top Position • Slow lower and sit back into Inverted Hang • Lower to Front Lever Hold • Lower legs to Dead Hang • Cool-Down Flow 	<p>3 to 5 sets:</p> <p>5 to 8 reps:</p> <p>60-120s rest:</p>	<p>RPT:</p> <p>RPE:</p>
<p>Day 5 Flow</p>	<ul style="list-style-type: none"> • Warm-Up Routine • Back Kip to Top Position lower to Iron Cross • Bend Arms, fall out of Iron Cross and pull into Inverted Hang • Back Lever Hold • Pull out of Back Lever and then Pike to Front Kip to Top Position L-Sit • L-Sit press to Handstand • Lower to Shoulder Stand 	<ul style="list-style-type: none"> • Top Position • Front Roll to Top Position • Slow lower and sit back into Inverted Hang • Lower to Front Lever Hold • Lower legs to Dead Hang • Cool-Down Flow 	<p>3 to 5 sets:</p> <p>5 to 8 reps:</p> <p>60-120s rest:</p>	<p>RPT:</p> <p>RPE:</p>

DAILY PROGRAM CHARTS - PHASE 4 WEEK 2

Week 2				
<p>Day 8 Flow</p>	<ul style="list-style-type: none"> • Warm-Up Routine • Back Kip to Top Position lower to Iron Cross • Bend Arms, fall out of Iron Cross and pull into Inverted Hang • Back Lever Hold • Pull out of Back Lever and then Pike to Front Kip to Top Position L-Sit • L-Sit press to Handstand • Lower to Shoulder Stand 	<ul style="list-style-type: none"> • Top Position • Front Roll to Top Position • Slow lower and sit back into Inverted Hang • Lower to Front Lever Hold • Lower legs to Dead Hang • Cool-Down Flow 	<p>3 to 5 sets:</p> <p>5 to 8 reps:</p> <p>60-120s rest:</p>	<p>RPT:</p> <p>RPE:</p>
<p>Day 9, 11, 13, 14 Active Recovery</p>	<ul style="list-style-type: none"> • No ring work 			<p>RPT:</p> <p>RPE:</p>
<p>Day 10 Flow</p>	<ul style="list-style-type: none"> • Warm-Up Routine • Back Kip to Top Position lower to Iron Cross • Bend Arms, fall out of Iron Cross and pull into Inverted Hang • Back Lever Hold • Pull out of Back Lever and then Pike to Front Kip to Top Position L-Sit • L-Sit press to Handstand • Lower to Shoulder Stand 	<ul style="list-style-type: none"> • Top Position • Front Roll to Top Position • Slow lower and sit back into Inverted Hang • Lower to Front Lever Hold • Lower legs to Dead Hang • Cool-Down Flow 	<p>3 to 5 sets:</p> <p>5 to 8 reps:</p> <p>60-120s rest:</p>	<p>RPT:</p> <p>RPE:</p>
<p>Day 12 Flow</p>	<ul style="list-style-type: none"> • Warm-Up Routine • Back Kip to Top Position lower to Iron Cross • Bend Arms, fall out of Iron Cross and pull into Inverted Hang • Back Lever Hold • Pull out of Back Lever and then Pike to Front Kip to Top Position L-Sit • L-Sit press to Handstand • Lower to Shoulder Stand 	<ul style="list-style-type: none"> • Top Position • Front Roll to Top Position • Slow lower and sit back into Inverted Hang • Lower to Front Lever Hold • Lower legs to Dead Hang • Cool-Down Flow 	<p>3 to 5 sets:</p> <p>5 to 8 reps:</p> <p>60-120s rest:</p>	<p>RPT:</p> <p>RPE:</p>

DAILY PROGRAM CHARTS - PHASE 4 WEEK 3

Week 3				
<p>Day 15 Flow</p>	<ul style="list-style-type: none"> • Warm-Up Routine • Back Kip to Top Position lower to Iron Cross • Bend Arms, fall out of Iron Cross and pull into Inverted Hang • Back Lever Hold • Pull out of Back Lever and then Pike to Front Kip to Top Position L-Sit • L-Sit press to Handstand • Lower to Shoulder Stand 	<ul style="list-style-type: none"> • Top Position • Front Roll to Top Position • Slow lower and sit back into Inverted Hang • Lower to Front Lever Hold • Lower legs to Dead Hang • Cool-Down Flow 	<p>3 to 5 sets:</p> <p>5 to 8 reps:</p> <p>60-120s rest:</p>	<p>RPT:</p> <p>RPE:</p>
<p>Day 16, 18, 20, 21 Active Recovery</p>	<ul style="list-style-type: none"> • No ring work 			<p>RPT:</p> <p>RPE:</p>
<p>Day 17 Flow</p>	<ul style="list-style-type: none"> • Warm-Up Routine • Back Kip to Top Position lower to Iron Cross • Bend Arms, fall out of Iron Cross and pull into Inverted Hang • Back Lever Hold • Pull out of Back Lever and then Pike to Front Kip to Top Position L-Sit • L-Sit press to Handstand • Lower to Shoulder Stand 	<ul style="list-style-type: none"> • Top Position • Front Roll to Top Position • Slow lower and sit back into Inverted Hang • Lower to Front Lever Hold • Lower legs to Dead Hang • Cool-Down Flow 	<p>3 to 5 sets:</p> <p>5 to 8 reps:</p> <p>60-120s rest:</p>	<p>RPT:</p> <p>RPE:</p>
<p>Day 19 Flow</p>	<ul style="list-style-type: none"> • Warm-Up Routine • Back Kip to Top Position lower to Iron Cross • Bend Arms, fall out of Iron Cross and pull into Inverted Hang • Back Lever Hold • Pull out of Back Lever and then Pike to Front Kip to Top Position L-Sit • L-Sit press to Handstand • Lower to Shoulder Stand 	<ul style="list-style-type: none"> • Top Position • Front Roll to Top Position • Slow lower and sit back into Inverted Hang • Lower to Front Lever Hold • Lower legs to Dead Hang • Cool-Down Flow 	<p>3 to 5 sets:</p> <p>5 to 8 reps:</p> <p>60-120s rest:</p>	<p>RPT:</p> <p>RPE:</p>