



rings one

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GB Course Structures

All Gymnastic Bodies Courses follow the same highly successful instructional method and course structure. If you are already familiar with another GB Course, then simply glance over the following 'Intro' and 'Getting Started' sections to refresh your memory and become familiar with the course specifics as they apply to ring strength training.

If however this is your first GB Course, then please read the following two sections slowly and thoroughly as the care with which you follow and implement the course instructions will have a great impact on your ultimate degree of ring strength training success.





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Simplicity. Clarity. Ease of Use.

Literally all that is needed to achieve success with Ring Strength One is for you to work your way step by step through the course. To aid you in this journey a set of highly specific tools has been provided to you in an easy to use format that has never before been available anywhere in the fitness world.

The primary purpose of the GB Rings 1-4 courses is to simplify, clarify and quantify the complexities of ring strength training while simultaneously providing a clear blueprint for mastering the following ring strength elements.

Note that you will not immediately begin working on all of these strength elements, but rather will need to progressively develop your ability to train them safely and productively.

Reverse Muscle Up (rMU)

Ring Support

Back Lever (BL)

Ring Handstand (rHS)

Ring Press Handstand (rpHS)

Ring Straddle Planche

Iron Cross

Maltese

Inverted Cross



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No Brain No Gain

Gymnastics Strength Training (GST), of which Ring Strength training is an integral part, is very potent and the proper progressions should always be approached with patience and care as they strengthen and stretch the body in ways that in all likelihood you have never been exposed to before.

The biggest mistake you can make is to not understand and respect the fact that just because you are starting off strong at other athletic endeavors doesn't mean that you don't need to start at the beginning in GST. The very beginning.

In the vast majority of cases, attempting to skip steps, or ignoring the assigned integrated mobility, will eventually lead to unnecessary injuries. And nothing kills progress faster than having your training continually derailed due to impatience and the subsequent injuries that go along with it. Used wisely, time is the most potent of training supplements. So do yourself a favor, check your ego at the door and follow the progressions as written.

In the short term it might be a little frustrating and humbling, but in the long term it will get you right where you want to go.



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Preparatory and Specific Elements

Way back in 2004 when I wrote my very first GST article, I greatly over-estimated the strength levels of the average fitness enthusiast while at the same time greatly under-estimating the inherent difficulties of beginning GST for the non-gymnast. The main difficulty arose from the fact that the majority of the initial preparation that I used with my youngest athletes was so basic and undemanding for actual gymnasts that I literally failed to even qualify it as "training".

Now however, after many years of working with thousands of non-gymnast GST enthusiasts from around the world, I have learned that these first or 'preparatory' steps are essential for adult fitness enthusiasts to successfully progress thru and master the more demanding exercise 'specific' steps that come later.

For example, there are now 13 preparatory elements that must be mastered prior to beginning the specific element work relevant to Reverse Muscleup! What impact will these preparatory steps have on your own training? The impact, as well as the results, is going to be dramatic indeed.



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Exercise Notation

As you work your way thru this GB Rings One Course you will notice that each and every exercise has its own individual notation (e.g. rMU/PE1). These notations are very important as they instantly inform you where in the handstand development progression this particular exercise belongs. In addition this notation easily fits into training templates and also allows you to exactly match integrated mobility exercises with their preparatory element partner.

For example, the notation 'rMU/PE1' means that this is preparatory element 1 of the reverse muscle up preparatory element series, while 'R1>iM1' means that this is the first of the R1 mobility exercises.



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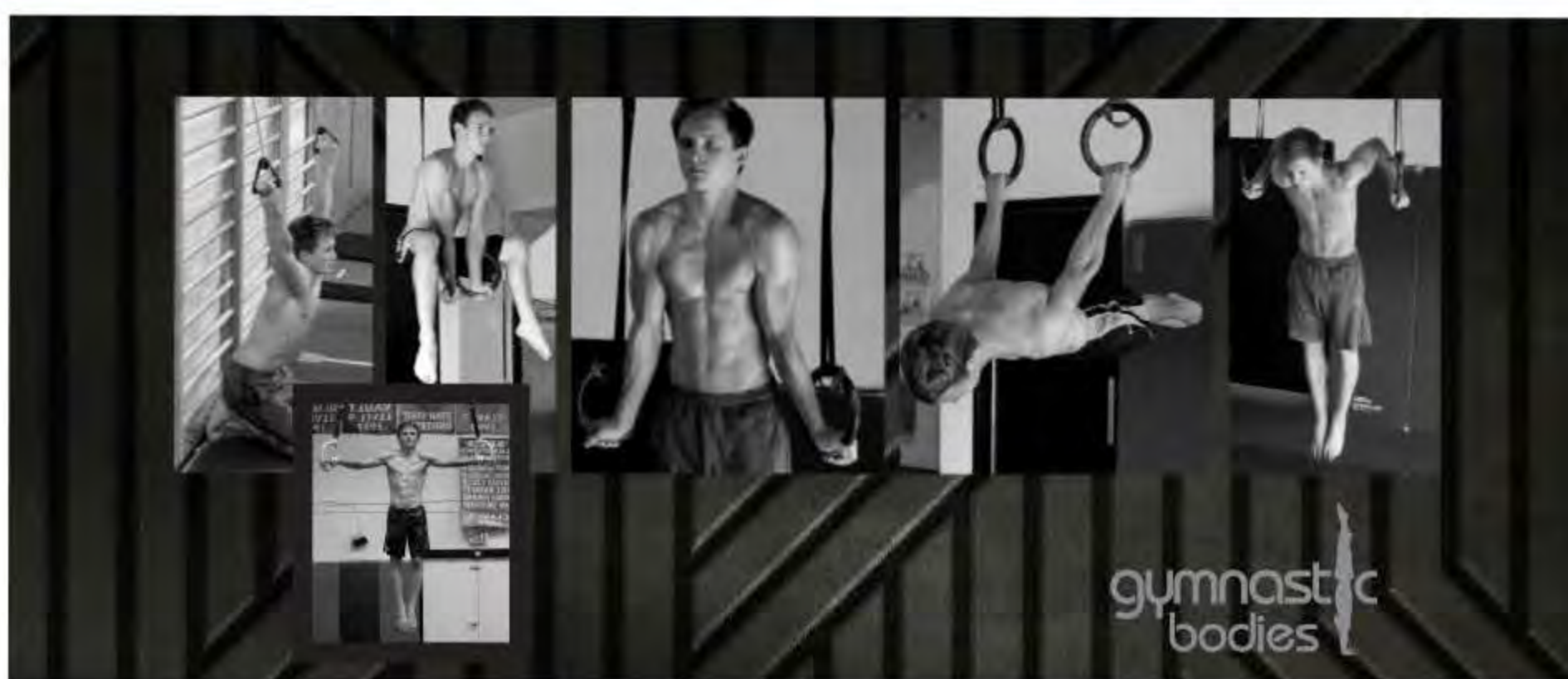
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Ring Strength Chart

GymnasticBodies
Everyday Champions
Ring Strength Levels

	L.5	L1	L1.5	L2	L2.5	L3	L3.5	L4
rMU	rMU/PE4 5x60s	rMU/PE7 5x10r						
LARS	R1>LARS 3	R1>LARS 5						
rSPT	rSPT/SE3 5x30s	rSPT/SE7 5x10r						
BL	BL/SE2 5x10s	BL/SE6 5x10s						





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GB University Curriculum Pre and Co-Requisites for R1

Foundation 1

prerequisites = none
corequisite = H1

Foundation 2

prerequisite = F1
corequisites = H1

Foundation 3

prerequisites = F2
corequisites = H1, H2

Foundation 4

prerequisites = F3
corequisites = H1, H2

Handstand 1

prerequisites = none
corequisite = F1

Handstand 2

prerequisites = F1, F2
corequisites = H1, F3

Handstand 3

prerequisite = F3
corequisites = H1, H2, F4

Rings 1

prerequisites = F1, F2, F3, F4*
corequisites = H1, H2

** It is possible to begin training R1 after mastering F2, but your progress will be much less rapid.*

Rings 2

prerequisites = F4, H1, H2, R1

Rings 3

prerequisites = F4, H1, H2, R2

Rings 4

prerequisites = F4, H1, H2, R3

Movement 1

prerequisites = none
corequisites = F1, F2, F3, H1

Movement 2

prerequisites = F3, M1
corequisites = F4, H1, H2

Movement 3

prerequisites = F4, M2
corequisites = H1, H2

Hungarian

prerequisites = F4, H1, H2, M3



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Preparing for Success

Is it possible to achieve success with R1 without having taken care of the recommended pre-requisites? Yes, but only to a moderate degree. But it is going to take substantially longer and you will always be skirting the edges of injury due to insufficient preparation in strength and mobility.

My personal preference is for work on R1 to not take place until F4 has been mastered. This prepares the elbows thoroughly, especially the brachialis, for the rigors of ring strength.

However I am well aware that most students lack the discipline and foresight to be that proactive in their training. At a minimum I recommend that you have mastered Foundation at least up to F2 prior to beginning R1.

You need to also plan for the future. Is it possible to to achieve success with R2 without having taken care of the pre and co requisites? In particular H1 and H2? No, it is not. In fact, not only is answer no; it is absolutely not. You have no chance whatsoever of being successful with R2 until you have mastered handstand fundamentals.

If you fail to take master the materials in H1 and H2, your ring strength journey will begin and end at R1.



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Getting Started

If you are a raw beginner, you will of course begin from the absolute beginning. This means that both programming and progression-wise you will start with Day 1 of Week 1 for all of the BARS, LARS and SARS preparatory elements.

If however you already somewhat proficient at ring strength, you may use a more accelerated method for your GB Ring Strength training. Now don't get overly excited as you will still need to perform AND demonstrate mastery of each and every exercise in the BARS, LARS and SARS progressions. There is no escape from this as it ensures that there are no holes in your physical preparation.

For example on workout day 1, attempt to perform the Week 11 programming of rMU/PE1. If you are successful, using correct form and tempo, the next workout day you may proceed on to attempting the Week 11 programming of rMU/PE2 etc etc. You may continue on in this fashion demonstrating MASTERY of a new rMU/PE per workout day, until you reach a rMU/PE where you fail to complete the week 11 programming with correct form and tempo.

Once you reach this point, depending on how difficult the next element is for you, you will begin the next week at either week 1, week 5 or week 9 of the 12 week cycle for the rMU/PE which you now need to master.



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No Skipping

DO NOT SKIP exercises or the assigned integrated mobility!!! **DO NOT ASSUME** that you are capable of correctly performing the week 11 programming for the ring strength elements in question unless you actually do so; completing all of the reps and all of the sets with all of the associated iM as assigned.

Once you graduate to a more difficult preparatory element or specific element, you will no longer need to actively focus on the previously 'mastered' ring strength elements other than for the purpose of warming up.



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Individual Recovery Varies

When beginning Gymnastics Strength Training (GST) the majority of people will find a four day/week training schedule the most effective; not only in terms of scheduling, but also in terms of their bodies' ability to recover from the workouts.

However as individual recovery ability can vary widely; there is also a significant percentage of the training population who will either benefit from less work (the two or even one day/week schedule) or more work (the five day/week schedule).

Which of these schedules will be the most the effective for you will depend entirely your own personal recovery ability; which in turn is something which you will only discover thru experience.

Note that there is no intrinsic value in choosing one schedule over another; your choice should be solely based on which of the schedules best fits your own particular blend physical strengths and weaknesses. There is no benefit in forcing yourself to do that which you are not suited for.



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Weekly Schedule Key

FS-7 = train all seven foundation series elements in a single workout

FS-4 = train four foundation series elements in a single workout

FS-3 = train three foundation series elements in a single workout

H1 = Handstand One

H2 = Handstand Two

R1 = Ring Strength One



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Foundation Four Mastered Schedule: Rings One Weekly Workout Schedules

3 Day Schedule

Mon/Fri: R1 (warmup & cool down with Foundation strength and mobility; HBP, RC, SLS etc)

Wed: H1/H2

4 Day Schedule

Mon/Thu: R1 (warmup & cool down with Foundation strength and mobility; HBP, RC, SLS etc)

Tue/Fri: H1/H2

5 Day Schedule

Mon/Wed/Fri: R1 (warmup & cool down with Foundation strength and mobility; HBP, RC, SLS etc)

Tue/Thu: H1/H2

*Key: R1 = Rings One; H1 = Handstand One; H2 = Handstand Two



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Foundation Two Mastered 3 Day Schedule

NOTE: Remember if you have not yet mastered Foundation Four; your ring strength training should only be supplemental and not a primary focus until you have mastered the Foundation Series.

3 Day Schedule Options

Option 1:

Mon - FS-3+H1/H2

Wed - PLAY with R1; do not follow structured programming

Fri - FS-4+H1/H2

Option 2:

Mon - FS-7 (train all seven Foundation elements and iMs in a single workout session)

Wed - H1 & H2, play with R1

Fri - FS-7 (train all seven Foundation elements and iMs in a single workout session)



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Foundation Two Mastered 4 Day Schedule

4 Day Schedule Options

Option 1:

Mon - FS-3+H1/H2

Tue - PLAY with R1; do not follow structured programming

Thu - FS-4+H1/H2

Fri - PLAY with R1; do not follow structured programming

Option 2:

Mon - FS-7

Tue - H1 & H2; play with R1

Thu - FS-7

Fri - H1 & H2; play with R1

Option 3:

wk 1: Mon - FS-3+H1/H2

Tue - F4+H1/H2

Thu - F3+H1/H2

Fri - R1; play only - do not follow structured programming.

wk 2: Mon - FS-4+H1/H2

Tue - FS-3+H1/H2

Thu - FS-4+H1/H2

Fri - R1; play only - do not follow structured programming



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Mastery

Each exercise page throughout this course is comprised of three action photos down one side of the page along with a large embedded video directly in the center of the page.

Underneath this video is the exercise's name, under that is that exercise's own particular notation and under that is the standard of 'mastery', as calculated in sets and repetitions or in sets and hold times, that must be met prior to moving on to the next exercise in the series.

The standard of mastery also informs you as to which of the mastery templates will be employed when training this exercise.



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Mastery Templates for Ring Strength Series

5r Mastery

▶ Block 1: For if you are not remotely close to mastery

Week 1 = 3x1r
 Week 2 = 5x1r
 Week 3 = 3x2r
 Week 4 = 3x1r (deload)

▶ Block 2: If you can do some sets, but not at mastery

▶ Block 3: If you need more endurance to achieve mastery

10r Mastery

▶ Block 1: For if you are not remotely close to mastery

Week 1 = 3x2r
 Week 2 = 5x2r
 Week 3 = 3x4r
 Week 4 = 3x2r (deload)

▶ Block 2: If you can do some sets, but not at mastery

▶ Block 3: If you need more endurance to achieve mastery

60s Mastery

▶ Block 1: For if you are not remotely close to mastery

Week 1 = 3x12s
 Week 2 = 5x12s
 Week 3 = 3x24s
 Week 4 = 3x12s (deload)

▶ Block 2: If you can do some sets, but not at mastery

▶ Block 3: If you need more endurance to achieve mastery

30s Mastery

▶ Block 1: For if you are not remotely close to mastery

Week 1 = 3x6s
 Week 2 = 5x6s
 Week 3 = 3x12s
 Week 4 = 3x6s (deload)

▶ Block 2: If you can do some sets, but not at mastery

▶ Block 3: If you need more endurance to achieve mastery

10s Mastery

▶ Block 1: For if you are not remotely close to mastery

Week 1 = 3x2s
 Week 2 = 5x2s
 Week 3 = 3x4s
 Week 4 = 3x2s (deload)

▶ Block 2: If you can do some sets, but not at mastery

▶ Block 3: If you need more endurance to achieve mastery



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Training Cycles

Using the GB Rings One Course to set up a 12 week training cycle is literally as easy as plug and play.

- First determine where in the BARS, LARS and SARS progressions you will begin your training
- Next determine if your recovery ability is low, medium or high.
- Once you have these two pieces of information you simply plug your mastery template set and repetition ranges for your prescribed exercises into the 12 week training template for your chosen weekly workout schedule.

Next are examples of the different weekly training schedules when applied to the 12 week programming templates for a new student beginning with Rings One PE1 elements. If you have successfully tested out of one or more preparatory elements, simply substitute that exercise and its accompanying mastery requirements into the training cycle where appropriate.



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Foundation Four Mastered 3 Day Example

FOUNDATION FOUR MASTERED 3 Day Training/12 Week Cycle Example					
	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	rMU/PE1 (3x12s) R1/LARS1 (3x12s) rSPT/PE1 (3x12s) BL/PE1 (3x6s)		H1 & H2		rMU/PE1 (3x12s) R1/LARS1 (3x12s) rSPT/PE1 (3x12s) BL/PE1 (3x6s)
Week 2	rMU/PE1 (5x12s) R1/LARS1 (5x12s) rSPT/PE1 (5x12s) BL/PE1 (5x6s)		H1 & H2		rMU/PE1 (5x12s) R1/LARS1 (5x12s) rSPT/PE1 (5x12s) BL/PE1 (5x6s)
Week 3	rMU/PE1 (3x24s) R1/LARS1 (3x24s) rSPT/PE1 (3x24s) BL/PE1 (3x12s)		H1 & H2		rMU/PE1 (3x24s) R1/LARS1 (3x24s) rSPT/PE1 (3x24s) BL/PE1 (3x12s)
Week 4 <i>(deload)</i>	rMU/PE1 (3x12s) R1/LARS1 (3x12s) rSPT/PE1 (3x12s) BL/PE1 (3x6s)		H1 & H2		rMU/PE1 (3x12s) R1/LARS1 (3x12s) rSPT/PE1 (3x12s) BL/PE1 (3x6s)

FOUNDATION FOUR MASTERED 3 Day Training/12 Week Cycle Example					
	Monday	Tuesday	Wednesday	Thursday	Friday
Week 5	rMU/PE1 (4x24s) R1/LARS1 (4x24s) rSPT/PE1 (4x24s) BL/PE1 (4x12s)		H1 & H2		rMU/PE1 (4x24s) R1/LARS1 (4x24s) rSPT/PE1 (4x24s) BL/PE1 (4x12s)
Week 6	rMU/PE1 (4x36s) R1/LARS1 (4x36s) rSPT/PE1 (4x36s) BL/PE1 (4x18s)		H1 & H2		rMU/PE1 (4x36s) R1/LARS1 (4x36s) rSPT/PE1 (4x36s) BL/PE1 (4x18s)
Week 7	rMU/PE1 (5x36s) R1/LARS1 (5x36s) rSPT/PE1 (5x36s) BL/PE1 (5x18s)		H1 & H2		rMU/PE1 (5x36s) R1/LARS1 (5x36s) rSPT/PE1 (5x36s) BL/PE1 (5x18s)
Week 8 <i>(deload)</i>	rMU/PE1 (5x18s) R1/LARS1 (5x18s) rSPT/PE1 (5x18s) BL/PE1 (5x9s)		H1 & H2		rMU/PE1 (5x18s) R1/LARS1 (5x18s) rSPT/PE1 (5x18s) BL/PE1 (5x9s)

FOUNDATION FOUR MASTERED 3 Day Training/12 Week Cycle Example					
	Monday	Tuesday	Wednesday	Thursday	Friday
Week 9	rMU/PE1 (4x48s) R1/LARS1 (4x48s) rSPT/PE1 (4x48s) BL/PE1 (4x24s)		H1 & H2		rMU/PE1 (4x48s) R1/LARS1 (4x48s) rSPT/PE1 (4x48s) BL/PE1 (4x24s)
Week 10	rMU/PE1 (4x60s) R1/LARS1 (4x60s) rSPT/PE1 (4x60s) BL/PE1 (4x30s)		H1 & H2		rMU/PE1 (4x60s) R1/LARS1 (4x60s) rSPT/PE1 (4x60s) BL/PE1 (4x30s)
Week 11	rMU/PE1 (5x60s) R1/LARS1 (5x60s) rSPT/PE1 (5x60s) BL/PE1 (5x30s)		H1 & H2		rMU/PE1 (5x60s) R1/LARS1 (5x60s) rSPT/PE1 (5x60s) BL/PE1 (5x30s)
Week 12 <i>(deload)</i>	rMU/PE1 (5x30s) R1/LARS1 (5x30s) rSPT/PE1 (5x30s) BL/PE1 (5x15s)		H1 & H2		rMU/PE1 (5x30s) R1/LARS1 (5x30s) rSPT/PE1 (5x30s) BL/PE1 (5x15s)



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Foundation Four Mastered 4 Day Example

FOUNDATION FOUR MASTERED 4 Day Training/12 Week Cycle Example					
	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	rMU/PE1 (3x12s) R1/LARS1 (3x12s) rSPT/PE1 (3x12s) BL/PE1 (3x6s)	H1 & H2		rMU/PE1 (3x12s) R1/LARS1 (3x12s) rSPT/PE1 (3x12s) BL/PE1 (3x6s)	H1 & H2
Week 2	rMU/PE1 (5x12s) R1/LARS1 (5x12s) rSPT/PE1 (5x12s) BL/PE1 (5x6s)	H1 & H2		rMU/PE1 (5x12s) R1/LARS1 (5x12s) rSPT/PE1 (5x12s) BL/PE1 (5x6s)	H1 & H2
Week 3	rMU/PE1 (3x24s) R1/LARS1 (3x24s) rSPT/PE1 (3x24s) BL/PE1 (3x12s)	H1 & H2		rMU/PE1 (3x24s) R1/LARS1 (3x24s) rSPT/PE1 (3x24s) BL/PE1 (3x12s)	H1 & H2
Week 4 <i>(deload)</i>	rMU/PE1 (3x12s) R1/LARS1 (3x12s) rSPT/PE1 (3x12s) BL/PE1 (3x6s)	H1 & H2		rMU/PE1 (3x12s) R1/LARS1 (3x12s) rSPT/PE1 (3x12s) BL/PE1 (3x6s)	H1 & H2

FOUNDATION FOUR MASTERED 4 Day Training/12 Week Cycle Example					
	Monday	Tuesday	Wednesday	Thursday	Friday
Week 5	rMU/PE1 (4x24s) R1/LARS1 (4x24s) rSPT/PE1 (4x24s) BL/PE1 (4x12s)	H1 & H2		rMU/PE1 (4x24s) R1/LARS1 (4x24s) rSPT/PE1 (4x24s) BL/PE1 (4x12s)	H1 & H2
Week 6	rMU/PE1 (4x36s) R1/LARS1 (4x36s) rSPT/PE1 (4x36s) BL/PE1 (4x18s)	H1 & H2		rMU/PE1 (4x36s) R1/LARS1 (4x36s) rSPT/PE1 (4x36s) BL/PE1 (4x18s)	H1 & H2
Week 7	rMU/PE1 (5x36s) R1/LARS1 (5x36s) rSPT/PE1 (5x36s) BL/PE1 (5x18s)	H1 & H2		rMU/PE1 (5x36s) R1/LARS1 (5x36s) rSPT/PE1 (5x36s) BL/PE1 (5x18s)	H1 & H2
Week 8 <i>(deload)</i>	rMU/PE1 (5x18s) R1/LARS1 (5x18s) rSPT/PE1 (5x18s) BL/PE1 (5x9s)	H1 & H2		rMU/PE1 (5x18s) R1/LARS1 (5x18s) rSPT/PE1 (5x18s) BL/PE1 (5x9s)	H1 & H2

FOUNDATION FOUR MASTERED 4 Day Training/12 Week Cycle Example					
	Monday	Tuesday	Wednesday	Thursday	Friday
Week 9	rMU/PE1 (4x48s) R1/LARS1 (4x48s) rSPT/PE1 (4x48s) BL/PE1 (4x24s)	H1 & H2		rMU/PE1 (4x48s) R1/LARS1 (4x48s) rSPT/PE1 (4x48s) BL/PE1 (4x24s)	H1 & H2
Week 10	rMU/PE1 (4x60s) R1/LARS1 (4x60s) rSPT/PE1 (4x60s) BL/PE1 (4x30s)	H1 & H2		rMU/PE1 (4x60s) R1/LARS1 (4x60s) rSPT/PE1 (4x60s) BL/PE1 (4x30s)	H1 & H2
Week 11	rMU/PE1 (5x60s) R1/LARS1 (5x60s) rSPT/PE1 (5x60s) BL/PE1 (5x30s)	H1 & H2		rMU/PE1 (5x60s) R1/LARS1 (5x60s) rSPT/PE1 (5x60s) BL/PE1 (5x30s)	H1 & H2
Week 12 <i>(deload)</i>	rMU/PE1 (5x30s) R1/LARS1 (5x30s) rSPT/PE1 (5x30s) BL/PE1 (5x15s)	H1 & H2		rMU/PE1 (5x30s) R1/LARS1 (5x30s) rSPT/PE1 (5x30s) BL/PE1 (5x15s)	H1 & H2



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Foundation Four Mastered 5 Day Example

FOUNDATION FOUR MASTERED 5 Day Training/12 Week Cycle Example					
	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	rMU/PE1 (3x12s) R1/LARS1 (3x12s) rSPT/PE1 (3x12s) BL/PE1 (3x6s)	H1 & H2	rMU/PE1 (3x12s) R1/LARS1 (3x12s) rSPT/PE1 (3x12s) BL/PE1 (3x6s)	H1 & H2	rMU/PE1 (3x12s) R1/LARS1 (3x12s) rSPT/PE1 (3x12s) BL/PE1 (3x6s)
Week 2	rMU/PE1 (5x12s) R1/LARS1 (5x12s) rSPT/PE1 (5x12s) BL/PE1 (5x6s)	H1 & H2	rMU/PE1 (5x12s) R1/LARS1 (5x12s) rSPT/PE1 (5x12s) BL/PE1 (5x6s)	H1 & H2	rMU/PE1 (5x12s) R1/LARS1 (5x12s) rSPT/PE1 (5x12s) BL/PE1 (5x6s)
Week 3	rMU/PE1 (3x24s) R1/LARS1 (3x24s) rSPT/PE1 (3x24s) BL/PE1 (3x12s)	H1 & H2	rMU/PE1 (3x24s) R1/LARS1 (3x24s) rSPT/PE1 (3x24s) BL/PE1 (3x12s)	H1 & H2	rMU/PE1 (3x24s) R1/LARS1 (3x24s) rSPT/PE1 (3x24s) BL/PE1 (3x12s)
Week 4 <i>(deload)</i>	rMU/PE1 (3x12s) R1/LARS1 (3x12s) rSPT/PE1 (3x12s) BL/PE1 (3x6s)	H1 & H2	rMU/PE1 (3x12s) R1/LARS1 (3x12s) rSPT/PE1 (3x12s) BL/PE1 (3x6s)	H1 & H2	rMU/PE1 (3x12s) R1/LARS1 (3x12s) rSPT/PE1 (3x12s) BL/PE1 (3x6s)

FOUNDATION FOUR MASTERED 5 Day Training/12 Week Cycle Example					
	Monday	Tuesday	Wednesday	Thursday	Friday
Week 5	rMU/PE1 (4x24s) R1/LARS1 (4x24s) rSPT/PE1 (4x24s) BL/PE1 (4x12s)	H1 & H2	rMU/PE1 (4x24s) R1/LARS1 (4x24s) rSPT/PE1 (4x24s) BL/PE1 (4x12s)	H1 & H2	rMU/PE1 (4x24s) R1/LARS1 (4x24s) rSPT/PE1 (4x24s) BL/PE1 (4x12s)
Week 6	rMU/PE1 (4x36s) R1/LARS1 (4x36s) rSPT/PE1 (4x36s) BL/PE1 (4x18s)	H1 & H2	rMU/PE1 (4x36s) R1/LARS1 (4x36s) rSPT/PE1 (4x36s) BL/PE1 (4x18s)	H1 & H2	rMU/PE1 (4x36s) R1/LARS1 (4x36s) rSPT/PE1 (4x36s) BL/PE1 (4x18s)
Week 7	rMU/PE1 (5x36s) R1/LARS1 (5x36s) rSPT/PE1 (5x36s) BL/PE1 (5x18s)	H1 & H2	rMU/PE1 (5x36s) R1/LARS1 (5x36s) rSPT/PE1 (5x36s) BL/PE1 (5x18s)	H1 & H2	rMU/PE1 (5x36s) R1/LARS1 (5x36s) rSPT/PE1 (5x36s) BL/PE1 (5x18s)
Week 8 <i>(deload)</i>	rMU/PE1 (5x18s) R1/LARS1 (5x18s) rSPT/PE1 (5x18s) BL/PE1 (5x9s)	H1 & H2	rMU/PE1 (5x18s) R1/LARS1 (5x18s) rSPT/PE1 (5x18s) BL/PE1 (5x9s)	H1 & H2	rMU/PE1 (5x18s) R1/LARS1 (5x18s) rSPT/PE1 (5x18s) BL/PE1 (5x9s)

FOUNDATION FOUR MASTERED 5 Day Training/12 Week Cycle Example					
	Monday	Tuesday	Wednesday	Thursday	Friday
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Week 10	rMU/PE1 (4x60s) R1/LARS1 (4x60s) rSPT/PE1 (4x60s) BL/PE1 (4x30s)	H1 & H2	rMU/PE1 (4x60s) R1/LARS1 (4x60s) rSPT/PE1 (4x60s) BL/PE1 (4x30s)	H1 & H2	rMU/PE1 (4x60s) R1/LARS1 (4x60s) rSPT/PE1 (4x60s) BL/PE1 (4x30s)
Week 11	rMU/PE1 (5x60s) R1/LARS1 (5x60s) rSPT/PE1 (5x60s) BL/PE1 (5x30s)	H1 & H2	rMU/PE1 (5x60s) R1/LARS1 (5x60s) rSPT/PE1 (5x60s) BL/PE1 (5x30s)	H1 & H2	rMU/PE1 (5x60s) R1/LARS1 (5x60s) rSPT/PE1 (5x60s) BL/PE1 (5x30s)
Week 12 <i>(deload)</i>	rMU/PE1 (5x30s) R1/LARS1 (5x30s) rSPT/PE1 (5x30s) BL/PE1 (5x15s)	H1 & H2	rMU/PE1 (5x30s) R1/LARS1 (5x30s) rSPT/PE1 (5x30s) BL/PE1 (5x15s)	H1 & H2	rMU/PE1 (5x30s) R1/LARS1 (5x30s) rSPT/PE1 (5x30s) BL/PE1 (5x15s)



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This is not an Introductory Course

Rings One (R1) is not an introductory gymnastics strength training course. If you are a beginner to the world of gymnastics strength training, this is not the appropriate course for you. You would be far better served stopping here, going back and starting again with the GB Foundation and Handstand series.

For attaining the best results and the fastest progress through the GB Ring Strength courses, my personal recommendation is to first master the GB Foundation series up through Foundation Four. Mastering Foundation Four first will allow you to begin your ring strength with an acceptable level of basic GST strength and mobility.

At a bare minimum Foundation Two (F2) should be mastered first before starting Rings One. Be aware that beginning ring strength training with a foundation mastery of only F2 will not be optimal, but is workable if the proper precautions are taken.

In my opinion, if you have not yet reached these basic levels of gymnastics strength you need to take care of first things first. And that means going back and completing your GST foundation training. This is not to say that you cannot casually explore training on the rings after your day's Foundation and Handstand training is completed. However this should be casual work/play and NOT structured training.



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Amazing Physiques

The strength and physiques which can be developed using ring strength are little short of amazing. Pound for pound, a world class athlete on the rings is quite simply the strongest athlete over the widest range of motion walking the planet. In addition to being incredibly effective as a strength development method, strength training on the rings will also greatly improve coordination, balance and agility.

Ring strength training, properly structured, also provides exceptional arm development for the biceps and brachialis, upper back and surprisingly the forearms as well. Straight arm ring strength training requires that the body function as a whole, which in turn will be limited by the weakest link which in the case of ring strength elements is usually the brachialis; especially in beginners.

How does it work? Well to put it quite simply, we take leverage and work it to our advantage - or perhaps we should say disadvantage. Why disadvantage? Because by increasing the length of our lever (our arms) from our center mass (torso and shoulder girdle) we are able to greatly increase the resistance of an exercise without increasing our bodyweight.



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A Different Beast

Ring strength is a completely different beast. In order to achieve success (e.g. advanced ring strength skills), your progress must follow a certain developmental path. Not if you feel like, but must. Otherwise you are quite quickly going to experience a complete and sudden halt in your progress.

In terms of your ultimate ring strength potential; the brachialis (a small muscle which crosses your elbow) reigns supreme. This is the link upon which all advanced ring strength elements depend upon. And no amount of bent arm strength will get you there. Let me repeat that; there is no amount of bent arm strength in the world which will adequately prepare your brachialis for the demands of straight arm ring strength. Only focused, patient, progressive development of the brachialis. If you are impatient and attempt to jump right into advanced straight arm ring strength elements; at a minimum you will give yourself elbow tendonitis and at a maximum you could blow your elbow apart.

After the brachialis, the upper back and forearms are probably in a tie for the next level of importance. However you will not even get out of the starting gate unless you address your brachialis strength deficiencies first. And these deficiencies are measured by ring strength standards. Whatever your other athletic accomplishments may be, unless they have included directly addressing brachialis development, they will prove of little value in terms of fast tracking you through the ring strength progressions.

In fact, even the attempt to do so with inadequate preparation is often good only for a nice case of elbow tendonitis.

Ring strength is however worth the price. It builds an incredibly high degree of maximal strength that more widely transfers to other athletic endeavors than any other training methodology.

For example, with only 40 minutes of instruction, my senior athletes have all jerked 150% bodyweight - without ever having done an olympic weightlifting jerk before. Double bodyweight squats are the norm. After only two or three weeks of benching in college (and never having bench pressed before), one of my students bench pressed 300lbs at a bodyweight of 145lbs.

For deriving the maximum strength benefits possible from ring training, and to avoid injury and problems later on down the road, it is important to proceed patiently and correctly through the GB Ring Strength courses.

Of course, occasionally deviating from the program and having a little fun experimenting with more advanced skills will cause no harm, however immediately progressing to intensively training high level skills without having first laid the correct developmental foundation will almost certainly result in injury as unprepared joints and muscles strive to do what they are not yet ready to do.



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Ring Strength Components

During your ring strength development you are going to focus on developing the following basic ring strength components; rings mobility, bent arm ring strength (BARS), leverage assisted ring strength (LARS) and straight arm ring strength (SARS).

Ring Mobility: These are mobility exercises that are specially designed to support ring strength training.

BARS: Bent arm ring strength are exercises on the rings where the strength and power are generated by bending and extending the elbows.

LARS: Leverage assisted ring strength are exercises on the rings where the elbows are both straight and supported during the execution of straight arm strength exercises. Used correctly and in the proper order, these LARS exercises are quite valuable as they allow the shoulder girdle, chest and lats to continue building strength while protecting the brachialis from excessive loading during the execution of more advanced straight arm exercises.

SARS: Straight arm ring strength are exercises on the rings where the elbows are both straight and unsupported. The body's musculature alone provides the power. These exercises build exceptional strength and muscle. To be effective however, they must patiently be developed in the correct order.



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Proper False Grip is Essential

False grips are featured quite heavily in Rings One. They are an essential stepping stone for beginning safe, productive ring strength training. In fact false grips are so important, that their strength and proper development (or the lack thereof!) will later also have a significant influence on your ability to properly perform iron cross, maltese and inverted iron cross.

However those more advanced skills are for the future. Now it is time to take care of first things first. During Rings One, you will be exposed to a variety of different false grip variations; each of which incurs its own training effect on your forearms and wrists.

You will be taught the following variations:

double arm false grip bent arm hang
 double arm false grip straight arm hang
 double arm false grip rows and pullups
 single arm false grip lock off

The false grip lock off is especially important during the SARS portion of your training as it serves to both strengthen and remove irritation in the brachialis. In fact it is so important that you will be performing a set of FG Lock Off after each and every SARS work set. After one to two years, you will no longer need to include FG Lock Offs in your training, but as a beginner to ring strength training you will quickly find that they are worth their weight in gold.



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How to False Grip

HOW TO FALSE GRIP

-Grab a ring and place it so that crease where the outside edge of your palm and the wrist is on top of the rings.

-Now bend the wrist strongly. So strongly in fact that you are bending the wrist as close to a 90 degree angle as you are able.

-Now maintaining that 90 degree angle, pivot the hand inward on that outside edge of the wrist until until the knuckle at the base of your index finger is now directly on top of the ring.

-If you have properly placed the hand, the ring will now run in a diagonal line across your palm from the base of the index finger to the outside edge of your wrist/palm.

-Photos and videos of proper false grips are presented in the beginning of the BARS section of this course.

COMMON FALSE GRIP ISSUES

-Insufficient bend in the wrist. This is a wrist mobility issue and will improve with more false grip work if you are constantly striving to achieve that 90 degree wrist angle.

-Insufficient forearm strength. During a bent arm false grip hang, many people find that their false grip 'slips out' to a regular grip. This is due to a lack of forearm strength and will improve if you are diligent about your false grip training.

-Inability to maintain a false grip while in a straight arm hang. This is due to a lack of forearm mobility. The solution is to initially only straighten the elbows to the point where you are still able to maintain a proper false grip. Then over time continue working until you are finally able to hang in a 90 degree false grip with completely straight arms.



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LARS Straps

The straps used in the Rings One LARS training are incredibly productive for such a simple design and quite easy to make on your own:

1) Go to the local hardware store and select approx 30" of a one inch wide nylon strapping. This should give you more than enough strapping to make a single pair of LARS straps.

2) Now measure the circumference of your forearm at it's widest point and add two inches to that measurement. This will be length of each of your straps before they are sewn.

3) To have the straps sewn, I have had the most success taking them to a shoe repair shop, however some tailors also have the necessary heavy duty sewing machines.

4) Now simply overlap both edges of a single strap by one inch and have this juncture of the material sewn together using a square shape and then also stitch several diagonal lines thru the center of the square.

Your LARS straps are now done. Simply place them on your ring straps so that both ring straps come up thru the center of the LARS strap.

- There are plenty of photos and videos of the LARS straps in the LARS section.



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How to Measure Ring Strength

The International Gymnastics Federation (FIG) recognizes the following values for ring strength elements:

Example Table of Ring Strength Element Values

No value - ring support, muscle up*

A – back lever, front lever

B – iron cross, press handstand, L-cross, straddle planche

C – planche, inverted cross

D – maltese

E - victorian

*Note that the vast majority of people who proudly think they possess ring strength, began and ended their ring strength journey with the muscle up; which by real GST standards is such a low level, easy strength element that it is not even worth noting.

The FIG rates Ring strength elements from A to G, with A being the easiest and G the most difficult. Note that these ratings are for static holds only; swinging into an element or pressing up into the element will generally raise the value of the hold one value. However as this is a pure ring strength course and not a technical gymnastics course, we will not be addressing any of the swinging or kipping ring strength variations.



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Handstands and Press Handstands

While working on Rings One, it is also an absolute necessity to continue working on mastering Handstand One (H1) and Handstand Two (H2). Mastering basic handstands and press handstands will have a direct effect on your ability to successfully navigate the next ring strength course in this series; Rings Two.

And if there is no Rings Two, there will be no Ring Strength Three, etc. etc. You get the picture. Make sure that you take care of today's business today or there will be no tomorrow. At least as far as your ring strength training is concerned.



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Preparing for the Day's Training

After a general limbering up continue on into the assigned mobility for that particular ring strength course.

Then proceed into your Foundation FBAS to further warm up the joints. At this point in your GST development, be aware that we are no longer using the Foundation FBAS elements to increase maximal strength purposes but rather to warmup, cool down and maintain joint integrity.

The specifics of this section of the warmup will of course be predicated upon the level of Foundation you have completed. For example, if you have mastered F4 as recommended, I would expect your FBAS warmup to include 30 HLL (single set), 5 SL Pulls (each side), 3 rope climbs (a triple lap, a double lap and a double lap), 10 HBP and 10 SLS on each leg.

After the FBAS section of the warmup you would then proceed into your FSAS work performing a single set each of 30s Lsit, 30s straddle L, 30s middle split hold, 10s manna, 10s straddle planche and 10s front lever.

If you have properly completed your Foundation training, this warmup will only be of moderate intensity and should not feel especially rigorous. If this is not the case, you have failed to properly complete Foundations and need to go back and address your deficiencies.



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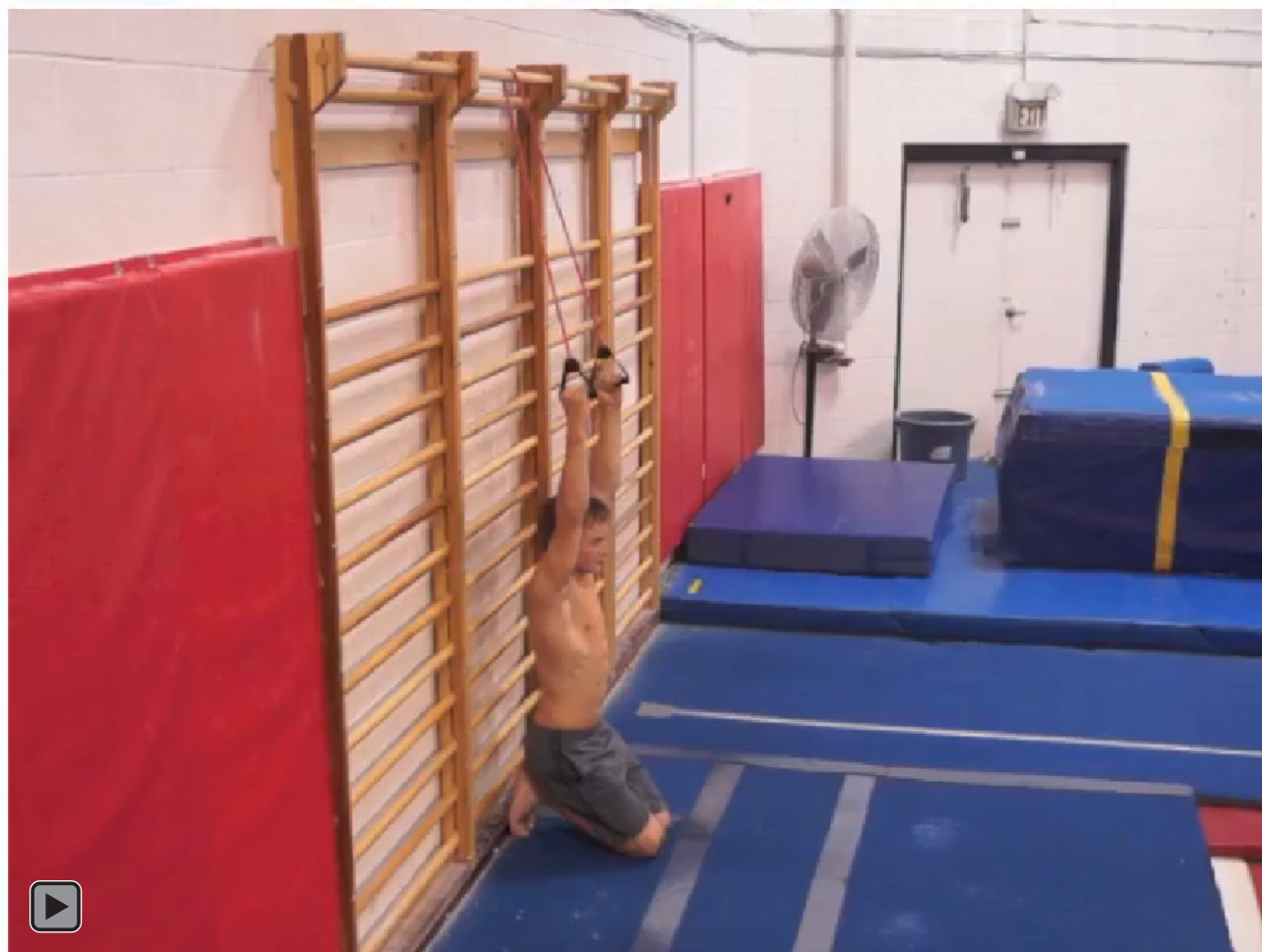
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No Shortcuts

There are no shortcuts in ring strength. You will need to do the work. And you will need to do it in the correct order.

You will not be able to go from planche on the floor, to planche on the paralletes, to a planche on the rings. Ring strength does not work that way as neither the floor or parallette planche directly address the brachialis development that you will need to support a planche on the rings.

Yes, you will indeed need to learn a planche on the floor and a planche on the paralletes; (hence the pre-requisite of having mastered Foundation Two at a minimum and preferably Foundation Four). However in parallel with having developed these strength elements, you will also need to follow a specific program focused on developing the brachialis. That program begins with Rings One.



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Band Inlocate: R1>iM1

Mastery

You must be able to perform 10r correctly and with full range of motion. Do R1>iM1, R1>iM2, R1>iM3, R1>iM4, R1>iM5, R1>iM6, and R1>iM7 as a series during warmup.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

Focus Points

- 1) Keep the hands as narrow as possible during the pull.
- 2) Completely finish the rotation of the arms in the rear.



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Band Butterfly Pull: R1>iM2

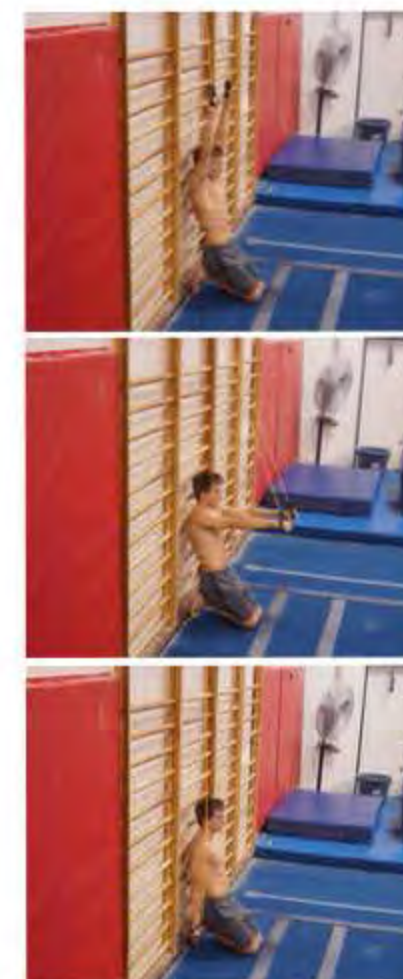
Mastery

You must be able to perform 10r correctly and with full range of motion. Do R1>iM1, R1>iM2, R1>iM3, R1>iM4, R1>iM5, R1>iM6, and R1>iM7 as a series during warmup.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

Focus Points

- 1) Note how the hands rotate slightly inward at the top.
- 2) Do not hunch forward as you pull the band downward.



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Band Kip Pull: R1>iM3

Mastery

You must be able to perform 10r correctly and with full range of motion. Do R1>iM1, R1>iM2, R1>iM3, R1>iM4, R1>iM5, R1>iM6, and R1>iM7 as a series during warmup.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

Focus Points

- 1) Pull the hands straight down to the hips.
- 2) Keep the elbows completely straight; no bending.



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Standing Band Circle: R1>iM4

Mastery

You must be able to perform 10r (5 each direction) correctly and with full range of motion. Do R1>iM1, R1>iM2, R1>iM3, R1>iM4, R1>iM5, R1>iM6, and R1>iM7 as a series during warmup.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

Focus Points

1) Note how the athletes shoulders roll to increase ROM.



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Band Maltese Pull: R1>iM5

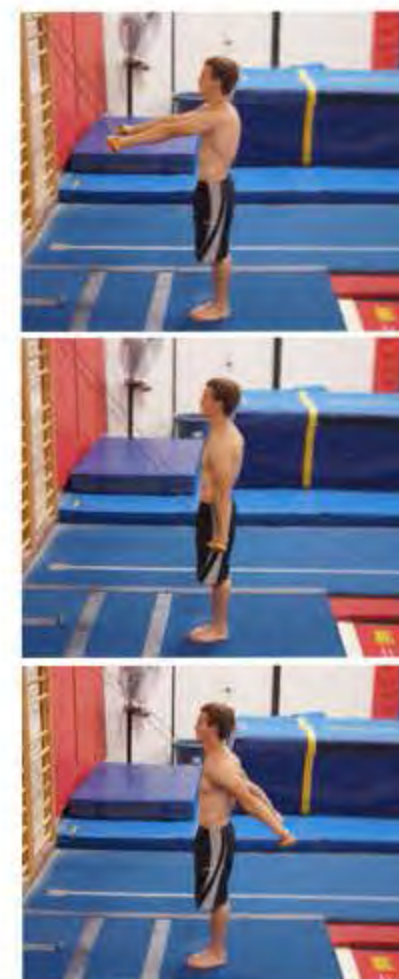
Mastery

You must be able to perform 10r correctly and with full range of motion. Do R1>iM1, R1>iM2, R1>iM3, R1>iM4, R1>iM5, R1>iM6, and R1>iM7 as a series during warmup.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

Focus Points

- 1) With the elbows facing forward, pull the hands forward.
- 2) There is no need to pull to horizontal; 45 degrees is fine.



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Band Victorian Pull: R1>iM6

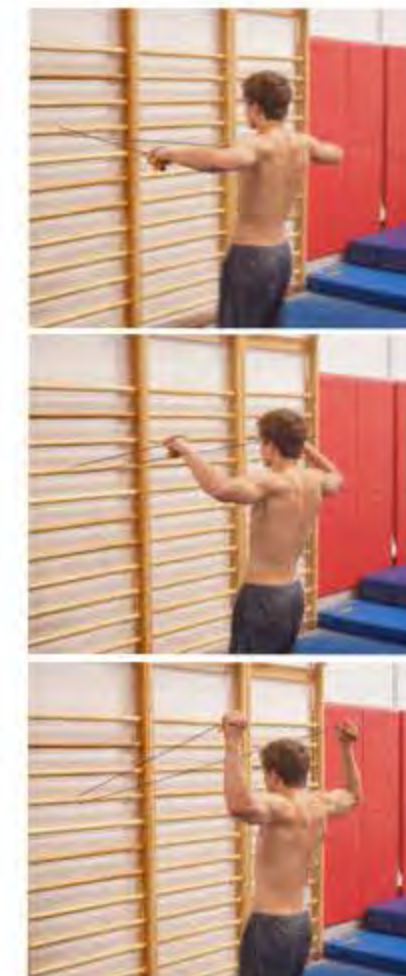
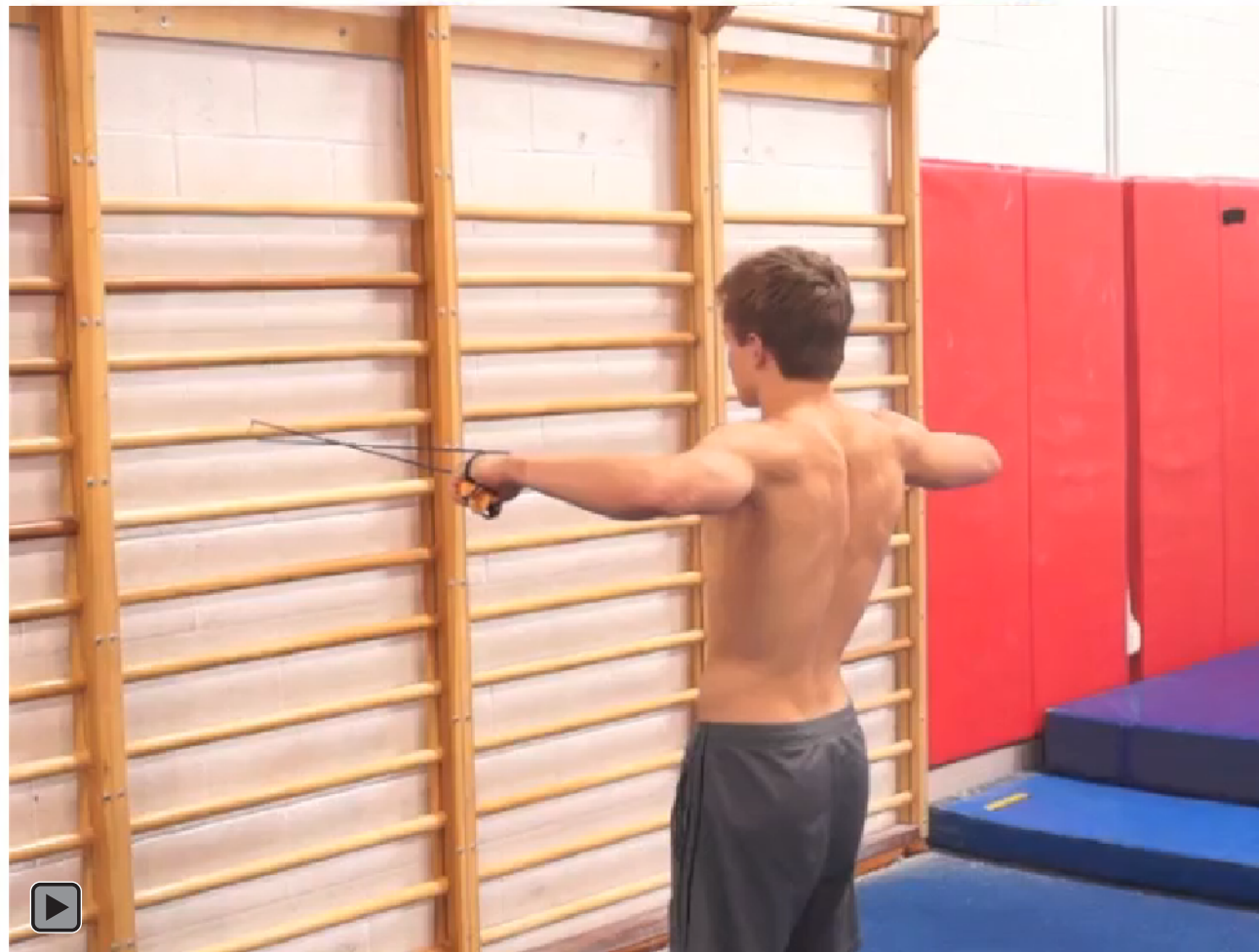
Mastery

You must be able to perform 10r correctly and with full range of motion. Do R1>iM1, R1>iM2, R1>iM3, R1>iM4, R1>iM5, R1>iM6, and R1>iM7 as a series during warmup.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

Focus Points

- 1) Begin with the hands slightly below shoulder height.
- 2) Keeping the elbows straight, pull completely to the rear.



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Band External Rotation: R1>iM7

Mastery

You must be able to perform 10r correctly and with full range of motion. Do R1>iM1, R1>iM2, R1>iM3, R1>iM4, R1>iM5, R1>iM6, and R1>iM7 as a series during warmup.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

Focus Points

- 1) Do not allow the elbows to move forward of the shoulders.
- 2) Maintain a 90 degree angle in the elbows.



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False Grip Lock Off: R1>IM8

Mastery

You must be able to perform 10s (each arm) correctly and with full range of motion after each SARS work set.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

Focus Points

- 1) It is imperative to always maintain a 90 degree false grip.
- 2) Attempt to place the knuckles directly on the chest.





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False Grip Bent Arm Hang: rMU/PE1

Mastery

To move to the next progression, you must be able to perform 5 sets of 60s.

Focus Points

- 1) A false grip should have a 90 degree bend in the wrist.
- 2) The hands should pull together in the center of the chest.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x12s
 Week 2 = 5x12s
 Week 3 = 3x24s
 Week 4 = 3x12s (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x24s
 Week 6 = 4x36s
 Week 7 = 5x36s
 Week 8 = 5x18s (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x48s
 Week 10 = 4x60s
 Week 11 = 5x60s
 Week 12 = 5x30s (deload)



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False Grip Straight Arm Hang: rMU/PE2

Mastery

To move to the next progression, you must be able to perform 5 sets of 30s.

Focus Points

- 1) Initially straight arms make the FG quite difficult to hold.
- 2) If you lose the false grip, stop & do not count that set.

▼ Block 1: For if you are not remotely close to mastery

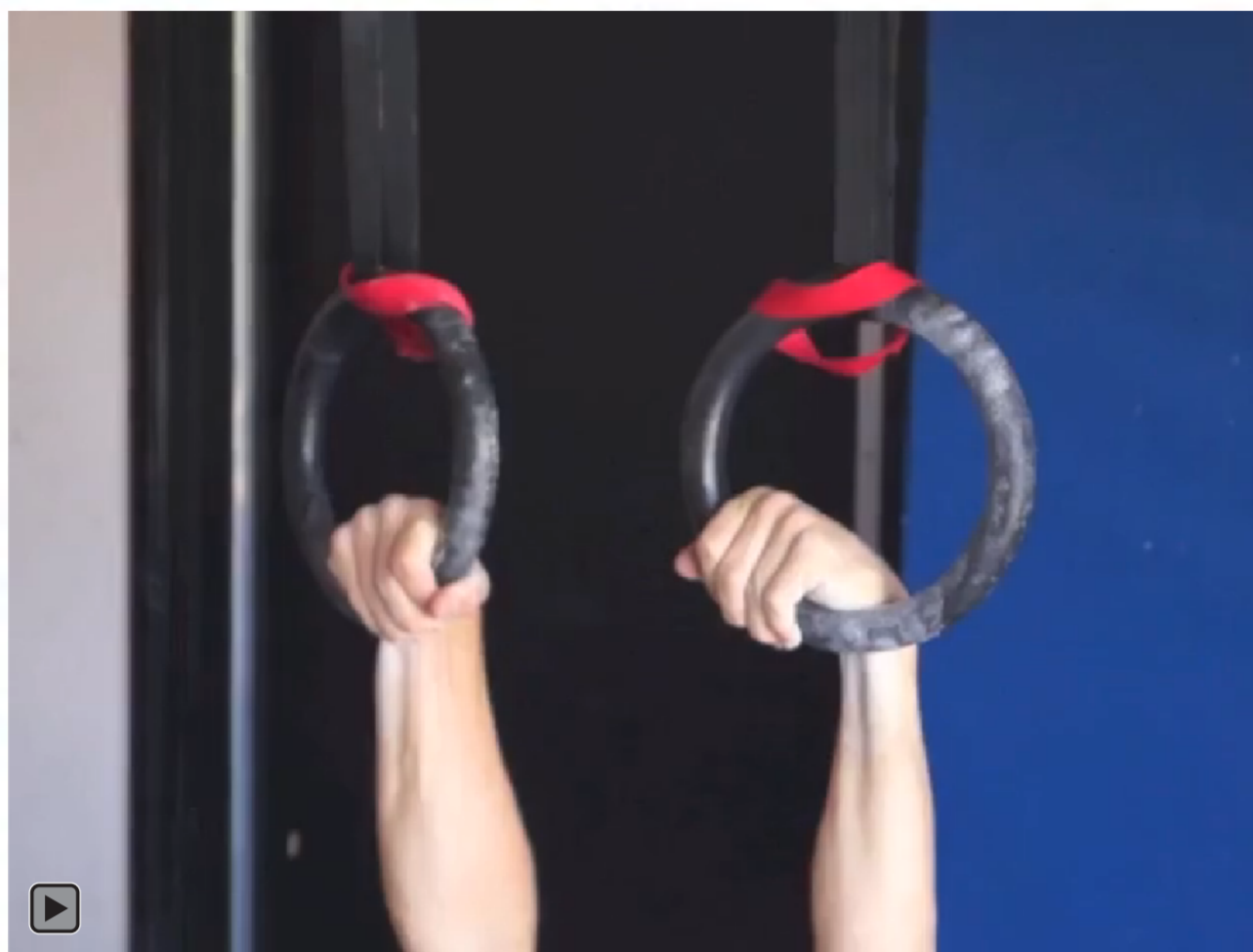
Week 1 = 3x6s
 Week 2 = 5x6s
 Week 3 = 3x12s
 Week 4 = 3x6s (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x12s
 Week 6 = 4x18s
 Week 7 = 5x18s
 Week 8 = 5x9s (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x24s
 Week 10 = 4x30s
 Week 11 = 5x30s
 Week 12 = 5x15s (deload)



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False Grip Row: rMU/PE3

Mastery

To move to the next progression, you must be able to perform 5 sets of 5r.

Focus Points

1) If your false grip keeps slipping out, your forearms may need time to gradually increase their strength and flexibility.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x1r
 Week 2 = 5x1r
 Week 3 = 3x2r
 Week 4 = 3x1r (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r
 Week 6 = 4x3r
 Week 7 = 5x3r
 Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r
 Week 10 = 4x5r
 Week 11 = 5x5r
 Week 12 = 5x3r (deload)



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False Grip Pull-up: rMU/PE4

Mastery

To move to the next progression, you must be able to perform 5 sets of 5r.

Focus Points

- 1) While in a FG, pull up until the hands touch the chest.
- 2) The elbows must completely straighten between reps.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x1r
 Week 2 = 5x1r
 Week 3 = 3x2r
 Week 4 = 3x1r (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r
 Week 6 = 4x3r
 Week 7 = 5x3r
 Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r
 Week 10 = 4x5r
 Week 11 = 5x5r
 Week 12 = 5x3r (deload)



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Standing Muscle Up: rMU/PE5

Mastery

To move to the next progression, you must be able to perform 5 sets of 5r.

Focus Points

- 1) Do not overly assist with the legs; just barely use them.
- 2) It is not necessary to straighten the arms at the top.

▼ Block 1: For if you are not remotely close to mastery

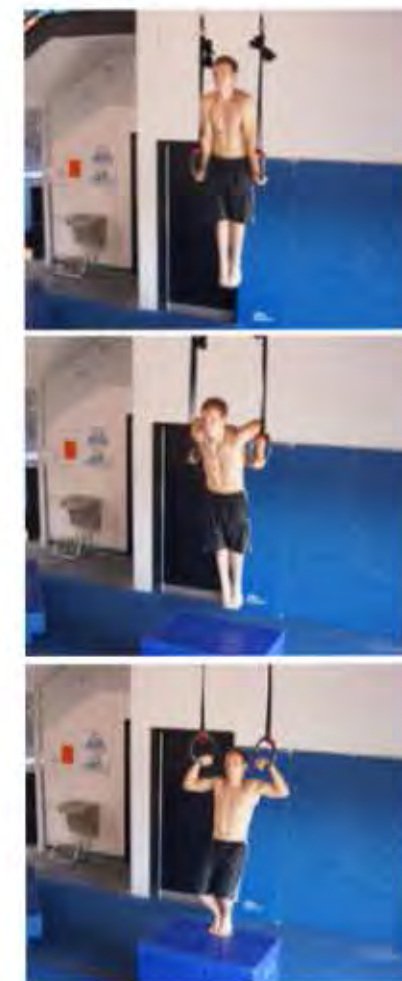
Week 1 = 3x1r
 Week 2 = 5x1r
 Week 3 = 3x2r
 Week 4 = 3x1r (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r
 Week 6 = 4x3r
 Week 7 = 5x3r
 Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r
 Week 10 = 4x5r
 Week 11 = 5x5r
 Week 12 = 5x3r (deload)



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Assisted Negative MU: rMU/PE6

Mastery

To move to the next progression, you must be able to perform 5 sets of 5r.

Focus Points

- 1) Descend with control; do not simply flop down.
- 2) Do not allow the elbows to prematurely drop backward.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x1r
 Week 2 = 5x1r
 Week 3 = 3x2r
 Week 4 = 3x1r (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r
 Week 6 = 4x3r
 Week 7 = 5x3r
 Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r
 Week 10 = 4x5r
 Week 11 = 5x5r
 Week 12 = 5x3r (deload)



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Negative Muscle Up: rMU/PE7

Mastery

To move to the next progression, you must be able to perform 5 sets of 5r.

Focus Points

- 1) Move as slowly as possible through the transition.
- 2) Note how the elbows circle from up, to back, to down.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x1r
 Week 2 = 5x1r
 Week 3 = 3x2r
 Week 4 = 3x1r (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r
 Week 6 = 4x3r
 Week 7 = 5x3r
 Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r
 Week 10 = 4x5r
 Week 11 = 5x5r
 Week 12 = 5x3r (deload)



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Strap Ring Plank: R1>LARS1

Mastery

To move to the next progression, you must be able to perform 5 sets of 60s.

Focus Points

1) This position should feel as though you are pressing the crease of your elbows strongly forward into the straps.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x12s
 Week 2 = 5x12s
 Week 3 = 3x24s
 Week 4 = 3x12s (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x24s
 Week 6 = 4x36s
 Week 7 = 5x36s
 Week 8 = 5x18s (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x48s
 Week 10 = 4x60s
 Week 11 = 5x60s
 Week 12 = 5x30s (deload)



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Strap Ring Plank Circle: R1>LARS2

Mastery

To move to the next progression, you must be able to perform 5 sets of 10r (5 reps each direction).

Focus Points

1) Keep the rings turned out past parallel at all times during both directions of plank circles.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x2r
 Week 2 = 5x2r
 Week 3 = 3x4r
 Week 4 = 3x2r (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x4r
 Week 6 = 4x6r
 Week 7 = 5x6r
 Week 8 = 5x3r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x8r
 Week 10 = 4x10r
 Week 11 = 5x10r
 Week 12 = 5x5r (deload)



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Strap Fly: R1>LARS3

Mastery

To move to the next progression, you must be able to perform 5 sets of 5r.

Focus Points

- 1) Lower until your chest is level with your shoulders.
- 2) Only go as low as you can keep your elbows straight.

▼ Block 1: For if you are not remotely close to mastery

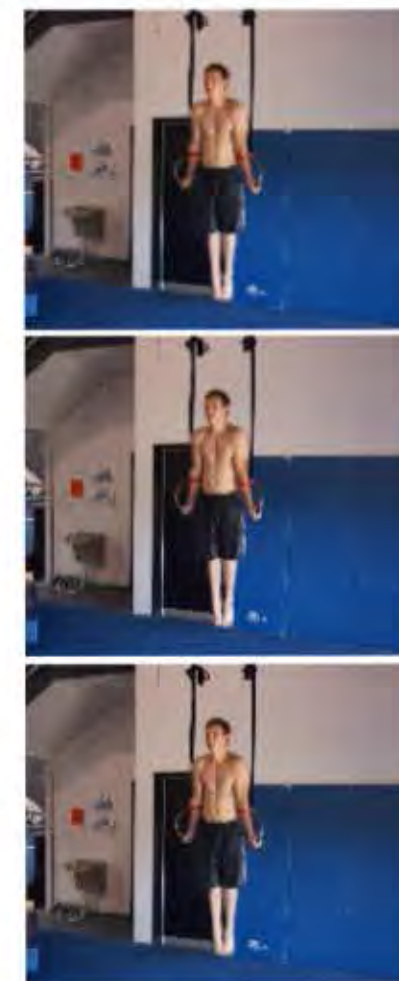
Week 1 = 3x1r
 Week 2 = 5x1r
 Week 3 = 3x2r
 Week 4 = 3x1r (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r
 Week 6 = 4x3r
 Week 7 = 5x3r
 Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r
 Week 10 = 4x5r
 Week 11 = 5x5r
 Week 12 = 5x3r (deload)



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Strap Support Hold: R1>LARS4

Mastery

To move to the next progression, you must be able to perform 5 sets of 30s.

Focus Points

- 1) At a minimum, the rings must be turned past parallel.
- 2) Lean strongly on the straps as you press the elbows fwd.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x6s
 Week 2 = 5x6s
 Week 3 = 3x12s
 Week 4 = 3x6s (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x12s
 Week 6 = 4x18s
 Week 7 = 5x18s
 Week 8 = 5x9s (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x24s
 Week 10 = 4x30s
 Week 11 = 5x30s
 Week 12 = 5x15s (deload)



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Strap Support Swings: R1>LARS5

Mastery

To move to the next progression, you must be able to perform 5 sets of 10r.

Focus Points

- 1) Keep tension on the strap by pressing the elbows forward.
- 2) There should be daylight between the torso and the arms.

▼ Block 1: For if you are not remotely close to mastery

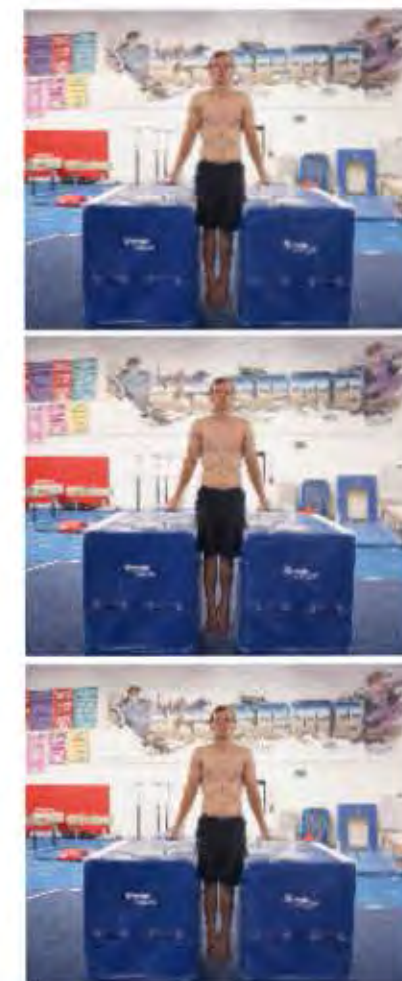
Week 1 = 3x2r
 Week 2 = 5x2r
 Week 3 = 3x4r
 Week 4 = 3x2r (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x4r
 Week 6 = 4x6r
 Week 7 = 5x6r
 Week 8 = 5x3r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x8r
 Week 10 = 4x10r
 Week 11 = 5x10r
 Week 12 = 5x5r (deload)



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45 Degree Parallel Support Hold: rSPT/PE1

Mastery

To move to the next progression, you must be able to perform 5 sets of 60s.

Focus Points

- 1) A 45 degree angle is sufficient turnout for this exercise.
- 2) The elbows will now be pressing forward unassisted.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x12s
 Week 2 = 5x12s
 Week 3 = 3x24s
 Week 4 = 3x12s (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x24s
 Week 6 = 4x36s
 Week 7 = 5x36s
 Week 8 = 5x18s (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x48s
 Week 10 = 4x60s
 Week 11 = 5x60s
 Week 12 = 5x30s (deload)



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Rings Plank: rSPT/PE2

Mastery

To move to the next progression, you must be able to perform 5 sets of 60s.

Focus Points

- 1) Ring planks are extremely biceps intensive.
- 2) The elbows should be pressed completely straight.

▼ Block 1: For if you are not remotely close to mastery

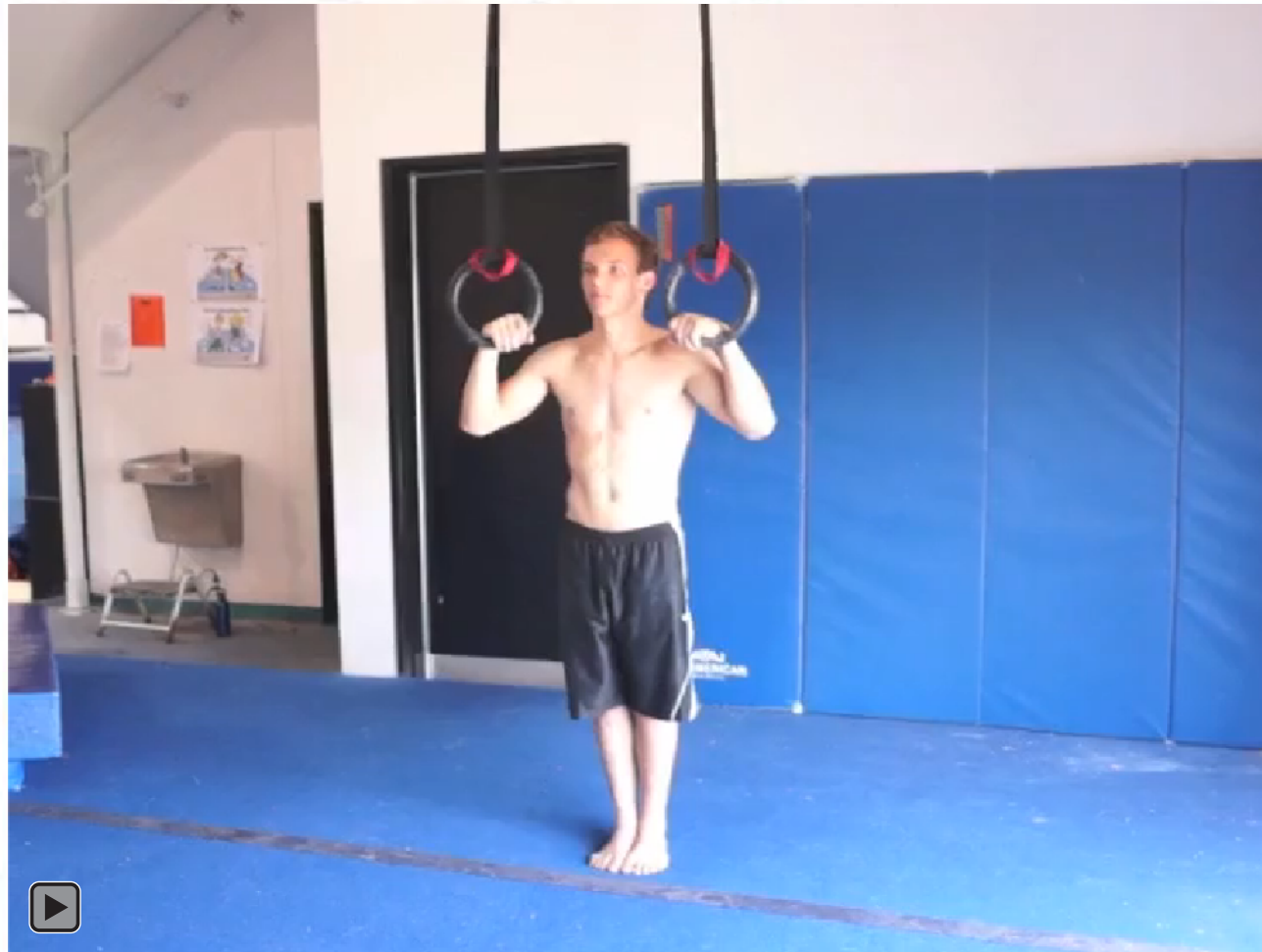
Week 1 = 3x12s
 Week 2 = 5x12s
 Week 3 = 3x24s
 Week 4 = 3x12s (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x24s
 Week 6 = 4x36s
 Week 7 = 5x36s
 Week 8 = 5x18s (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x48s
 Week 10 = 4x60s
 Week 11 = 5x60s
 Week 12 = 5x30s (deload)



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Rings Support Hold: rSPT/SE1

Mastery

To move to the next progression, you must be able to perform 5 sets of 30s.

Focus Points

- 1) Press the arms outward until they are clear of your hips.
- 2) Bend your wrists if necessary to keep forearms off straps.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x6s
 Week 2 = 5x6s
 Week 3 = 3x12s
 Week 4 = 3x6s (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x12s
 Week 6 = 4x18s
 Week 7 = 5x18s
 Week 8 = 5x9s (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x24s
 Week 10 = 4x30s
 Week 11 = 5x30s
 Week 12 = 5x15s (deload)



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Rings 1/2 L-sit: rSPT/SE2

Mastery

To move to the next progression, you must be able to perform 5 sets of 30s.

Focus Points

1) The intent is to perform the 1/2 L-sit without changing your basic arm and torso position.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x6s
 Week 2 = 5x6s
 Week 3 = 3x12s
 Week 4 = 3x6s (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x12s
 Week 6 = 4x18s
 Week 7 = 5x18s
 Week 8 = 5x9s (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x24s
 Week 10 = 4x30s
 Week 11 = 5x30s
 Week 12 = 5x15s (deload)



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Rings Lsit: rSPT/SE3

Mastery

To move to the next progression, you must be able to perform 5 sets of 30s.

Focus Points

- 1) The chest is tall with only a slight degree of protraction.
- 2) Do not bend the elbows or pull the arms into the sides.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x6s
 Week 2 = 5x6s
 Week 3 = 3x12s
 Week 4 = 3x6s (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x12s
 Week 6 = 4x18s
 Week 7 = 5x18s
 Week 8 = 5x9s (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x24s
 Week 10 = 4x30s
 Week 11 = 5x30s
 Week 12 = 5x15s (deload)





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*colors correspond to strength chart levels

Ring Support

rSPT/PE1

rSPT/PE2

rSPT/SE1

rSPT/SE2

rSPT/SE3

rSPT/SE4

rSPT/SE5

rSPT/SE6

rSPT/SE7

Back Lever

BL/PE1

BL/PE2

BL/PE3

BL/SE1

BL/SE2

BL/SE3

BL/SE4

BL/SE5

BL/SE6

Rings Straddle-L: rSPT/SE5

Mastery

To move to the next progression, you must be able to perform 5 sets of 30s.

Focus Points

- 1) To properly balance, the chest will need to lean forward.
- 2) DO NOT allow the legs to rest on the arms or rings.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x6s
 Week 2 = 5x6s
 Week 3 = 3x12s
 Week 4 = 3x6s (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x12s
 Week 6 = 4x18s
 Week 7 = 5x18s
 Week 8 = 5x9s (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x24s
 Week 10 = 4x30s
 Week 11 = 5x30s
 Week 12 = 5x15s (deload)



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Swinging Support: rSPT/SE6

Mastery

To move to the next progression, you must be able to perform 5 sets of 10r.

Focus Points

- 1) Despite moving, the arms should remain locked in place.
- 2) Swinging forward and backward is one repetition.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x2r
 Week 2 = 5x2r
 Week 3 = 3x4r
 Week 4 = 3x2r (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x4r
 Week 6 = 4x6r
 Week 7 = 5x6r
 Week 8 = 5x3r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x8r
 Week 10 = 4x10r
 Week 11 = 5x10r
 Week 12 = 5x5r (deload)



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Support Swing: rSPT/SE7

Mastery

To move to the next progression, you must be able to perform 5 sets of 10r.

Focus Points

- 1) The hips need to swing in front of and behind the hands.
- 2) Daylight should be visible in between the hips and hands.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x2r
 Week 2 = 5x2r
 Week 3 = 3x4r
 Week 4 = 3x2r (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x4r
 Week 6 = 4x6r
 Week 7 = 5x6r
 Week 8 = 5x3r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x8r
 Week 10 = 4x10r
 Week 11 = 5x10r
 Week 12 = 5x5r (deload)



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Assisted German Hang: BL/PE1

Mastery

To move to the next progression, you must be able to perform 5 sets of 30s.

Focus Points

- 1) Use the feet on the ground to control the intensity.
- 2) Allow the knees to bend, but keep the hips open and flat.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x6s
 Week 2 = 5x6s
 Week 3 = 3x12s
 Week 4 = 3x6s (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x12s
 Week 6 = 4x18s
 Week 7 = 5x18s
 Week 8 = 5x9s (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x24s
 Week 10 = 4x30s
 Week 11 = 5x30s
 Week 12 = 5x15s (deload)



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German Hang: BL/PE2

Mastery

To move to the next progression, you must be able to perform 5 sets of 30s.

Focus Points

- 1) Descend completely into complete shoulder extension.
- 2) Turn the palms outward so that they point straight back.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x6s
 Week 2 = 5x6s
 Week 3 = 3x12s
 Week 4 = 3x6s (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x12s
 Week 6 = 4x18s
 Week 7 = 5x18s
 Week 8 = 5x9s (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x24s
 Week 10 = 4x30s
 Week 11 = 5x30s
 Week 12 = 5x15s (deload)



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German Hang Pull: BL/PE3

Mastery

To move to the next progression, you must be able to perform 5 sets of 5r.

Focus Points

- 1) Descend completely at the bottom of each repetition.
- 2) Smoothly pull up out of the bottom; no jerking.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x1r
 Week 2 = 5x1r
 Week 3 = 3x2r
 Week 4 = 3x1r (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r
 Week 6 = 4x3r
 Week 7 = 5x3r
 Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r
 Week 10 = 4x5r
 Week 11 = 5x5r
 Week 12 = 5x3r (deload)



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Tuck Back Lever: BL/SE1

Mastery

To move to the next progression, you must be able to perform 5 sets of 10s.

Focus Points

- 1) Turn the hands outward BEFORE you begin your descent.
- 2) The hands must remain turned with palm facing back.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x2s
 Week 2 = 5x2s
 Week 3 = 3x4s
 Week 4 = 3x2s (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x4s
 Week 6 = 4x6s
 Week 7 = 5x6s
 Week 8 = 5x3s (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x8s
 Week 10 = 4x10s
 Week 11 = 5x10s
 Week 12 = 5x5s (deload)



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Open Tuck Back Lever: BL/SE2

Mastery

To move to the next progression, you must be able to perform 5 sets of 10s.

Focus Points

1) Slightly straddle and slightly pull the knees backward until they are just behind the hips.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x2s
 Week 2 = 5x2s
 Week 3 = 3x4s
 Week 4 = 3x2s (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x4s
 Week 6 = 4x6s
 Week 7 = 5x6s
 Week 8 = 5x3s (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x8s
 Week 10 = 4x10s
 Week 11 = 5x10s
 Week 12 = 5x5s (deload)



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1/2 Straddle Back Lever: BL/SE3

Mastery

To move to the next progression, you must be able to perform 5 sets of 10s.

Focus Points

1) The knees should be pulled apart with the hips open and flat; similar to the bent arm planche you learned in F2.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x2s
 Week 2 = 5x2s
 Week 3 = 3x4s
 Week 4 = 3x2s (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x4s
 Week 6 = 4x6s
 Week 7 = 5x6s
 Week 8 = 5x3s (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x8s
 Week 10 = 4x10s
 Week 11 = 5x10s
 Week 12 = 5x5s (deload)



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1/2 Back Lever: BL/SE4

Mastery

To move to the next progression, you must be able to perform 5 sets of 10s.

Focus Points

- 1) Press downward on the rings to produce lift and stability.
- 2) Do not cheat by pressing the arms into the sides.

▼ Block 1: For if you are not remotely close to mastery

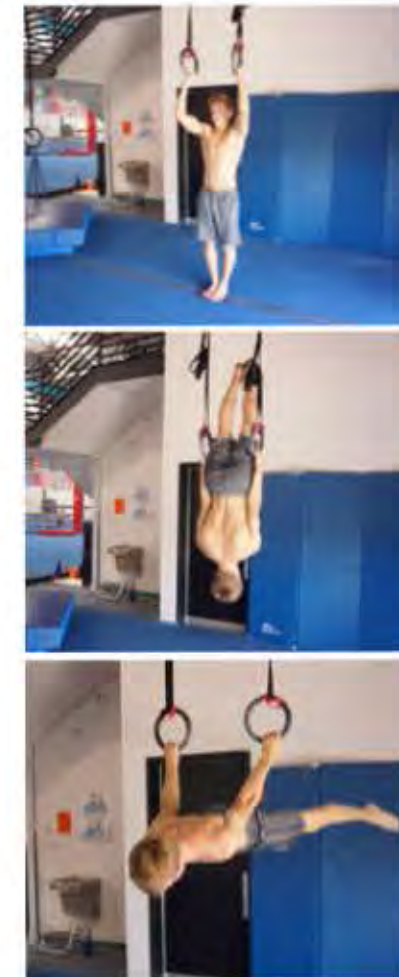
Week 1 = 3x2s
 Week 2 = 5x2s
 Week 3 = 3x4s
 Week 4 = 3x2s (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x4s
 Week 6 = 4x6s
 Week 7 = 5x6s
 Week 8 = 5x3s (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x8s
 Week 10 = 4x10s
 Week 11 = 5x10s
 Week 12 = 5x5s (deload)



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Straddle Back Lever: BL/SE5

Mastery

To move to the next progression, you must be able to perform 5 sets of 10s.

Focus Points

1) Note that rings are still turned outward putting pressure directly on the brachialis.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x2s
 Week 2 = 5x2s
 Week 3 = 3x4s
 Week 4 = 3x2s (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x4s
 Week 6 = 4x6s
 Week 7 = 5x6s
 Week 8 = 5x3s (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x8s
 Week 10 = 4x10s
 Week 11 = 5x10s
 Week 12 = 5x5s (deload)



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Back Lever: BL/SE6

Mastery

To move to the next progression, you must be able to perform 5 sets of 10s.

Focus Points

- 1) The body should be completely straight and flat.
- 2) No sagging, arching or piking; squeeze glutes and abs.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x2s
 Week 2 = 5x2s
 Week 3 = 3x4s
 Week 4 = 3x2s (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x4s
 Week 6 = 4x6s
 Week 7 = 5x6s
 Week 8 = 5x3s (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x8s
 Week 10 = 4x10s
 Week 11 = 5x10s
 Week 12 = 5x5s (deload)