

Body By Rings - Arms Level 1

Day	Letter	Exercise	Intensity	Sets	Reps	Tempo	Rest
Arms 1	A1	Pelican Curl	-	3	8 - 10	40X0	1: 00
Arms 1	B1	Tricep Dip	-	3	8 - 10	40X2	1: 00
Arms 1	C1	Bodyweight Bicep Curl	-	3	8 - 10	30X1	1: 00
Arms 1	D1	Bodyweight Tricep Extension	-	3	8 - 10	30X1	1: 00

Body By Rings - Arms Level 2

Day	Letter	Exercise	Intensity	Sets	Reps	Tempo	Rest
Arms 2	A1	Pelican Negative	-	3 - 4	3	6 - 8s	2: 00
Arms 2	A2	Diamond Pushup	-	3 - 4	8 - 15	30X2	
Arms 2	B1	Bodyweight Bicep Curl	-	3 - 4	8 - 10	30X1	1: 00
Arms 2	C1	Bodyweight Tricep Extension	-	3 - 4	8 - 10	30X1	1: 00

Body By Rings - Arms Level 3

Day	Letter	Exercise	Intensity	Sets	Reps	Tempo	Rest
Arms 3	A1	Pelican Negative	-	3 - 4	3 - 4	6 - 8s	2: 00
Arms 3	B1	Tricep Dip	-	3 - 4	10 - 15	40X2	1: 30
Arms 3	C1	Pelican Curl	-	3 - 4	8 - 10	30X1	1: 30
Arms 3	D1	Bodyweight Tricep Extension	-	3 - 4	8 - 12	30X1	1: 30
Arms 3	E1	Bodyweight Bicep Curl	-	3	10 - 12	30X1	1: 30
Arms 3	F1	Ring Support	-	2 - 3	max hold	-	2: 00
Arms 3	G1	Hanging	Two or One Arm	2 - 3	max hold	-	2: 00