

RINGS ONE LEVEL A - PHASE FOUR - WEEK 13



Day	Do This	# of Sets	# of Reps or Holds	Rating Ease	Rating Quality
Day 1 Full Flow Do 3-5 rounds, and rest 2 min in between rounds.	• Pike to Inverted Hang • Skin the Cat to Low Tuck Hold • Jump Muscle-Ups • Tuck Hold • Top Position Tuck to Tuck Shoulder Stand • Tuck Shoulder Stand to Tuck Top Position • Tuck Top Position to Reverse Chin Lay-Back • Reverse Chin-Ups to Tuck Hold		-		
Day 2	Active Recovery Day - Do the Warm Up, Leg Module (optional), Cool Down.	-	-	no rating needed	no rating needed
Day 3 Full Flow Do 3-5 rounds, and rest 2 min in between rounds.	• Pike to Inverted Hang • Skin the Cat to Low Tuck Hold • Jump Muscle-Ups • Tuck Hold • Top Position Tuck to Tuck Shoulder Stand • Tuck Shoulder Stand to Tuck Top Position • Tuck Top Position to Reverse Chin Lay-Back • Reverse Chin-Ups to Tuck Hold		-		

Use the following measures to rate your exercises:

Ease : max effort, challenging, solid, relaxed

Quality: broken, rough, smooth, snappy

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Day 4	Active Recovery Day - Do the Warm Up, Leg Module (optional), Cool Down.	-	-	no rating needed	no rating needed
Day 5 Full Flow Do 3-5 rounds, and rest 2 min in between rounds.	• Pike to Inverted Hang • Skin the Cat to Low Tuck Hold • Jump Muscle-Ups • Tuck Hold • Top Position Tuck to Tuck Shoulder Stand • Tuck Shoulder Stand to Tuck Top Position • Tuck Top Position to Reverse Chin Lay-Back • Reverse Chin-Ups to Tuck Hold		-		
Days 6 & 7	Active Recovery Day - Do the Warm Up, Leg Module (optional), Cool Down.	-	-	no rating needed	no rating needed

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