

RINGS ONE LEVEL A - PHASE ONE - WEEK 1



Day	Do This	# of Sets	# of Reps or Holds	Rating Ease	Rating Quality
Day 1 Above the Rings Start with the Warm Up, and end with the Cool Down. Rest 1-2 min between sets. Err on the side of lower reps and sets and more rest. Give yourself room to improve!	1. Top Position Holds (rings out) - Do 3-5 sets of 10-30 sec.				
	2. Assisted Dips - Do 3-5 sets of 8-12 reps.				
	3. Assisted Push-Ups - Do 3-5 sets of 8-12 reps.				
	4. Plank Holds - Do 3-5 sets of 10-30 sec.				
	5. Mountain Climbers - Do 3-5 sets of 8-12 reps.				
Day 2	Active Recovery Day - Do the Warm Up, Leg Module (optional), Cool Down.	-	-	no rating needed	no rating needed
Day 3 Below the Rings Start with the Warm Up, and end with the Cool Down. Rest 1-2 min between sets.	1. Reverse Rows - Do 3-5 sets of 8-12 reps.				
	2. Assisted Pull-Ups - Do 3-5 sets of 8-12 reps.				
	3. Reverse Pull-Ups - Do 3-5 sets of 8-12 reps.				
	4. Jump to Inverted Hang - Do 3-5 sets of 8-12 reps.				

Use the following measures to rate your exercises:

Ease : max effort, challenging, solid, relaxed

Quality: broken, rough, smooth, snappy

RINGS ONE LEVEL A - PHASE ONE - WEEK 1



Day	Do This	# of Sets	# of Reps or Holds	Rating Ease	Rating Quality
Day 4	Active Recovery Day - Do the Warm Up, Leg Module (optional), Cool Down.	-	-	no rating needed	no rating needed
Day 5 Above the Rings Start with the Warm Up, and end with the Cool Down. Rest 1-2 min between sets. Err on the side of lower reps and sets and more rest. Give yourself room to improve!	1. Top Position Holds (rings out) - Do 3-5 sets of 10-30 sec.				
	2. Assisted Dips - Do 3-5 sets of 8-12 reps.				
	3. Assisted Push-Ups - Do 3-5 sets of 8-12 reps.				
	4. Plank Holds - Do 3-5 sets of 10-30 sec.				
	5. Mountain Climbers - Do 3-5 sets of 8-12 reps.				
Days 6 & 7	Active Recovery Day - Do the Warm Up, Leg Module (optional), Cool Down.	-	-	no rating needed	no rating needed

Use the following measures to rate your exercises:

Ease : max effort, challenging, solid, relaxed

Quality: broken, rough, smooth, snappy

RINGS ONE LEVEL A - PHASE ONE - WEEK 2



Day	Do This	# of Sets	# of Reps or Holds	Rating Ease	Rating Quality
Day 1 Below the Rings Start with the Warm Up, and end with the Cool Down. Rest 1-2 min between sets.	1. Reverse Rows - Do 3-5 sets of 8-12 reps.				
	2. Assisted Pull-Ups - Do 3-5 sets of 8-12 reps.				
	3. Reverse Pull-Ups - Do 3-5 sets of 8-12 reps.				
	4. Jump to Inverted Hang - Do 3-5 sets of 8-12 reps.				
Day 2	Active Recovery Day - Do the Warm Up, Leg Module (optional), Cool Down.	-	-	no rating needed	no rating needed
Day 3 Above the Rings Start with the Warm Up, and end with the Cool Down. Rest 1-2 min between sets. Err on the side of lower reps and sets and more rest.	1. Top Position Holds (rings out) - Do 3-5 sets of 10-30 sec.				
	2. Assisted Dips - Do 3-5 sets of 8-12 reps.				
	3. Assisted Push-Ups - Do 3-5 sets of 8-12 reps.				
	4. Plank Holds - Do 3-5 sets of 10-30 sec.				
	5. Mountain Climbers - Do 3-5 sets of 8-12 reps.				

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Ease : max effort, challenging, solid, relaxed

Quality: broken, rough, smooth, snappy

RINGS ONE LEVEL A - PHASE ONE - WEEK 2



Day	Do This	# of Sets	# of Reps or Holds	Rating Ease	Rating Quality
Day 4	Active Recovery Day - Do the Warm Up, Leg Module (optional), Cool Down.	-	-	no rating needed	no rating needed
Day 5 Below the Rings Start with the Warm Up, and end with the Cool Down. Rest 1-2 min between sets. Err on the side of lower reps and sets and more rest.	1. Reverse Rows - Do 3-5 sets of 8-12 reps.				
	2. Assisted Pull-Ups - Do 3-5 sets of 8-12 reps.				
	3. Reverse Pull-Ups - Do 3-5 sets of 8-12 reps.				
	4. Jump to Inverted Hang - Do 3-5 sets of 8-12 reps.				
Days 6 & 7	Active Recovery Day - Do the Warm Up, Leg Module (optional), Cool Down.	-	-	no rating needed	no rating needed

Use the following measures to rate your exercises:

Ease : max effort, challenging, solid, relaxed

Quality: broken, rough, smooth, snappy

RINGS ONE LEVEL A - PHASE ONE - WEEK 3



Day	Do This	# of Sets	# of Reps or Holds	Rating Ease	Rating Quality
Day 1 Above the Rings Start with the Warm Up, and end with the Cool Down. Rest 1-2 min between sets. Err on the side of lower reps and sets and more rest.	1. Top Position Holds (rings out) - Do 3-5 sets of 10-30 sec.				
	2. Assisted Dips - Do 3-5 sets of 8-12 reps.				
	3. Assisted Push-Ups - Do 3-5 sets of 8-12 reps.				
	4. Plank Holds - Do 3-5 sets of 10-30 sec.				
	5. Mountain Climbers - Do 3-5 sets of 8-12 reps.				
Day 2	Active Recovery Day - Do the Warm Up, Leg Module (optional), Cool Down.	-	-	no rating needed	no rating needed
Day 3 Below the Rings Start with the Warm Up, and end with the Cool Down. Rest 1-2 min between sets.	1. Reverse Row Sit Back - Do 3-5 sets of 8-12 reps.				
	2. Assisted Pull-Ups - Do 3-5 sets of 8-12 reps.				
	3. Reverse Pull-Ups - Do 3-5 sets of 8-12 reps.				
	4. Jump to Inverted Hang - Do 3-5 sets of 8-12 reps.				

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Ease : max effort, challenging, solid, relaxed

Quality: broken, rough, smooth, snappy

RINGS ONE LEVEL A - PHASE ONE - WEEK 3



Day	Do This	# of Sets	# of Reps or Holds	Rating Ease	Rating Quality
Day 4	Active Recovery Day - Do the Warm Up, Leg Module (optional), Cool Down.	-	-	no rating needed	no rating needed
Day 5 Above the Rings Start with the Warm Up, and end with the Cool Down. Rest 1-2 min between sets. Err on the side of lower reps and sets and more rest. Give yourself room to improve!	1. Top Position Holds (rings out) - Do 3-5 sets of 10-30 sec.				
	2. Assisted Dips - Do 3-5 sets of 8-12 reps.				
	3. Assisted Push-Ups - Do 3-5 sets of 8-12 reps.				
	4. Plank Holds - Do 3-5 sets of 10-30 sec.				
	5. Mountain Climbers - Do 3-5 sets of 8-12 reps.				
Days 6 & 7	Active Recovery Day - Do the Warm Up, Leg Module (optional), Cool Down.	-	-	no rating needed	no rating needed

Use the following measures to rate your exercises:

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Quality: broken, rough, smooth, snappy

RINGS ONE LEVEL A - PHASE ONE - WEEK 4



Day	Do This	# of Sets	# of Reps or Holds	Rating Ease	Rating Quality
Day 1 Below the Rings Start with the Warm Up, and end with the Cool Down. Rest 1-2 min between sets.	1. Reverse Row Sit Back - Do 3-5 sets of 8-12 reps.				
	2. Assisted Pull-Ups - Do 3-5 sets of 8-12 reps.				
	3. Reverse Pull-Ups - Do 3-5 sets of 8-12 reps.				
	4. Jump to Inverted Hang - Do 3-5 sets of 8-12 reps.				
Day 2	Active Recovery Day - Do the Warm Up, Leg Module (optional), Cool Down.	-	-	no rating needed	no rating needed
Day 3 Above the Rings Start with the Warm Up, and end with the Cool Down. Rest 1-2 min between sets. Err on the side of lower reps and sets and more rest.	1. Top Position Holds (rings out) - Do 3-5 sets of 10-30 sec.				
	2. Assisted Dips - Do 3-5 sets of 8-12 reps.				
	3. Assisted Push-Ups - Do 3-5 sets of 8-12 reps.				
	4. Plank Holds- Do 3-5 sets of 10-30 sec.				
	5. Mountain Climbers - Do 3-5 sets of 8-12 reps.				

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Quality: broken, rough, smooth, snappy

RINGS ONE LEVEL A - PHASE ONE - WEEK 4



Day	Do This	# of Sets	# of Reps or Holds	Rating Ease	Rating Quality
Day 4	Active Recovery Day - Do the Warm Up, Leg Module (optional), Cool Down.	-	-	no rating needed	no rating needed
Day 5 Below the Rings Start with the Warm Up, and end with the Cool Down. Rest 1-2 min between sets. Err on the side of lower reps and sets and more rest.	1. Reverse Row Sit Back - Do 3-5 sets of 8-12 reps.				
	2. Assisted Pull-Ups - Do 3-5 sets of 8-12 reps.				
	3. Reverse Pull-Ups - Do 3-5 sets of 8-12 reps.				
	4. Jump to Inverted Hang - Do 3-5 sets of 8-12 reps.				
Days 6 & 7	Active Recovery Day - Do the Warm Up, Leg Module (optional), Cool Down.	-	-	no rating needed	no rating needed

Use the following measures to rate your exercises:

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Quality: broken, rough, smooth, snappy

RINGS ONE LEVEL A - PHASE ONE - WEEK 5



Day	Do This	# of Sets	# of Reps or Holds	Rating Ease	Rating Quality
Day 1 Above the Rings Start with the Warm Up, and end with the Cool Down. Rest 1-2 min between sets. Err on the side of lower reps and sets and more rest.	1. Top Position Holds (rings out) - Do 3-5 sets of 10-30 sec.				
	2. Assisted Dips - Do 3-5 sets of 8-12 reps.				
	3. Assisted Push-Ups - Do 3-5 sets of 8-12 reps.				
	4. Plank Holds - Do 3-5 sets of 10-30 sec.				
	5. Mountain Climbers - Do 3-5 sets of 8-12 reps.				
Day 2	Active Recovery Day - Do the Warm Up, Leg Module (optional), Cool Down.	-	-	no rating needed	no rating needed
Day 3 Below the Rings Start with the Warm Up, and end with the Cool Down. Rest 1-2 min between sets.	1. Reverse Rows Sit Back - Do 3-5 sets of 8-12 reps.				
	2. Assisted Pull-Ups - Do 3-5 sets of 8-12 reps.				
	3. Reverse Pull-Ups - Do 3-5 sets of 8-12 reps.				
	4. Jump to Inverted Hang - Do 3-5 sets of 8-12 reps.				

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Quality: broken, rough, smooth, snappy

RINGS ONE LEVEL A - PHASE ONE - WEEK 5



Day	Do This	# of Sets	# of Reps or Holds	Rating Ease	Rating Quality
Day 4	Active Recovery Day - Do the Warm Up, Leg Module (optional), Cool Down.	-	-	no rating needed	no rating needed
Day 5 Above the Rings Start with the Warm Up, and end with the Cool Down. Rest 1-2 min between sets. Err on the side of lower reps and sets and more rest.	1. Top Position Holds (rings out) - Do 3-5 sets of 10-30 sec.				
	2. Assisted Dips - Do 3-5 sets of 8-12 reps.				
	3. Assisted Push-Ups - Do 3-5 sets of 8-12 reps.				
	4. Plank Holds - Do 3-5 sets of 10-30 sec.				
	5. Mountain Climbers - Do 3-5 sets of 8-12 reps.				
Days 6 & 7	Active Recovery Day - Do the Warm Up, Leg Module (optional), Cool Down.	-	-	no rating needed	no rating needed

Use the following measures to rate your exercises:

Ease : max effort, challenging, solid, relaxed

Quality: broken, rough, smooth, snappy