

RINGS ONE LEVEL A - PHASE THREE - WEEK 10



Day	Do This	# of Sets	# of Reps or Holds	Rating Ease	Rating Quality
Day 1 Routine A Do 3 sets of 3-5 reps. Rest 1-2 min between sets.	Combination 1: • Pull to Skin the Cat to Low L-sit (Do either Version 1: Tuck Pull to Skin the Cat to Low L-Sit or Version 2: Pike Pull to Skin the Cat to Low L-Sit)				
	Combination 2: • Jump to Muscle-Up • Top Position Tuck to Reverse Chin Lay-Back • Chin Lower to Lower Ring Tuck Position				
Day 2	Active Recovery Day - Do the Warm Up, Leg Module (optional), Cool Down.	-	-	no rating needed	no rating needed
Day 3 Routine B Do 3 sets of 3-5 reps. Rest 1-2 min between sets.	Combination 1: • Jump to Muscle-Up • Top Position Tuck to Tuck Shoulder Stand (Return to top) • Top Position Tuck to Reverse Chin Lay-Back • Chin Lower to Lower Ring Tuck Position				
	Combination 2: • Jump to Muscle-Up • Top Position Tuck to Reverse Chin Lay-Back • Chin Lower to Lower Ring Pike Position (or Tuck Position)				

Use the following measures to rate your exercises:

Ease : max effort, challenging, solid, relaxed

Quality: broken, rough, smooth, snappy

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 Routine A Do 3 sets of 3-5 reps. Rest 1-2 min between sets.	Combination 1: • Pull to Skin the Cat to Low L-sit (Do either Version 1: Tuck Pull to Skin the Cat to Low L-Sit or Version 2: Pike Pull to Skin the Cat to Low L-Sit)				
	Combination 2: • Jump to Muscle-Up • Top Position Tuck to Reverse Chin Lay-Back • Chin Lower to Lower Ring Tuck Position				
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

Day	Do This	# of Sets	# of Reps or Holds	Rating Ease	Rating Quality
Day 1 Routine B Do 3 sets of 3-5 reps. Rest 1-2 min between sets.	Combination 1: • Jump to Muscle-Up • Top Position Tuck to Tuck Shoulder Stand [Return to top] • Top Position Tuck to Reverse Chin Lay-Back • Chin Lower to Lower Ring Tuck Position				
	Combination 2: • Jump to Muscle-Up • Top Position Tuck to Reverse Chin Lay-Back • Chin Lower to Lower Ring Pike Position (or Tuck Position)				
Day 2	Active Recovery Day - Do the Warm Up, Leg Module (optional), Cool Down.	-	-	no rating needed	no rating needed
Day 3 Routine A Do 3 sets of 3-5 reps. Rest 1-2 min between sets.	Combination 1: • Pull to Skin the Cat to Low L-sit [Do either Version 1: Tuck Pull to Skin the Cat to Low L-Sit or Version 2: Pike Pull to Skin the Cat to Low L-Sit]				
	Combination 2: • Jump to Muscle-Up • Top Position Tuck to Reverse Chin Lay-Back • Chin Lower to Lower Ring Tuck Position				

Use the following measures to rate your exercises:

Ease : max effort, challenging, solid, relaxed

Quality: broken, rough, smooth, snappy

RINGS ONE LEVEL A - PHASE THREE - WEEK 11



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 Routine B Do 3 sets of 3-5 reps. Rest 1-2 min between sets.	Combination 1: • Jump to Muscle-Up • Top Position Tuck to Tuck Shoulder Stand (Return to top) • Top Position Tuck to Reverse Chin Lay-Back • Chin Lower to Lower Ring Tuck Position				
	Combination 2: • Jump to Muscle-Up • Top Position Tuck to Reverse Chin Lay-Back • Chin Lower to Lower Ring Pike Position (or Tuck Position)				
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 THREE - WEEK 12



Day	Do This	# of Sets	# of Reps or Holds	Rating Ease	Rating Quality
Day 1 Routine A Do 3 sets of 3-5 reps. Rest 1-2 min between sets.	Combination 1: • Pull to Skin the Cat to Low L-sit (Do either Version 1: Tuck Pull to Skin the Cat to Low L-Sit or Version 2: Pike Pull to Skin the Cat to Low L-Sit)				
	Combination 2: • Jump to Muscle-Up • Top Position Tuck to Reverse Chin Lay-Back • Chin Lower to Lower Ring Tuck Position				
Day 2	Active Recovery Day - Do the Warm Up, Leg Module (optional), Cool Down.	-	-	no rating needed	no rating needed
Day 3 Routine B Do 3 sets of 3-5 reps. Rest 1-2 min between sets.	Combination 1: • Jump to Muscle-Up • Top Position Tuck to Tuck Shoulder Stand [Return to top] • Top Position Tuck to Reverse Chin Lay-Back • Chin Lower to Lower Ring Tuck Position				
	Combination 2: • Jump to Muscle-Up • Top Position Tuck to Reverse Chin Lay-Back • Chin Lower to Lower Ring Pike Position (or Tuck Position)				

Use the following measures to rate your exercises:

Ease : max effort, challenging, solid, relaxed

Quality: broken, rough, smooth, snappy

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 Routine A Do 3 sets of 3-5 reps. Rest 1-2 min between sets.	Combination 1: • Pull to Skin the Cat to Low L-sit (Do either Version 1: Tuck Pull to Skin the Cat to Low L-Sit or Version 2: Pike Pull to Skin the Cat to Low L-Sit)				
	Combination 2: • Jump to Muscle-Up • Top Position Tuck to Reverse Chin Lay-Back • Chin Lower to Lower Ring Tuck Position				
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