

RINGS ONE LEVEL A - PHASE TWO - WEEK 6



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.	1. Jump to Dip - Do 3-5 sets of 5-13 reps.				
	2. Assisted Tuck Shoulder Stand - Do 3-5 sets of 5-13 reps.				
	3. Top Position Tuck Hold - Do 3-5 sets of 10-30 sec.				
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 Pull:Chin-Up - Do 3-5 sets of 5-13 reps.				
	2. Inverted Tuck Roll Chin-Ups - Do 3-5 sets of 5-13 reps.				
	3. Skin the Cat - Do 3-5 sets of 5-13 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 TWO - WEEK 6



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.	1. Jump to Dip - Do 3-5 sets of 5-13 reps.				
	2. Assisted Tuck Shoulder Stand - Do 3-5 sets of 5-13 reps.				
	3. Top Position Tuck Hold - Do 3-5 sets of 10-30 sec.				
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 TWO - WEEK 7



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 Pull:Chin-Up - Do 3-5 sets of 5-13 reps.				
	2. Inverted Tuck Roll Chin-Ups - Do 3-5 sets of 5-13 reps.				
	3. Skin the Cat - Do 3-5 sets of 5-13 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.	1. Jump to Dip - Do 3-5 sets of 5-13 reps.				
	2. Assisted Tuck Shoulder Stand- Do 3-5 sets of 5-13 reps.				
	3. Top Position Tuck Hold - Do 3-5 sets of 10-30 sec.				

Use the following measures to rate your exercises:

Ease : max effort, challenging, solid, relaxed

Quality: broken, rough, smooth, snappy

RINGS ONE LEVEL A - PHASE TWO - WEEK 7



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.	1. Reverse Pull: Chin-Up - Do 3-5 sets of 5-13 reps.				
	2. Inverted Tuck Roll Chin-Ups - Do 3-5 sets of 5-13 reps.				
	3. Skin the Cat - Do 3-5 sets of 5-13 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 TWO - WEEK 8



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.	1. Jump to Dip or Dips - Do 3-5 sets of 5-13 reps.				
	2. Tuck to Tuck Shoulder Stand (assisted or unassisted) - Do 3-5 sets of 5-13 reps.				
	3. Top Position Tuck Hold or L-Sit Hold - Do 3-5 sets of 10-30 sec.				
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 Pull: Chin-Up or Pull-Ups - Do 3-5 sets of 5-13 reps.				
	2. Inverted Tuck Roll Chin-Ups - Do 3-5 sets of 5-13 reps.				
	3. Skin the Cat - Do 3-5 sets of 5-13 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 TWO - WEEK 8



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.	1. Jump to Dip or Dips - Do 3-5 sets of 5-13 reps.				
	2. Tuck to Tuck Shoulder Stand (assisted or unassisted) - Do 3-5 sets of 5-13 reps.				
	3. Top Position Tuck Hold or L-Sit Hold - Do 3-5 sets of 10-30 sec.				
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 TWO - WEEK 9



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 Pull: Chin-Up or Pull-Ups - Do 3-5 sets of 5-13 reps.				
	2. Inverted Tuck Roll Chin-Ups - Do 3-5 sets of 5-13 reps.				
	3. Skin the Cat - Do 3-5 sets of 5-13 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.	1. Jump to Dip or Dips - Do 3-5 sets of 5-13 reps.				
	2. Tuck to Tuck Shoulder Stand (assisted or unassisted) - Do 3-5 sets of 5-13 reps.				
	3. Top Position Tuck Hold or L-Sit Hold - Do 3-5 sets of 10-30 sec.				

Use the following measures to rate your exercises:

Ease : max effort, challenging, solid, relaxed

Quality: broken, rough, smooth, snappy

RINGS ONE LEVEL A - PHASE TWO - WEEK 9



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.	1. Reverse Pull: Chin-Up or Pull-Ups - Do 3-5 sets of 5-13 reps.				
	2. Inverted Tuck Roll Chin-Ups - Do 3-5 sets of 5-13 reps.				
	3. Skin the Cat - Do 3-5 sets of 5-13 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