

RINGS ONE LEVEL B - 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 Up to Inverted Hang • Skin the Cat to Pike to Inverted Hang • Lower to Low L-Sit • Muscle-Up to L-Sit • L-Sit to Tuck Bent Arm Stand • Bent Arm Stand to L-Sit • L-Sit to Reverse Lay Back in L-Sit • Lower to Low L-Sit		-		
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 Up to Inverted Hang • Skin the Cat to Pike to Inverted Hang • Lower to Low L-Sit • Muscle-Up to L-Sit • L-Sit to Tuck Bent Arm Stand • Bent Arm Stand to L-Sit • L-Sit to Reverse Lay Back in L-Sit • Lower to Low L-Sit		-		

Use the following measures to rate your exercises:

Ease : max effort, challenging, solid, relaxed

Quality: broken, rough, smooth, snappy

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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 Full Flow Do 3-5 rounds, and rest 2 min in between rounds.	• Pike Up to Inverted Hang • Skin the Cat to Pike to Inverted Hang • Lower to Low L-Sit • Muscle-Up to L-Sit • L-Sit to Tuck Bent Arm Stand • Bent Arm Stand to L-Sit • L-Sit to Reverse Lay Back in L-Sit • Lower to Low L-Sit		-		
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 B - PHASE FOUR - WEEK 14



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 Up to Inverted Hang • Skin the Cat to Pike to Inverted Hang • Lower to Low L-Sit • Muscle-Up to L-Sit • L-Sit to Tuck Bent Arm Stand • Bent Arm Stand to L-Sit • L-Sit to Reverse Lay Back in L-Sit • Lower to Low L-Sit		-		
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 Up to Inverted Hang • Skin the Cat to Pike to Inverted Hang • Lower to Low L-Sit • Muscle-Up to L-Sit • L-Sit to Tuck Bent Arm Stand • Bent Arm Stand to L-Sit • L-Sit to Reverse Lay Back in L-Sit • Lower to Low L-Sit		-		

Use the following measures to rate your exercises:

Ease : max effort, challenging, solid, relaxed

Quality: broken, rough, smooth, snappy

RINGS ONE LEVEL B - PHASE FOUR - WEEK 14



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 Full Flow Do 3-5 rounds, and rest 2 min in between rounds.	• Pike Up to Inverted Hang • Skin the Cat to Pike to Inverted Hang • Lower to Low L-Sit • Muscle-Up to L-Sit • L-Sit to Tuck Bent Arm Stand • Bent Arm Stand to L-Sit • L-Sit to Reverse Lay Back in L-Sit • Lower to Low L-Sit		-		
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