

RINGS ONE LEVEL B - 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: • Wide Pull-Up to Inverted Hang • Skin the Cat to Roll to Chin • Lower to Low L-Sit				
	Combination 2: • Muscle-Up to L-Sit • Fall Back to Reverse Chin • Lower to L-Sit				
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: • Muscle-Up • L-Sit to Shoulder Stand • Shoulder Stand to L-Sit				
	Combination 2: • Muscle-Up to L-Sit • Fall Back to Reverse Chin • Lower to 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 THREE - WEEK 10



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: • Wide Pull-Up to Inverted Hang • Skin the Cat to Roll to Chin • Lower to Low L-Sit				
	Combination 2: • Muscle-Up to L-Sit • Fall Back to Reverse Chin • Lower to 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

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: • Muscle-Up • L-Sit to Shoulder Stand • Shoulder Stand to L-Sit				
	Combination 2: • Muscle-Up to L-Sit • Fall Back to Reverse Chin • Lower to L-Sit				
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: • Wide Pull-Up to Inverted Hang • Skin the Cat to Roll to Chin • Lower to Low L-Sit				
	Combination 2: • Muscle-Up to L-Sit • Fall Back to Reverse Chin • Lower to 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 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: • Muscle-Up • L-Sit to Shoulder Stand • Shoulder Stand to L-Sit				
	Combination 2: • Muscle-Up to L-Sit • Fall Back to Reverse Chin • Lower to 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 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: • Wide Pull-Up to Inverted Hang • Skin the Cat to Roll to Chin • Lower to Low L-Sit				
	Combination 2: • Muscle-Up to L-Sit • Fall Back to Reverse Chin • Lower to L-Sit				
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: • Muscle-Up • L-Sit to Shoulder Stand • Shoulder Stand to L-Sit				
	Combination 2: • Muscle-Up to L-Sit • Fall Back to Reverse Chin • Lower to L-Sit				

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: • Wide Pull-Up to Inverted Hang • Skin the Cat to Roll to Chin • Lower to Low L-Sit				
	Combination 2: • Muscle-Up to L-Sit • Fall Back to Reverse Chin • Lower to 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