

Suggested Exercises for the Elite Rings (Item #3605)

Exercises

The following is a partial list of exercises that can be performed on the Power Rings. Note that variations of these basic exercises are not listed here. To do so would require several pages.

- Pull-up/Chin-up
- Dip
- Pushups
- Flye
- Jackknife Layout -kneeling, standing, single arm, single leg, to the side
- L-Sit
- Body Row (aka Ring Row)
- Inverted Pullup
- Hanging Leg Raise- knee raise, pike, circles
- Muscle-up
- Kip
- Front Lever
- Back Lever
- Skinning the Cat
- Roll- forwards, backwards
- Planche rocks
- Iron Cross
- Planche- tuck, straddle, straight
- Assisted Wrestler's Bridges
- Sample Workouts

Beginner

- 3x3 Skin the Cats tucked
- 3x5 Jackknives from Knees
- 2x10 Pushups
- 2x10 Hanging Knee Raises
- 1x10 Body Rows
- 3x20 second L-Sit with knees bent
- 5 Muscle-Up pulls or attempts
- 2x10 Dips
- 2x10 Pullups

Intermediate

- 3x3 Skin the Cats Piked
- 3x5 Jackknives from Feet with rings elevated
- 3x(5 Ring Flyes, 5 Reverse Grip Pushups)
- 2x10 Hanging Leg Raises
- 2x5 left x 5 right One-Arm emphasis Body Rows-alternating arms
- 3x20 second L-sit

- 10 Muslce-ups in smallest number of sets possible
- 2x15 dips
- 2x10 L-Hang Pullups

Advanced

- 3x(5 Crescent Pushups, 5 Ring Flyes, 5 Reverse Grip Pushups)
- 3x5 Jackknives from feet
- 3 Back Levers with 2 second holds
- 2x5 Front Lever Pull-Throughs
- 10 One-Arm Body Rows each arm alternated
- 1 minute L-sit
- 20 Muslce-Ups in as few sets as possible
- 2x25 dips
- 2x10 Inverted Pullups

Cross Training

Create your own Cross Training workouts. Pick two or three exercises, select a number of reps for each exercise and then perform them for multiple rounds. Strive for the fastest time possible.

Strength

After warming up with some basic exercises, select a handful of exercises that you find challenging and perform them for low reps. In general 3-8 sets of 1-5 reps works well for strength gains. If you are performing a wide variety of exercises, performing only 1 or 2 sets of each. Rest periods should be extended to allow for nearly complete recovery between sets.

Example 1:

- 2x3 Inverted Pullups
- 4x1 Front Lever Hold (hold for time, just short of failure)
- 3x1 Back Lever Hold
- 2x5 Elevated Feet Pushups
- 3x3 Alternating Arms Single-Arm Body Rows
- 2x3 Cross Pulls
- 1x5 Rings Flye

Example 2:

- 3x1 Front Lever Hold
- 3x1 Cross Hold
- 3x1 Planche Hold
- 2x5 Weighted Muscle-Up