

getfitnow

GYMNASTIC RINGS WORKOUT HANDBOOK

OVER 100 WORKOUTS



MICHAEL VOLKMAR

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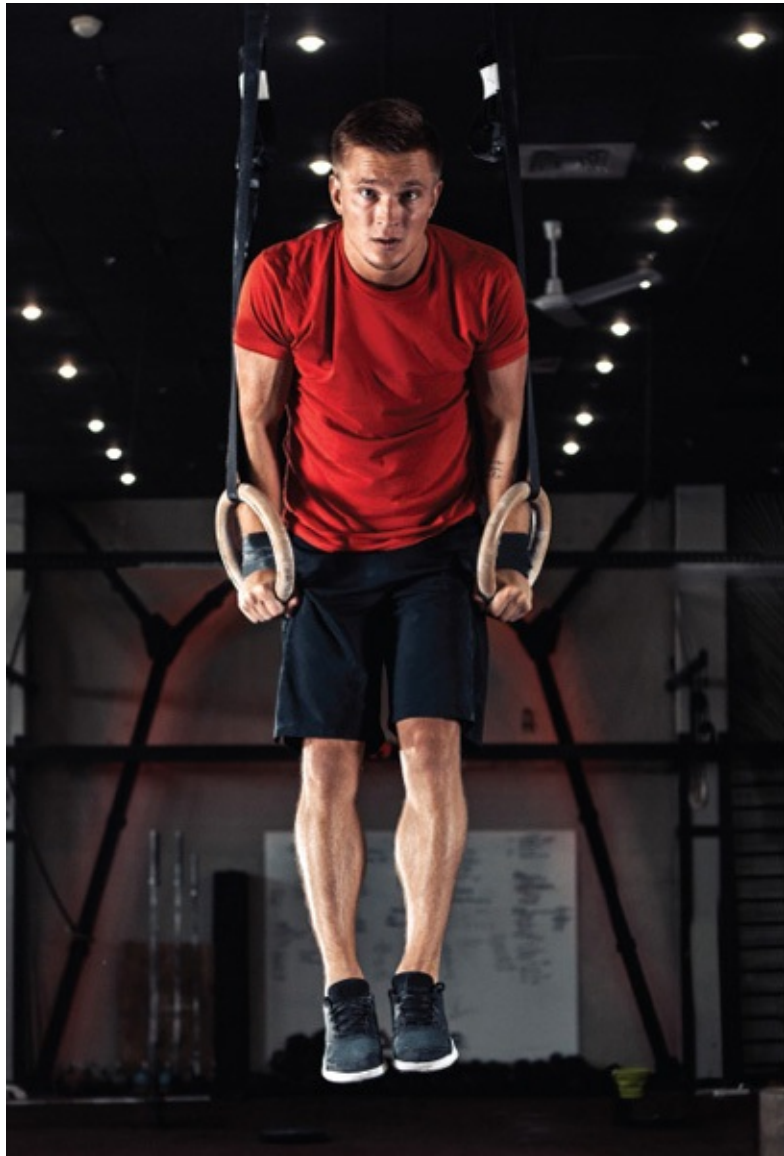
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INTRODUCTION TO GYMNASTIC RINGS TRAINING



HOW TO USE THIS BOOK

Let me start by saying that I believe training with rings has a place in virtually every type of program. As a fitness coach with 18 years of experience, I regularly program gymnastic rings training into all my athletes' and clients' programs, regardless of whether they are training for improved mobility, strength, flexibility, balance, core stability, or a sports-specific goal. Gymnastic rings can be instituted as a standalone program for those with limited equipment or space (like a garage gym, apartment, or hotel room) or it can augment a current program to work around any injury history or simply to add variety.

WHO IS THIS BOOK FOR?

The programs in this book take advantage of the extreme versatility of gymnastic rings, and are suitable for:

- People interested in fitness, with at least 1–2 years of experience
- People looking for an introduction to gymnastic rings
- Coaches and personal trainers seeking advanced workouts for their clients
- Athletes who need to get stronger and faster, or break through existing plateaus
- The garage gym lifter who is limited by space
- The weekend warrior who enjoys training outside
- People who travel very frequently

As someone who still loves to train hard after 20 years, gymnastic rings allow me the opportunity for creativity and let me keep my workouts productive and varied. I use it to warm up my hamstring and glutes, to lessen the impact on my knees before lower body day, and to train my core before most daily workouts.

Gymnastic rings can help:

- **Prevent injury from barbell-centric strength programs.** By using gymnastic rings-based prehab work in your warm-ups or between sets, you can reduce the risk of injury when engaging in strength-building work.
- **Reduce joint stress.** The rings allow your body to move in a more natural, neutral path. For example, ring push-ups and dips lessen joint stress on the wrists, elbows, and shoulders when compared to the barbell bench press or parallel dips.
- **Build your core stability to support heavier and safer squats and deadlifts.** By working your core in multiple directions, gymnastic rings provide superior stability training to achieve better results faster.
- **Introduce variety into your assistance programs.** Making use of gymnastic rings lets you break away from your same-old dumbbell, barbell, and machine routines,

This book is a manifestation of my passion for gymnastic rings training, and I am very confident you will find something here to help build your body and fitness.

THIS BOOK INCLUDES:

- Individual **UPPER BODY** and **LOWER BODY** workouts that you can plug into your current program.
- 14 individual workouts from my brand-new **GR/KB PROGRAM**, which combines two of the most versatile pieces of equipment in the gym—gymnastic rings and the kettlebell.
- 15 **BASIC CORE STABILITY** workouts that hit all the abdominal muscles to look, feel, and perform better.
- 5 **ADVANCED CORE STABILITY** workouts that take things to the next level by adding the cable machine and a pair of dumbbells.

- The 4-week **FAT BURN** program that combines the full body strength and core stability of gymnastic rings with high and low intensity cardio.
- **HEALTHY REHAB** programs for the shoulders, back, and knees.
- The 4-week **FUNCTIONAL ATHLETICS** program that utilizes gymnastic rings to build a strong foundation.
- **FULL BODY STRENGTH CIRCUITS**, the gymnastic rings version of metabolic strength training (MST).
- **POWERLIFTER** programs, including core stability programs, intensity techniques, all-new assistance programs and **PSD SETS**.
- **SPEED DEVELOPMENT** programs, using only gymnastic rings.
- **GYMNASTIC RINGS CHALLENGES**, a pair of high-intensity workouts to really push your limits.



OPTIONS FOR GYMNASTIC RINGS

While it's beyond the scope of this book to break down the entire gymnastic rings market, we do want to give you an idea of the attributes to look for in gymnastic rings, as well as give you a couple suggestions.

What to look for in a set of gymnastic rings:

- Heavy duty straps and handles
- Wood handles (plastic and metal gets slippery when your hands become sweaty) I would suggest getting a pair of plastic handles only if you plan to permanently leave them up outside, as wood will rot when exposed to the elements long-term.
- Heavy duty and easy-to-adjust cam buckles
- Double anchor points that are easy to attach to
- Foot cradles (optional)
- Proven track record in the marketplace

WOOD VS. PLASTIC

When selecting a pair of gymnastic rings, the first thing you'll want to consider is which material you prefer. Gymnastic rings come in wooden, plastic and metal varieties, with each having their own advantages and disadvantages.

Wood handles offer a better grip overall, and are my personal preference. (I'm also a former college baseball player, so the feeling of wood from years of holding baseball bats is second nature to me.) Plastic and metal gets slippery when your hands become sweaty; though this issue can easily be resolved with chalk, the fact is that wood rings accept chalk better and actually further improve your grip.

I would only suggest using a pair of plastic handles if you plan to permanently leave them set up outside, as wood will obviously rot when exposed to the elements long-term. In these cases, I would recommend wrapping the rings in athletic tape to improve your grip.

But if you're still undecided, wood is the best way to go—and is the preferred choice of Olympians!

RING SIZE

Your choice of gym ring will also be affected by your hand size, which naturally tends to differ between men and women. The 1.11-inch diameter ring is great for those with smaller hands, for example, or for anyone who wants rings compliant with Olympic Federation specs. 1.11-inch diameter rings are also easier to grip and use with a false grip (which we'll discuss in a moment).

The 1.25-inch rings are ideal for those with larger hands, and are commonly used in Cross Training gyms and affiliates. The 1.25-inch ring is slightly larger and thus more challenging.

STRAPS, BUCKLES AND WEIGHT RATINGS

Even more important than ring size or material is the strength and quality of the equipment's straps and buckles. Regardless of anything else, you'll want to make sure you're investing in a set of rings that have strong, heavy-duty straps and buckles from known and respected companies. As with most things in life, you get what you pay for—so don't take chances on hanging upside down or from the ceiling from a set of \$22 rings with thin nylon straps and weak metal buckles.

Three options are provided below that include heavy duty strap and buckles from companies you can trust. Be sure the weight capacity and strap size listed in the product description fits your needs.

OUR RECOMMENDATIONS

When looking for a commercial grade set of gymnastic rings, the long and short of it is that you are looking for two heavy-duty straps with cam buckles and two wooden rings. In an effort to keep things simple, anything made by Rogue Fitness is going to be of high quality and good construction. In order to broaden your choices, here are my favorites. I have personally used each of these sets of rings.

A few examples include:

Rogue Gymnastic Wood Rings

- Easy to adjust super heavy-duty straps
- Dual anchor points
- Best option for upper body base work
- No designated foot cradles but can still be used for most lower body exercises

TRX Dual Trainer

- Modeled after traditional gymnastics rings
- Includes 8–12-foot-long straps
- Dual anchor points
- Not as simple to adjust in length as the **Rogue Gymnastic Wood Rings**

While it may not be a traditional set of rings, this dual anchor trainer is a great choice for the home or garage gym.

The Jungle Gym XT

- Max load per strap of 300 lbs. (with a total max load of 600 lbs.)

- Dual anchor points
- Comfortable handles
- Super easy-to-use foot cradles for lower body exercises

SINGLE VS. DOUBLE ANCHORS

A word on anchor point systems, as they're most critical to the construction and choice of a set of gymnastic rings (and other various suspension trainers). Single-anchor systems are a single strap connected to one anchor point with an upside down "V," while dual-anchor systems are two individual straps attached to separate anchor points. I have found single anchor suspension trainers rub uncomfortably during most upper body exercises, while the double anchor suspension trainers (traditional gymnastic rings) provide the ability to space the rings at a comfortable width.

SINGLE ANCHOR GYMNASTIC RINGS	DOUBLE ANCHOR GYMNASTIC RINGS
TRX Home Suspension Trainer	TRX Duo Trainer, Jungle Gym XT, Rogue Gymnastics Wood Rings
<p style="text-align: center;">Pros</p> <ul style="list-style-type: none"> • Quick and easy set up • Simple adjustment 	<p style="text-align: center;">Pros</p> <ul style="list-style-type: none"> • More comfortable and natural path for Push-ups, Dips, and Pull-ups • Simple adjustments • Wooden rings, the same type that gymnasts use, are the best.
<p style="text-align: center;">Cons</p> <ul style="list-style-type: none"> • The metal cam buckles can rub during Push-ups • Can be awkward for Dips and Pull-ups or Chin-Ups • Cannot do Muscle-Ups • Foam handles will deform and wear off • Plastic handles get slick when you sweat, making safety an issue. 	<p style="text-align: center;">Cons</p> <ul style="list-style-type: none"> • Can take an extra few seconds to make equal adjustments in each strap if they are not numbered.



THE BASICS OF GYMNASTIC RINGS TRAINING

As it is very difficult to learn a new exercise from just a paragraph or two of text, this book does not contain a complete overview of how to perform gymnastic rings exercises. For this reason, and to make this book user-friendly, only the most basic movements have been included in the programs. (If you have any questions on exercise technique, find a qualified personal trainer (C.P.T), a strength and conditioning coach (C.S.C.S), or a TRX Certified Coach to teach you in person.) For some of the non-traditional exercises, I've created an Uncommon Exercise Database with easy-to-follow descriptions. This can be found at the back of the book on page 210.

That said, there are certain safety precautions and preparations that every athlete, new or experienced, must observe when using a set of gymnastic rings.

In this section, we discuss:

- Safe and proper anchoring of your gymnastic rings
- The seven body positions of gymnastic rings training
- The three “Principles of Progression”

SAFE AND PROPER ANCHORING

The ability to take your gymnastic rings anywhere is one of its coolest features—but doing so requires a heavy-duty anchor to ensure safety.

We suggest using one of the following heavy-duty structures when anchoring your gymnastic rings:

- A heavy-duty power rack bolted to the ground
- Heavy duty pull-up bar bolted into the ceiling or wall studs
- Exposed rafters or ceiling joists
- Monkey bars at a local playground
- The pull bar station at your local gym
- A large secure tree limb

Equipment like the Jungle Gym XT and Rogue Fitness Gymnastic Wood Rings also offer multiple anchor solutions for your garage walls, ceilings, and doors. (Please be sure to follow the manufacturer's instructions for any installations.)

SPACE REQUIREMENTS

Most people are aware that vertical space is needed for safe and secure gymnastic rings workouts. This can best be described as needing space “above the rings” and “below the rings”. “Above the rings” is most common for exercises like push-ups, planks, dips, and muscle-ups. The space requirement needed here is enough space to not to hit your head when at the top of your movement. On the other hand, exercises like Ring Rows and Ring Bicep Curls are considered “below the rings”, and while the exact distance/space needed is difficult to say, is best dictated by your arm length and the angle in which you do each exercise. As a general rule, 8–12 feet can accommodate most people.

The other requirement, which people never seem to talk about, is the amount of *horizontal* space needed to progress and regress in each exercise. A beginner needs more horizontal space to perform a Ring Row versus a more advanced (stronger) person. A beginner will set up their rings with longer straps and more upright body posture to use less of their body weight as resistance. An advanced person will set up the rings with shorter straps and a body posture near parallel to the ground to use more of their body weight as resistance. As a general requirement, 8 inches from the anchor point in either direction should be the most a person would need. This is based on an 8-foot anchor point height, 6½-

foot strap length, and a person who is 5'4". As you grow stronger, this requirement lessens.

THE SEVEN BODY POSITIONS OF GYMNASTIC RINGS TRAINING

Rather than attempting to provide a description for each exercise, it is more beneficial to describe the proper positions used when performing gymnastic rings exercises.

Standing

Facing the anchor point. This position is used for performing Rows, Bicep Curls, and "T" Raises.

Facing away from the anchor point. This position is used for performing Push-ups, Skull Crushers, and Plank Rollouts.

Lateral/standing sideways from anchor point. This position is used for performing IT Band Stretches and all Pallof press variations.

Lying on the Ground

Face down (prone) with feet in foot cradles and hands on the floor. This position is used for performing Push-ups, Core Pikes or Knee Tucks.

Facing up (supine) with feet in foot cradles and hands on the floor. This position is used for performing Leg Curls and Glute Bridges.

Facing up (supine) with hands on the handles and feet on the floor. This position is used for performing Abdominal Leg Raise variations.

Lying on one's side with feet in foot cradles. This position is used for performing Side Plank variations.

Three Principles of Progression

These three principles will allow you to adjust the intensity for any exercise you perform using gymnastic rings and are the secret behind the limitless variations this equipment allows.

Vector Resistance Principle

The vector resistance principle refers to the unique ability of gymnastic rings to afford you a variety of resistance levels just by changing your body angle and adjusting the direction of your body weight. The higher your body position is from the ground, the easier the exercise; the lower your body position to the ground, the more difficult the exercise. On top of the variety of exercises this allows for, it also makes programming progression natural and easy to implement.

Multiple Balance Stances

Similar to how changing your body's angle changes the difficulty of the exercise when using gymnastic rings, your body's stance can do the same thing, giving you even greater control over your workout's challenge level. For example, maintaining a narrow stance during a Plank increases core activity; a staggered stance allows for easier transitions between related movements; and the ability to change from a double to a single leg stance on the fly allows for quick increases and decreases in difficulty.

Pendulum Principle

The pendulum principle refers to your ability to change your distance from the anchor point to increase or decrease the difficulty of a workout. (This refers to all exercises that place your feet in the cradles.)

By changing the starting position (Neutral, Assist, or Resist) you can adjust resistance. When not in use, gymnastic rings hang down directly below the anchor point; this is the neutral position. You can then **assist** or **resist** an exercise by moving closer or further away from the anchor point.

Take Leg Curls as an example: When neutral, your feet are directly under the anchor point. You can move your feet to the front and align your head to be closer to the anchor point, assisting the exercise and making it easier; or, you can place your feet behind you and move your head further from the anchor point, resisting the exercise and making it harder.

TYPES OF GRIP

When it comes to actually holding the gym rings, not all grips are created equal. In fact, the way in which you position your hands and hold the rings have a large part to play in how successfully you can complete your workout, and each has its own strengths to keep in mind.

There are three basic grip types to consider: the neutral grip (gripping below the rings), the false grip, and the above-the-rings grip.

The **neutral grip** functions best during pulling exercises, and is typically used in situations where the rings are facing each other, facing outwards, or side-by-side. This grip places the bulk of the pressure on your upper palms, and has your fingers wrapped around the rings (thumbs included).

The **false grip** is used in certain specific movements, and works with the rings positioned facing outwards. This grip keeps the rings deeper into your palms than in the neutral grip (around halfway up your palm). Your fingers are wrapped around the rings, and your thumb is around your knuckles, with your wrists bent.

The **above-the-rings grip** is used for exercises that require sustained holds or supports, and avoids any unneeded stress to the wrists by keeping them as straight as possible, with your arms by your sides.

KEY TERMS AND ABBREVIATIONS

Rings. Gymnastic rings are a simple piece of equipment which uses a system of ropes and/or webbing with two handles or wood rings to allow users to work against their body weight. This term is used inclusive of TRX, Rings, or Jungle Gym XT.

Kettlebell (KB). A cast-iron or cast steel weight used in a variety of exercises, resembling a metal ball with a handle.

Finishers. A term for kick-ass workouts that ask you to give everything you have at the end of a routine. They are quick, intense, often painful workouts that are designed to burn more calories during the workout and through the day. Best described as the final piece to a workout that challenges your physical and emotional limits.

AMRAP. An acronym, standing for “As Many Reps As Possible.”

Density training model. A programming method involving the completion of as much work as possible during a specific time.

Prehab. Physical therapy-type exercises for the healthy to bring balance to their training.

Mobility. Refers to having a full range of motion. Used in this book to refer to dynamic stretching movements used in warm-ups.

Intensity. In respect to gymnastic rings, this refers to a body angle farther from vertical (see **Vector Resistance Principle**, page 16).

Kinesthetic awareness. The body's sense of its own relative position in space and time.

Planned Performance Training (PPT). Also called **periodization**, this is a roadmap created to keep athletes focused on the goal at hand. It includes multiple phases to keep the body strong and allows for proper recovery.

Training Phase. Phases are a subset of Planned Performance Training. They break down the big picture into smaller, more manageable goals throughout the year. Typically focused around a single goal such as strength, power, body fat loss, etc.



BOOSTING INTENSITY

When looking to increase the intensity of your workouts, it helps to consider the top three training factors for boosting muscle growth:

1. Mechanical tension
2. Muscle damage
3. Metabolic stress

While these factors apply to the traditional strength tools (dumbbell, barbells, and machines), we can smartly apply them to gymnastic rings.

MECHANICAL TENSION

By altering your body's leverage or adding an external load to increase the force on a specific muscle through a full range of motion, you increase the amount of mechanical tension on the muscle and improve the workout. For example, by shifting your body from a 45-degree body angle to parallel to the ground during a Push-up or Row, or adding a 20-pound lifting chain during the same movement, you increase the difficulty of the workout.

MUSCLE DAMAGE

By keeping constant tension on a muscle during an extended number of reps (also called "time under tension") you increase the degree of micro-tears in the muscle, thus improving the amount of muscle gained during recovery. For example, you can increase muscle damage by never locking out your elbows at the top or the bottom of a Push-up.

METABOLIC STRESS

In applying the concept of metabolic stress to a workout, the important elements are slow negatives and exercise variety. Slow negatives mean increasing the amount of time spent in the movement, such as taking 5 seconds to lower yourself during a push-up (as opposed to the standard 1–2 seconds). Exercise variety, as the name implies, would be switching from the standard Push-up (hands on handles) to the Incline Push-up (hands on the floor/feet above the shoulders).

INTENSITY TECHNIQUES

A sub-category of metabolic stress is **Intensity Techniques**. These add variety and brutal effectiveness to any of the foundational movements, those being Squats, Single Leg Squats, Deadlifts, RDLs, Rows, and Push-ups.

Mechanical Drop Sets: Instead of simply dropping the weight to continue the set, you “drop” to an exercise with more mechanical advantage. (For example: during a set up Push-ups, moving from parallel to a 30–45-degree body angle to continue the set.)

Cluster Sets: Breaks down one set into multiple mini-sets. To do so, find a body angle/leverage point you can do at an 8-rep max, but instead do 5 reps for multiple sets with only 10–15 seconds rest between sets. That way you are able to get around 15 reps at a body angle/leverage point you could previously only do 8 reps from.

Pre-Exhaust: Do a set of an isolation exercise for a muscle group. Then, with no rest, do a compound movement of the same muscle group.

Example #1: Rings Chest Fly for 12 reps followed by Rings Push-up for 10–15 reps

Example #2: Rings Leg Curl for 15 reps followed by KB Deadlift for 10–15 reps

Super Sets: This pairs two exercises with no rest. Variations on the Super Set are endless, but my favorites are:

- Sets within the same muscle: back to back chest exercises Example: Push-

up/Dips

- Sets with opposing muscles: hamstring and quad exercises Example: Leg Curl/Pistol Squat
- Sets with opposing upper body/lower body exercises Example: Row/Reverse Lunge

ISO Holds: Holding the last rep of an exercise in the contracted position for 5–10 extra seconds.

PSD Sets: Utilizes the old school bodybuilding techniques of a pre-exhaust set, a strength set, and a mechanical drop set.

Here is an example of a PSD Set for the back:

- 1A. Pre-Exhaust: Moderately hard set of Rows at a parallel or 30-degree body angle
- 1B. Strength: Pull-ups
- 1C. Drop set: Back to Rows with an “easier” body angle than the pre-exhaust set (45–60 degrees) to cause further muscle damage



THE WORKOUTS

PROGRAM OVERVIEW

In this book, I have compiled over 100 powerful workouts utilizing gymnastic rings (as well as a bonus section of truly intense workouts to push you even further).

The program is split into the following categories:

Upper Body. This classic program focuses on the chest, shoulders, and back; the bread and butter of gymnastic ring workouts.

Gymnastic Ring/Kettlebell (GR/KB) Program. Combining gymnastic rings with kettlebells, this program provides for the ultimate work-out combo.

Lower Body. This program focuses on the quads, hamstrings, and glutes.

Basic Core Stability. This program focuses on the lower abs, and features rotational, lateral, and anterior core-based exercises.

Advanced Core Stability. The addition of the cable machine and a heavy set of dumbbells fills in the gaps of gymnastic rings training to provide a complete core workout.

Fat Burn: This program features a 4-week gymnastic rings regimen blended with targeted cardio exercises.

Healthy Rehab. This program combines time-honored physical therapy-based exercises for the healthy exerciser and is intended to help prevent injury.

Functional Athletics. This program builds up a foundational base for athletes in all sports and focuses on full body strength, core stability, and healthy joints.

Full Body Strength Circuits. A gymnastic rings version of Metabolic Strength Training (MST), this program focuses on providing a complete strength building routine.

Gymnastic Rings Challenges. Sometimes, in our busy and over-scheduled lives, we simply need a tough workout to help us re-focus and boost motivation. These workouts are here to help.

Functional Powerlifter. Combining a power rack and gymnastic rings, these workouts are all you need to stay healthy in your pursuit of your personal record.

Speed Development. This program focuses on building up the physical qualities needed to support speed development. These include posture, mobility, core stability, and strength.



**UPPER BODY
WORKOUTS**

**UPPER BODY
WORKOUTS**

These workouts focus on sculpting and strengthening the big target muscles in the upper body—the chest, shoulders, back, and arms.

How to fit these workouts into your current program:

- Replace one day of your traditional strength program (one that focuses on machines and barbells, i.e. fixed paths of motion) with gymnastic rings work (natural path of motion).
- Insert as “Finishers” on shoulder days in the gym. These upper body workouts are a fantastic complement to traditional dumbbell and barbell shoulder workouts because gymnastic rings are limited by gravity, causing it to attack the shoulders like traditional weights.

PROGRAM NOTES

The workouts are arranged purposefully, and progress from beginner to advanced.

- Beginner workouts focus on the basic movements to build a foundation
- Advanced workouts focus on taking these basic movements to the next level using targeted variations and intensity techniques
- Next level strength? Once you have completed 3–4 sets of 15 Ring Pull-ups, 25 Ring Dips, and 50 Ring Push-ups, add a weight vest or lifting chains for additional resistance.

General suggestions are provided for both reps and sets, but these numbers are ultimately up to you. Listen to your body and follow its guidance when determining how far to push yourself in any given workout.

We also suggest completing an Upper Body Mobility Warm-up before each workout. An example is provided below.

UPPER BODY MOBILITY WARM-UP

Perform 2–3 sets of 10–15 reps

Rings Lunge to Chest Fly/Stretch (facing away from the anchor point)

Rings Lunge to Overhead Reach/Stretch (facing away from the anchor point)

Rings "T" Raise (facing towards the anchor point; pull your arms out to the sides)

UPPER BODY #1

Building Your Foundation

Work up to 3 sets of 15 reps at a 45-degree body angle for:

Push-up

Row

Work up to 3 sets of 15 reps at a 60-degree body angle for:

Bicep Curl

Skull Crusher

Program notes: Perform these movements as straight sets, resting as needed.

UPPER BODY #2

Building Work Capacity

**Work up to 3–4 sets of 10–15 reps at a 45-degree body angle
for:**

Push-up
Row

**Work up to 3–4 sets of 10–15 reps at a 60-degree body angle
for:**

Bicep Curl
Skull Crusher

Program Notes: This workout increases work capacity by circuiting the basics from the previous workout. Rest only after all four exercises are completed.

UPPER BODY #3

Building Strength

Perform the following as a Super Set (both exercises together with no rest):

3–4 sets of 10–15 reps parallel to the floor for:

1A. Push-up

1B. Row

Perform the following as a Super Set (both exercises together with no rest):

3–4 sets of 10–15 reps at a 45-degree body angle for:

2A. Bicep Curl

2B. Skull Crusher

Program Notes: Rest as needed between Super Sets.

UPPER BODY #4

Increased Muscle Tension and Slow Eccentrics

Perform the following as a Super Set (both exercises together with no rest):

3–4 sets of 10–15 reps parallel to the floor for:

1A. High Row/Rear Delt Row

1B. Incline Push-up (hands on the floor/feet in the cradle)

Perform the following as a Super Set (both exercises together with no rest):

3–4 sets of 10–15 reps at a 45-degree body angle for:

2A. Bicep Curl

2B. Skull Crusher

Program Notes: Rest as needed between Super Sets. Take 5 seconds to lower yourself during the Bicep Curl and Skull Crusher to increase muscle tension.

UPPER BODY #5

Increased Muscle Stress Through Exercise Variety

Work up to 3–4 sets of 10–15 reps at a 45-degree body angle for:

Dips

Chin-up/Pull-up

Work up to 3–4 sets of 10–15 reps at a 60-degree body angle for:

Push-up

Kneeling Skull Crusher

Program Notes: This workout includes three push exercises and one pull exercise to increase muscle damage and utilizes a variation on the Skull Crusher to place more tension on the triceps and increase metabolic stress.

**LOWER BODY
WORKOUTS**

**LOWER BODY
WORKOUTS**

These workouts focus on the major muscles of the lower body—the quads, hamstrings and glutes.

How to fit these workouts into your current program:

- Replace one day of your traditional strength program that focuses on Leg Press and Barbell Squats with work that focuses on hamstrings and glutes. Or, implement super-efficient fat blasting leg circuits.

PROGRAM NOTES

The workouts are arranged purposefully, and progress from beginner to advanced.

- Beginner workouts focus on the basic movements to build a foundation.
- Advanced workouts focus on taking these basic movements to the next level using Super Sets and Circuit Training.
- Looking for next level strength? Once you have completed 3–4 sets of 15 Ring Pistol Squat on each leg and 25 Ring Hamstring Leg Curls, add a weight vest or lifting chains for additional resistance.

General suggestions are provided for both reps and sets, but these numbers are ultimately up to you. Listen to your body and follow its guidance when determining how far to push yourself in any given workout.

We also suggest completing a Lower Body Mobility Warm-up before each workout. An example is provided below.

LOWER BODY MOBILITY WARM-UP

Perform 2–3 sets of 10–15 reps

Rings Single Leg RDL
Rings Cossack Stretch
Modified Pigeon Stretch

LOWER BODY #1

Building Your Foundation

Work up to 3 sets of 25 reps for:

Squat (use the handles as needed for balance)

Glute Bridge (place feet directly under the anchor point)

Work up to 3 sets of 15 reps for:

Reverse Lunge

Program Notes: Perform these movements as straight sets, resting as needed.

LOWER BODY #2

Building Work Capacity

Work up to 3–4 sets of 15–25 reps per leg for:

Squat

Glute Bridge

Reverse Lunge

Program Notes: This workout increases work capacity by circuiting the basics from the previous workout. Rest only after all four exercises are completed.

LOWER BODY #3

Building Strength

Warm-up: Perform 2 sets of 10 reps for the following:

Rings Single Leg RDL
Rings Squat
Rings Cossack Stretch
Modified Pigeon Stretch

Perform the following as a Super Set (both exercises together with no rest):

3–4 sets of 15–25 reps per leg for:

1A. Cossack Squat
1B. Pistol Squat

Perform the following as a Super Set (both exercises together with no rest):

3–4 sets of 15–25 reps per leg for:

1A. Glute Bridge (move further from the anchor point to increase hamstring muscle tension)
1B. Reverse Lunge (rely less on the balance from the rings to make the lunge more difficult)

Program Notes: Rest as needed between Super Sets. Feel free to change anchor points for more muscle tension.

LOWER BODY #4

LEG CIRCUIT I

Warm-up: Perform 2 sets of 10 reps for the following:

Rings Single Leg RDL
Rings Squat
Rings Cossack Stretch
Modified Pigeon Stretch

Perform 3–4 sets of 15–25 reps per leg for:

1A. Rings Reverse Lunge
1B. Rings Glute Bridge
1C. Rings Step-Behind Lunges
1D. Rings Hamstring Curl

Program Notes: Circuit all four exercises to achieve maximum calorie burn. Rest as needed after the fourth exercise.

LOWER BODY #5

LEG CIRCUIT II

Warm-up: Perform 2 sets of 10 reps for the following:

Rings Single Leg RDL
Rings Squat
Rings Cossack Stretch
Modified Pigeon Stretch

Perform 3–4 sets of 15–25 reps per leg, alternating reps on each leg:

1A. Rings Pistol Squat
1B. Rings Step-Behind Lunges
1C. Rings Cossack Squat
1D. Rings Hamstring Curl

Program Notes: Circuit all four exercises to achieve maximum calorie burn. Rest as needed after the fourth exercise.

LOWER BODY #5

Leg Circuit II (Variant)

Warm-up: Perform 2 sets of 10 reps for the following:

Rings Single Leg RDL
Rings Squat
Rings Cossack Stretch
Modified Pigeon Stretch

Perform 2–4 sets of 15–25 reps (right leg):

1A. Rings Pistol Squat
1B. Rings Step-Behind Lunges
1C. Rings Cossack Squat

Perform 2–4 sets of 15–25 reps (left leg):

2A. Rings Pistol Squat
2B. Rings Step-Behind Lunges
2C. Rings Cossack Squat

Perform 2–4 sets of 15–25 reps (both legs):

Rings Hamstring Curl

**Program Notes: Circuit all exercises to achieve maximum calorie burn.
Rest as needed after the final exercise.**



**GYMNASTIC
RINGS AND
KETTLEBELL
(GR/KB) PROGRAM**

**GYMNASTIC RINGS
AND KETTLEBELL
(GR/KB) PROGRAM**

This set of workouts combine two of the most versatile pieces of equipment in the gym, and better yet, they're both incredibly portable. Hook your gymnastic rings up to the monkey bars at your local park and grab your favorite pair of kettlebells and suddenly you have an efficient, full body workout on the go that can be done anywhere.

How to fit these workouts into your current program:

- These workouts can be used as “Finishers” (quick, full body workouts that complete your overall workout for that day) or as standalone workouts. Simply put, “Finishers” follow a density training model with a faster (but controlled) pace while standalone workouts follow a more traditional rep and set structure.

PROGRAM NOTES

The workouts in this section should be performed in their presented order. The intensity (including the focus on lower body or upper body exercises) and volume (reps and set) in each workout builds off the ones that came before.

Here is the exercise and workout progression for this program:

Phase I

2 Upper Body Rings
2 Lower Body KB

Phase II

2 Upper Body KB
2 Lower Body Rings

Phase III

3 Upper Body Rings

1 Lower Body KB

Phase IV

1 Upper Body KB

3 Lower Body Rings

All workouts are to be done in circuit fashion (resting only after all four exercises are completed). We also suggest a full body Mobility Warm-up before each workout. An example is included below.

GR/KB MOBILITY WARM-UP

Perform 2–3 sets of 10–15 reps

Downward Dog Push-ups

Lunging Yoga Rotations

Rings Single Leg RDL

GR/KB PHASE I

Workout #1

When performed as a “Finisher”

Perform 10–15 reps of each exercise for 10 minutes total work:

- 1A. Rings Push-up (hands on handles)
- 1B. KB Swing
- 1C. Rings Row
- 1D. KB Sumo Deadlift

When performed as a standalone workout

Perform 3–6 sets of 10–20 reps per exercise:

- 2A. Rings Push-up (hands on handles)
- 2B. KB Swing
- 2C. Rings Row
- 2D. KB Sumo Deadlift

Program Notes: Circuit all four exercises to achieve maximum calorie burn. Rest as needed after the fourth exercise.

GR/KB PHASE I

Workout #2

When performed as a “Finisher”

Perform 10–15 reps of each exercise for 10 minutes total work:

- 1A. Ring Dips
- 1B. KB Overhead Walking Lunges
- 1C. Rings High Row/Rear Delt Row
- 1D. KB RDL

When performed as a standalone workout

Perform 3–6 sets of 10–20 reps per exercise:

- 2A. Ring Dips
- 2B. KB Overhead Walking Lunges
- 2C. Rings High Row/Rear Delt Row
- 2D. KB RDL

Program Notes: Circuit all four exercises to achieve maximum calorie burn. Rest as needed after the fourth exercise.

GR/KB PHASE I

Workout #3

When performed as a “Finisher”

Perform 10–15 reps of each exercise for 10 minutes total work:

- 1A. Rings Push-up (feet in cradles)
- 1B. KB Overhead Walking Lunges
- 1C. Rings 3-Way Row (all three grips = 1 rep)
- 1D. KB RDL

When performed as a standalone workout

Perform 3–6 sets of 10–20 reps per exercise:

- 2A. Rings Push-up (feet in cradles)
- 2B. KB Overhead Walking Lunges
- 2C. Rings 3-Way Row (all three grips = 1 rep) 2D. KB RDL

Program Notes: Circuit all four exercises to achieve maximum calorie burn. Rest as needed after the fourth exercise.

GR/KB PHASE I

Workout #4

When performed as a “Finisher”

Perform 10–15 reps of each exercise for 10 minutes total work:

- 1A. Rings Skull Crusher
- 1B. KB Overhead Split Squat
- 1C. Rings Reverse Biceps Curl
- 1D. KB Goblet Squat

When performed as a standalone workout

Perform 3–6 sets of 10–20 reps per exercise:

- 2A. Rings Skull Crusher
- 2B. KB Overhead Split Squat
- 2C. Rings Reverse Biceps Curl
- 2D. KB Goblet Squat

Program Notes: Circuit all four exercises to achieve maximum calorie burn. Rest as needed after the fourth exercise.

GR/KB PHASE I

Workout #5

When performed as a “Finisher”

Perform 10–15 reps of each exercise for 10 minutes total work:

- 1A. Rings Atomic Push-up
- 1B. KB Swing
- 1C. Rings Pull-ups/Chin-ups
- 1D. KB Walking RDL

When performed as a standalone workout

Perform 3–6 sets of 10–20 reps per exercise:

- 2A. Rings Atomic Push-up
- 2B. KB Swing
- 2C. Rings Pull-ups/Chin-ups
- 2D. KB Walking RDL

Program Notes: Circuit all four exercises to achieve maximum calorie burn. Rest as needed after the fourth exercise.

GR/KB PHASE II

Workout #1

When performed as a “Finisher”

Perform 10–15 reps of each exercise for 10 minutes total work:

1A. Rings Glute Bridge

1B. KB Row

1C. Rings Lunge (one foot in the cradle)

1D. KB Shoulder Press

When performed as a standalone workout

Perform 3–6 sets of 10–20 reps per exercise:

2A. Rings Glute Bridge

2B. KB Row

2C. Rings Lunge (one foot in the cradle)

2D. KB Shoulder Press

Program Notes: Circuit all four exercises to achieve maximum calorie burn. Rest as needed after the fourth exercise.

GR/KB PHASE II

Workout #2

When performed as a “Finisher”

Perform 10–15 reps of each exercise for 10 minutes total work:

1A. Rings Hamstring Curl

1B. KB Renegade Row

1C. Rings Stationary Lateral Lunge (squat laterally with feet stationary)

1D. KB Upright Row

When performed as a standalone workout

Perform 3–6 sets of 10–20 reps per exercise:

2A. Rings Hamstring Curl

2B. KB Renegade Row

2C. Rings Stationary Lateral Lunge (squat laterally with feet stationary)

2D. KB Upright Row

Program Notes: Circuit all four exercises to achieve maximum calorie burn. Rest as needed after the fourth exercise.

GR/KB PHASE III

Workout #1

When performed as a “Finisher”

Perform 10–15 reps of each exercise for 10 minutes total work:

- 1A. Rings Spiderman Push-up (feet in cradle)
- 1B. Rings Pull-up
- 1C. Rings Reverse Bicep Curl
- 1D. KB Swing

When performed as a standalone workout

Perform 3–6 sets of 10–20 reps per exercise:

- 2A. Rings Spiderman Push-up (feet in cradle)
- 2B. Rings Pull-up (hands on rings)
- 2C. Rings Reverse Bicep Curl
- 2D. KB Swing

Program Notes: Circuit all four exercises to achieve maximum calorie burn. Rest as needed after the fourth exercise.

GR/KB PHASE III

Workout #2

When performed as a “Finisher”

Perform 10–15 reps of each exercise for 10 minutes total work:

- 1A. Rings Plank Fallout
- 1B. Rings Row (hold for 3 seconds at the top)
- 1C. Rings Skull Crusher
- 1D. KB Goblet Squat

When performed as a standalone workout

Perform 3–6 sets of 10–20 reps per exercise:

- 2A. Rings Plank Fallout
- 2B. Rings Row (hold for 3 seconds at the top)
- 2C. Rings Skull Crusher
- 2D. KB Goblet Squat

Program Notes: Circuit all four exercises to achieve maximum calorie burn. Rest as needed after the fourth exercise.

GR/KB PHASE III

Workout #3

When performed as a “Finisher”

Perform 10–15 reps of each exercise for 10 minutes total work:

1A. Rings Single Arm Row

1B. Rings Single Arm Plank Fallout

1C. Rings Incline Push-up (feet in cradle; walk your body back until 30–45 degrees off the ground)

1D. KB Overhead Walking Lunges

When performed as a standalone workout

Perform 3–6 sets of 10–20 reps per exercise:

2A. Rings Single Arm Row

2B. Rings Single Arm Plank Fallout

2C. Rings Incline Push-up (feet in cradle; walk your body back until 30–45 degrees off the ground)

2D. KB Overhead Walking Lunges

Program Notes: Circuit all four exercises to achieve maximum calorie burn. Rest as needed after the fourth exercise.

GR/KB PHASE IV

Workout #1

When performed as a “Finisher”

Perform 10–15 reps of each exercise for 10 minutes total work:

- 1A. Rings Lunge (one foot in the cradle)
- 1B. Rings Glute Bridge
- 1C. Rings Cossack Squat
- 1D. KB Row

When performed as a standalone workout

Perform 3–6 sets of 10–20 reps per exercise:

- 2A. Rings Lunge (one foot in the cradle)
- 2B. Rings Glute Bridge
- 2C. Rings Cossack Squat
- 2D. KB Row

Program Notes: Circuit all four exercises to achieve maximum calorie burn. Rest as needed after the fourth exercise.

GR/KB PHASE IV

Workout #2

When performed as a “Finisher”

Perform 10–15 reps of each exercise for 10 minutes total work:

1A. Rings Leg Curl

1B. Rings Pistol Squat

1C. Rings Power Alternate Lateral Lunge (push back to standing position after each rep)

1D. KB Upright Row

When performed as a standalone workout

Perform 3–6 sets of 10–20 reps per exercise:

2A. Rings Leg Curl

2B. Rings Pistol Squat

2C. Rings Power Alternate Lateral Lunge (push back to standing position after each rep)

2D. KB Upright Row

Program Notes: Circuit all four exercises to achieve maximum calorie burn. Rest as needed after the fourth exercise.

GR/KB PHASE IV

Workout #3

When performed as a “Finisher”

Perform 10–15 reps of each exercise for 10 minutes total work:

1A. Rings Reverse Lunge

1B. Rings Squat Jump

1C. Rings Alternating Leg Curl (continuous leg curls, like running)

1D. KB Shoulder Press

When performed as a standalone workout

Perform 3–6 sets of 10–20 reps per exercise:

2A. Rings Reverse Lunge

2B. Rings Squat Jump

2C. Rings Alternating Leg Curl (continuous leg curls, like running)

2D. KB Shoulder Press

Program Notes: Circuit all four exercises to achieve maximum calorie burn. Rest as needed after the fourth exercise.

GR/KB PHASE IV

Workout #4

When performed as a “Finisher”

Perform 10–15 reps of each exercise for 10 minutes total work:

- 1A. Rings Step Behind Lunges
- 1B. Rings Glute Bridge (stay further back from the anchor point for more hamstring activation)
- 1C. Rings Jump Lunges
- 1D. KB Renegade Row

When performed as a standalone workout

Perform 3–6 sets of 10–20 reps per exercise:

- 2A. Rings Step Behind Lunges
- 2B. Rings Glute Bridge (stay further back from the anchor point for more hamstring activation)
- 2C. Rings Jump Lunges
- 2D. KB Renegade Row

Program Notes: Circuit all four exercises to achieve maximum calorie burn. Rest as needed after the fourth exercise.



**BASIC CORE
STABILITY WORKOUTS**

**BASIC CORE
STABILITY
WORKOUTS**

This series of workouts focus on one of the greatest benefits of gymnastic rings: core stability. However, what is the difference between core stability and core strength?

Core stability is the capacity to reduce, produce, and stabilize force through the trunk/torso area while maintaining a neutral lumbar spine (such as is used during Overhead Squats and Deadlifts). This is the primary purpose of your core and will keep you strong and injury-free in the long run. Exercises that focus on core stability (which work great with gymnastic rings) include Planks, Fallouts and Side Planks.

Core strength is the body's capacity to flex, extend, bend and rotate the spine, using your core muscles as the primary movers. Focusing on core strength is the old-school way of training your core, using exercises like crunches, sit-ups, back hyperextensions and side bends, as well as rotational exercises like the Russian Twist.

So, if focusing on core strength is the old-fashioned way of doing things, does this mean you should never crunch again?

The answer is, of course not. But it does mean that crunches should not be your *primary* method of training your core muscles.

How to fit these workouts into your current program:

These may be the most versatile workouts included in this program collection.

- The workouts can enhance the core stability programs in the FUNCTIONAL ATHLETICS and FUNCTIONAL POWERLIFTER programs.
- These workouts can be serve as a progression after completing the HEALTHY REHAB: BACK workouts.
- These workouts can be used as “Finishers” (quick, full body workouts that complete your overall workout for that day) after a traditional strength program.
- These workouts can also act as a full body warm-up and a perfect transition to higher intensity work for those who exercise very early in the day.

PROGRAM NOTES

Utilizing gymnastic rings, this program focuses on the four core stability groups:

Anterior core stability (anti-extension)

Lateral core stability (anti-lateral flexion)

Rotational stability (anti-rotation)

Hip flexion (with neutral spine)

Because of the nature of gymnastic rings, most of the exercises featured in these programs are from the anterior core stability and hip flexion groups. There are a limited number of lateral core stability and rotational stability exercises available when using only gymnastic rings.

To balance this, each workout includes exercises from multiple core stability groups to create balance. (The bonus core stability workouts in the next section combine gymnastic rings and the cable machine to allow for additional lateral core stability and rotational stability exercises for the ultimate core combo.)

BASIC CORE STABILITY

Workout #1

Perform 3–5 sets of the following:

Upper Body Rotations (8 reps per side)

Stand facing the anchor point with both hands on the handles.

Front Plank Alternating Fallouts (12 reps per side)

Assume Push-up position facing away from the anchor point with both hands on the handles.

Push-up Knee Tuck (15 reps)

Assume Push-up position facing away from the anchor point with feet in cradles and both hands on the floor.

BASIC CORE STABILITY

Workout #2

Perform 3–5 sets of the following:

Kneeling Front Plank (30–60 seconds)

Kneeling away from anchor point with both hands on the handles.

Pallof Press (6 reps each side; hold each rep 3–5 seconds)

Stand laterally/perpendicular/sideways from the anchor point in a staggered stance with both hands on the handles.

Single Leg Drive/Bicycle Crunch (12 per leg)

Lay supine with both hands on the handles.

BASIC CORE STABILITY

Workout #3

Perform 3–5 sets of the following:

Front Plank (30–60 seconds)

Assume Push-up position facing away from the anchor point with both hands on the handles.

Single Leg Raise (12 per leg)

Lay supine with both hands on the handles.

Side Plank (12 reps each side)

Face away from the anchor point with feet in the cradles and elbow on the floor.

BASIC CORE STABILITY

Workout #4

Perform 3–5 sets of the following:

Overhead Pallof Press (6 reps each side; hold each rep 3–5 seconds)

Stand laterally/perpendicular/sideways from the anchor point in a staggered stance with both hands on the handles.

Front Plank Alternate Circle Fallouts (10 reps each side)

Assume Push-up position, facing away from the anchor point with both hands on the handles. Alternate circles with each arm as you do the Fallout exercise.

Single Leg Circle (10 reps each side)

Lay supine with both hands on the handles.

BASIC CORE STABILITY

Workout #5

Perform 3–5 sets of the following:

Side Bends (6 reps each side; hold each rep 3–5 seconds)

Stand laterally/perpendicular/sideways from the anchor point in a staggered stance with both hands on the handles.

Front Plank Figure-8 Fallouts (8 reps each direction)

Assume Push-up position facing away from the anchor point with both hands on the handles. Make a figure-8 motion with both arms simultaneously as you do the Fallout exercise.

Janda Sit-up (10–15 reps)

Lay supine with both feet in the cradles. This movement is done by performing a traditional situp, emphasizing the push of your heels into the cradles to activate the hamstrings, which turns off the hips, and allows your core to do all the work.

BASIC CORE STABILITY

Workout #6

Perform 3–5 sets of the following:

Upper Body Rotations (8 reps each side)

Stand facing the anchor point with both hands on the handles.

Front Plank (30–60 seconds)

Assume traditional Plank stance facing away from the anchor point with feet in cradle.

Double Leg Circle (15 reps)

Lay supine with both hands on the handles doing figure “8”s with your legs

BASIC CORE STABILITY

Workout #7

Perform 3–5 sets of the following:

Pallof Press (6 reps each side; hold each rep 3–5 seconds)

Stand laterally/perpendicular/sideways from the anchor point in a staggered stance with both hands on the handles.

Front Plank Fallouts (15–20 reps)

Assume Push-up position facing away from the anchor point with both hands on the handles.

Side Plank with Rotation (8 reps each side)

Face away from the anchor point with feet in the cradles and elbow on the floor.

BASIC CORE STABILITY

Workout #8

Perform 3–5 sets of the following:

Front Plank Single Arm Fallouts (8 reps each arm)

Assume Push-up position facing away from the anchor with one hand on the handle/ring. Start more upright and with feet wider than your traditional Plank.

Crunch (15–20 reps)

Begin supine with feet in cradles. Keep knees fixed at 90 degrees.

Double Leg Drive (15 reps)

Lay supine with both hands on the handles.

BASIC CORE STABILITY

Workout #9

Perform 3–5 sets of the following:

Elbow Push-ups (8–12 reps)

Assume traditional Plank position facing away from anchor point with feet in the cradles and elbows on the floor.

Double Leg Circle (8 reps each direction)

Lay supine with both hands on the handles.

Side Plank Raise (15 reps each side)

Face away from the anchor point with feet in the cradles and elbow on the floor.

BASIC CORE STABILITY

Workout #10

Perform 3–5 sets of the following:

Saws (15 reps)

Assume traditional Plank position facing away from anchor point with feet in the cradles and elbows on the floor.

Push-up Walkouts (6 reps)

Assume Push-up position, facing away from the anchor point with your feet in the cradles and hands on the floor. One rep is 3–4 hand steps out and back.

Double Crunch (20 reps)

Lay supine with both hands on the handles. This movement combines the Crunch with the Reverse Crunch.

BASIC CORE STABILITY

Workout #11

Perform 3–5 sets of the following:

Kneeling Front Plank Fallouts (12 reps)

Perform kneeling, facing away from the anchor point with both hands on the handles.

X-Over Mountain Climber (10 reps each side)

Assume Push-up position facing away from the anchor point with feet in the cradles and both hands on the floor. Perform super slowly.

Double Leg Raise (15 reps)

Lay supine with both your hands on the handles.

BASIC CORE STABILITY

Workout #12

Perform 3–5 sets of the following:

Inside Leg Side Plank (8–12 reps each side)

Face away from the anchor point with one foot in the cradles and elbow on the floor.

Double Crunch (20 reps)

Lay supine with both hands on the handles. This movement combines the Crunch with the Reverse Crunch.

Oblique Crunch (10 reps each side)

Assume Push-up position facing away from the anchor point with feet in the cradles and hands on the floor.

BASIC CORE STABILITY

Workout #13

Perform 3–5 sets of the following:

Single Leg Side Plank (30 seconds each side)

Face away from the anchor point with one foot in the cradles and elbow on the floor.

Reverse Crunch (20 reps)

Lay supine with both hands on the handles.

Pike (10 reps)

Assume Push-up position facing away from the anchor point with feet in the cradles and hands on the floor.

BASIC CORE STABILITY

Workout #14

Perform 3–5 sets of the following:

Inside Leg Side Plank Raise (10 reps each side)

Face away from the anchor point with one foot in the cradles and elbow on the floor.

Push-up Plank (30–60 seconds)

Assume Push-up position facing away from the anchor point with feet in the cradles and hands on the floor.

Side Bends (6 reps each side; hold each rep 3–5 seconds)

Stand laterally/perpendicular/sideways from the anchor point in a staggered stance with both hands on the handles.

BASIC CORE STABILITY

Workout #15

Perform 3–5 sets of the following:

Single Leg Side Plank Raise (10 reps each side)

Face away from the anchor point with one foot in the cradles and elbow on the floor.

Mountain Climber (10 reps each side)

Assume Push-up position facing away from the anchor point with feet in the cradles and both hands on the floor. Perform very slowly.

Crunch (20 reps)

Begin supine with feet in cradles. Keep knees fixed at 90 degrees.

**ADVANCED CORE
STABILITY WORKOUTS**

**ADVANCED CORE
STABILITY
WORKOUTS**

In this section, we supplement our gymnastic rings-only core stability workouts with the addition of the cable machine and a heavy set of dumbbells. Gymnastic rings, by their nature, are intended for gravity-based movements, which lends them to anterior stability and hip flexion exercises. Think of this as “north” and “south.” The cable machine specializes in the horizontal plane—“east” and “west”—which makes it perfect for training rotational stability. Dumbbells provide an option for single arm gravity-based movements and is perfect for training lateral stability.

How to fit these workouts into your current program:

- You can easily include these workouts to your current commercial gym program. Just hang your gymnastic rings from the cable crossover or dual cable machine and grab a set of heavy dumbbells. You can also make this set-up work at a hotel gym, provided they have some sort of cable machine.
- You can also easily pull this off in your home garage gym. Simply hang your gymnastic rings from your power rack. Hang your single pulley cable system (or else substitute with a strength band) from your power rack as well and pick up a set of heavy dumbbells, and you’re all set.

PROGRAM NOTES

- Each workout in this section includes exercises drawn from every core stability group to create the ultimate core balance.
- You have the option to Super Set or circuit the exercises for time or intensity.
- General reps and sets are assigned to each exercise, but please use these only as guidelines.
- The Pallof Press exercise is designed for lateral stability, which is why the reps are 3 second holds with your arms extended. 1 rep = 3 seconds and 1 set = 6 reps.

- The Farmer's Walk/Carry is difficult to program, as every person's situation is different. Available space for walking in a commercial gym is different from a garage gym set-up, for example. Therefore, these reps have been programmed as "down and back," so that you always finish where the rest of your Core Stability Workout started.

ADVANCED CORE STABILITY

Workout #1

Perform 3 sets of the following:

Cable Machine Kneeling Pallof Press (6 reps of 3 seconds each per side)

Perform with your back knee resting on the ground.

Kneeling Front Plank Fallouts (12 reps)

Perform kneeling, facing away from the anchor point with your hands on the handles.

Farmer's Walk (30 yards each direction, down and back)

Perform holding two dumbbells at your sides.

Double Crunch (20 reps)

Lay supine with both hands on the handles. This movement combines the Crunch with the Reverse Crunch.

ADVANCED CORE STABILITY

Workout #2

Perform 3 sets of the following:

Cable Machine Lunging Pallof Press (6 reps of 3 seconds each per side)

Perform with your back knee resting off the ground.

Double Leg Raise (15 reps)

Perform laying supine with both hands on the handles.

Single Arm Farmer's Walk (30 yards each arm, down and back)

Perform holding a dumbbell at your side.

Saws (15 reps)

Assume traditional Plank position, facing away from the anchor point with feet in the cradles and elbows on the floor.

ADVANCED CORE STABILITY

Workout #3

Perform 3 sets of the following:

Cable Machine Lunging Pallof Overhead Press (6 reps of 3 seconds each per side)

Perform with your back knee resting off the ground.

Pike (10 reps)

Assume Push-up position facing away from the anchor point with feet in the cradles and hands on the floor.

Single Arm Front Rack Farmer's Walk (30 yards each direction, down and back)

Perform holding one dumbbell like you are about to do a Shoulder Press.

Front Plank Alternate Fallouts (12 reps each side)

Assume Push-up position facing away from the anchor point with both hands on the handles.

ADVANCED CORE STABILITY

Workout #4

Perform 3 sets of the following:

Cable Machine Lateral Walking Pallof Press (5 reps each direction)

1 rep is equal to 3 shuffles/lateral walks.

Elbow Push-ups (8–12 reps)

Assume traditional Plank position facing away from anchor point with feet in the cradles and elbows on the floor.

Cross Body Farmer's Carry (30 yards each direction, down and back)

Hold one dumbbell overhead and one dumbbell at your side.

Double Leg Circle (15 reps)

Lay supine with both hands on the handles.

ADVANCED CORE STABILITY

Workout #5

Perform 3 sets of the following:

Cable Machine Standing Pallof Press (6 reps of 3 seconds each per side)

Single Arm Overhead Farmer's Walk (30 yards each arm, down and back)

Perform holding one dumbbell like you are about to do an Overhead Press.

Push-up Knee Tuck (15 reps)

Assume Push-up position facing away from the anchor point with feet in the cradles and hands on the floor.

Double Leg Circle (8 reps each direction)

Lay supine with both hands on the handles.

**FAT BURN
WORKOUTS**

**FAT BURN
WORKOUTS**

This series of workouts is ideal for the home gym/garage gym athlete. They can also be very beneficial for the person who travels frequently and whose workouts are often relegated to the hotel gym.

In other words, these workouts are for the person who has direct access to cardio machines and gymnastic rings in the same space. For this reason, these are not the most ideal protocols for the commercial gym setting where the cardio section is typically set apart from the racks and pull-up bars.

These workouts combine full body strength and core exercises with short bursts of high intensity cardio, longer bouts of low intensity cardio, and 20 minutes of continuous cardio.

How to fit these workouts into your current program:

These are standalone workouts programmed into a 4-week phase. Each week builds in volume:

- **Week 1:** 2 sets of 10–15 reps = 20–30 total reps per exercise
- **Week 2:** 2 sets of 15–20 reps = 30–40 total reps per exercise
- **Week 3:** 3 sets of 12–15 reps = 36–45 total reps per exercise
- **Week 4:** 3 sets of 15–20 reps = 45–60 total reps per exercise

Each workout is programmed to be finished in 40–60 minutes (based on the weekly volume). We recommend performing these workouts on non-consecutive days.

PROGRAM NOTES

These programs make use of both high-intensity and low-intensity cardio.

High intensity cardio options include, but are not limited to:

- Heavy Sled Push, Air Dyne Bike Sprint, Erg/Rower Sprint, Treadmill Sprint, Outdoor Sprint, Hill Sprint, Jump Rope, and/or Battle Ropes

Low intensity cardio options include, but are not limited to:

- Stationary Bike, Air Dyne, Erg/Rower, Outdoor Jog, Slower Jump Rope, Light Sled Push

We suggest a Full Body Mobility Warm-up before each workout. Below is an example:

FULL BODY FAT BURN WARM-UP

Perform 2 sets of 10 reps each for:

Rings Lunge to Chest Fly/Stretch (face away from the anchor point)

Lunging Yoga Rotations

Rings Single Leg RDL

FAT BURN WORKOUTS: WEEK 1

The following workouts are performed as a circuit, meaning you complete all exercises before resting, if needed.

These workouts are constructed from the following template:

Glute Bridge or Leg Curl variation

Upper Body Pull exercise (such as Row or Pull-up)

Squat variation

20–30 seconds high-intensity cardio

Core/abdominal exercise

Upper Body Push exercise (Chest or Shoulders)

2 minutes lower intensity cardio

FAT BURN WEEK 1

Workout #1

Perform 2 sets of 10–15 reps each for:

1A. Glute Bridge

1B. Row

1C. Pistol Squat

1D. 20–30 seconds high-intensity cardio

1E. Plank (hands on handles)

1F. Atomic Push-up

1G. 2 minutes low intensity cardio

Finish with 20 minutes cardio at 60–70% of your max heart rate (MHR)

Program Notes: Circuit all exercises until completed, resting as necessary after the final exercise.

FAT BURN WEEK 1

Workout #2

Perform 2 sets of 10–15 reps each for:

1A. Leg Curl

1B. Chin up or Pull up

1C. Reverse Lunge

1D. 20–30 seconds of high-intensity cardio

1E. Side Plank Raise

1F. Incline Push-up

1G. 2 minutes of lower intensity cardio

Finish with 20 minutes cardio at 60–70% of your max heart rate (MHR)

Program Notes: Circuit all exercises until completed, resting as necessary after the final exercise.

FAT BURN WEEK 1

Workout #3

Perform 2 sets of 10–15 reps each for:

1A. Rings Alternating Leg Curl (continuous leg curls, like running)

1B. High Row/Rear Delt Row

1C. Cossack Squat

1D. 20–30 seconds high-intensity cardio

1E. Anchor Alternate Leg Raise

1F. Skull Crushers

1G. 2 minutes low intensity cardio

Finish with 20 minutes cardio at 60–70% of your max heart rate (MHR)

Program Notes: Circuit all exercises until completed, resting as necessary after the final exercise.

FAT BURN

WORKOUTS: WEEK 2

In the second week of this program, we replace the lower body pull (the Bridge or Curl variation) with a second squat variation. Continue to circuit all the exercises until completed, increasing to 2 sets of 15–20 reps for each exercise. Continue using the same Full Body Mobility Warm-up before each workout, below:

Full body Fat burn Warm-up

Perform 2 sets of 10 reps each for:

Rings Lunge to Chest Fly/Stretch (face away from the anchor point)

Lunging Yoga Rotations

Rings Single Leg RDL

FAT BURN WEEK 2

Workout #1

Perform 2 sets of 15–20 reps each for:

1A. Squat Jump

1B. “T” Raise

1C. Step Behind Lunges

1D. 20–30 seconds high-intensity cardio

1E. Plank Fallout (move closer to the anchor point)

1F. Spiderman Push-up

1G. 2 minutes lower intensity cardio

Finish with 20 minutes cardio at 60–70% of your max heart rate (MHR)

Program Notes: Circuit all exercises until completed, resting as necessary after the final exercise.

FAT BURN WEEK 2

Workout #2

Perform 2 sets of 15–20 reps each for:

1A. Lunge Jumps

1B. “Y” Raise

1C. Lunge (one foot in the cradle)

1D. 20–30 seconds high-intensity cardio

1E. Plank Pikes (hands on the floor/feet in the cradles)

1F. Chest Flies

1G. 2 minutes lower intensity cardio

Finish with 20 minutes cardio at 60–70% of your max heart rate (MHR)

Program Notes: Circuit all exercises until completed, resting as necessary after the final exercise.

FAT BURN WEEK 2

Workout #3

Perform 2 sets of 15–20 reps each for:

- 1A. Skater Squat (similar to Reverse Lunge but back foot never touches the ground)
 - 1B. Rings Pull-up or Chin-up (assisted if necessary)
 - 1C. Mini Lunge Jump (one foot in the cradle)
 - 1D. 20–30 seconds high-intensity cardio
 - 1E. Anchored Double Leg Raise
 - 1F. Dips
 - 1G. 2 minutes lower intensity cardio
- Finish with 20 minutes cardio at 60–70% of your max heart rate (MHR)

Program Notes: Circuit all exercises until completed, resting as necessary after the final exercise.

FAT BURN

FAT BURN

WORKOUTS: WEEK 3

In the third week of this program, we return to the same exercises as Week 1, but with added Intensity Techniques:

- **Cluster Sets:** One set broken down into three mini sets
- **Mechanical Drop Sets:** Moving to an “easier” body angle or position when exhausted in order to finish the set
- **ISO Holds:** Holding the last rep of an exercise for an extra 5–10 seconds

Continue to circuit all the exercises until completed, increasing to 3 sets of 12–15 reps for each exercise. Continue using the same Full Body Mobility Warm-up before each workout, below:

Full body Fat burn Warm-up

Perform 2 sets of 10 reps each for:

Rings Lunge to Chest Fly/Stretch (face away from the anchor point)

Lunging Yoga Rotations

Rings Single Leg RDL

FAT BURN WEEK 3

Workout #1

Perform 3 sets of 12–15 reps each for:

1A. Glute Bridge

1B. Row: ISO Hold

Hold last rep for 5–10 seconds each set

1C. Pistol Squat

1D. 20–30 seconds high-intensity cardio

1E. Plank (hands on handles)

1F. Atomic Push-up: Mechanical Drop Set

Start with a body angle/leverage point that allows for only 8 reps then move back up towards the anchor point to improve body angle/leverage point to finish 12–15 reps

1G. 2 minutes lower intensity cardio

Finish with 20 minutes cardio at 60–70% of your max heart rate (MHR)

Program Notes: Circuit all exercises until completed, resting as necessary after the final exercise.

FAT BURN WEEK 3

Workout #2

Perform 3 sets of 12–15 reps each for:

1A. Leg Curl

1B. Chin-up or Pull-up: Cluster Set

Do 3–4 reps less than your max effort from Week 1, but for 3 mini sets

1C. Reverse Lunge

1D. 20–30 seconds high-intensity cardio

1E. Side Plank Raise

1F. Incline Push-up: Mechanical Drop Set

Start with a body angle/leverage point that allows for only 8 reps then switch to the standard ST Pushup (hands in the handles) to finish 12–15 reps

1G. 2 minutes lower intensity cardio

Finish with 20 minutes cardio at 60–70% of your max heart rate (MHR)

Program Notes: Circuit all exercises until completed, resting as necessary after the final exercise.

FAT BURN WEEK 3

Workout #3

Perform 3 sets of 12–15 reps each for:

1A. Rings Alternating Leg Curl (continuous leg curls, like running)

1B. High Row/Rear Delt Row: ISO Hold

Hold last rep for 5–10 seconds each set

1C. Cossack Squat

1D. 20–30 seconds high-intensity cardio

1E. Anchor Alternate Leg Raise

1F. Skull Crushers: Mechanical Drop Set

Start with a body angle/leverage point that allows for only 8 reps then move back up towards the anchor point to improve body angle/leverage point to finish 12–15 reps

1G. 2 minutes lower intensity cardio

Finish with 20 minutes cardio at 60–70% of your max heart rate (MHR)

Program Notes: Circuit all exercises until completed, resting as necessary after the final exercise.

FAT BURN

WORKOUTS: WEEK 4

In the final week of this program, we return to the same exercises as Week 2, but with added Intensity Techniques:

- **Cluster Sets:** One set broken down into three mini sets
- **Mechanical Drop Sets:** Moving to an “easier” body angle or position when exhausted in order to finish the set
- **ISO Holds:** Holding the last rep of an exercise for an extra 5–10 seconds

Continue to circuit all the exercises until completed, increasing to 3 sets of 15–20 reps for each exercise. Continue using the same Full Body Mobility Warm-up before each workout, below:

Full body Fat burn Warm-up

Perform 2 sets of 10 reps each for:

Rings Lunge to Chest Fly/Stretch (face away from the anchor point)

Lunging Yoga Rotations

Rings Single Leg RDL

FAT BURN WEEK 4

Workout #1

Perform 3 sets of 15–20 reps each for:

1A. Squat Jump

1B. “T” Raise: ISO Hold

Hold last rep for 5–10 seconds each set

1C. Step Behind Lunges

1D. 20–30 seconds high-intensity cardio

1E. Plank Fallout: Mechanical Drop Set

Start with a body angle/leverage point that allows for only 8 reps then move back up towards the anchor point to improve body angle/leverage point to finish 12–15 reps

1F. Spiderman Push-up

1G. 2 minutes lower intensity cardio

Finish with 20 minutes cardio at 60–70% of your max heart rate (MHR)

Program Notes: Circuit all exercises until completed, resting as necessary after the final exercise.

FAT BURN WEEK 4

Workout #2

Perform 3 sets of 15–20 reps each for:

1A. Lunge Jumps

1B. “Y” Raise: ISO Hold

Hold last rep for 5–10 seconds each set

1C. Lunge (one foot in the cradle)

1D. 20–30 seconds high-intensity cardio

1E. Plank Pikes (hands on the floor/feet in the cradles)

1F. Chest Flies: Mechanical Drop Set

Transition to Push-up if you cannot finish 15–20 straight Chest Fly reps

1G. 2 minutes lower intensity cardio

Finish with 20 minutes cardio at 60–70% of your max heart rate (MHR)

Program Notes: Circuit all exercises until completed, resting as necessary after the final exercise.

FAT BURN WEEK 4

Workout #3

Perform 3 sets of 15–20 reps each for:

- 1A. Skater Squat (similar to Reverse Lunge but back foot never touches the ground)
 - 1B. Rings Pull-up or Chin-up: Mechanical Drop Set
Transition to ST Assisted Pull-up or Chin-up if you cannot do 15–20 straight Pull-ups or Chin-ups
 - 1C. Mini Lunge Jump (one foot in the cradle)
 - 1D. 20–30 seconds high-intensity cardio
 - 1E. Anchored Double Leg Raise: ISO Hold
Hold your feet 6 inches off the ground for 5–10 seconds on last rep
 - 1F. Dips
 - 1G. 2 minutes lower intensity cardio
- Finish with 20 minutes cardio at 60–70% of your max heart rate (MHR)

Program Notes: Circuit all exercises until completed, resting as necessary after the final exercise.



**HEALTHY REHAB:
KNEES**

**HEALTHY REHAB:
KNEES**

Also known as “pre-hab,” a play on “rehabilitation,” healthy rehab exercises apply the recovery techniques used in physical therapy to promote injury prevention. In other words, think of these exercises as recovery from injuries you haven’t yet received—pre-habilitation.

Of course, you cannot prevent every injury; but by including prehab work in your program, you can help prevent muscle imbalances and offset the repetitive motion of your sport or lifting routine.

The workouts in this program combine physical therapy-based exercises and mobility exercises to restore proper function and help prevent nagging sprains and strains.

How to fit these workouts into your current program:

These workouts work well as:

- Mobility/activation warm-ups for your traditional Squat Days (Machine, Dumbbell or Barbell)
- Recovery workouts during a rest week
- A “Return to Play” protocol after a few days off from the gym

PROGRAM NOTES

The workouts in this program have been arranged purposefully, and progress from beginner to advanced through increasing intensity. Focus on maintaining slow and controlled reps throughout.

Disclaimer: These exercises are not intended to diagnose any medical condition/injury or to replace your healthcare professional. They are not intended to replace a rehabilitation program directed by a Physical Therapist or Athletic Trainer. If you experience any pain or difficulty with these exercises, stop and consult your health-care provider.

HEALTHY REHAB: KNEES

Workout #1

Perform 3–5 sets of the following:

ISO Glute Bridge (30 seconds)

Lay supine with both feet in the foot cradles. Hold hip extension, keeping glutes off the ground.

Front Plank (30–60 seconds)

Keep both hands on the handles

Single Leg RDL (8–12 reps per leg)

HEALTHY REHAB: KNEES

Workout #2

Perform 3–5 sets of the following:

Foam Roll Massage IT Band (60 seconds per leg)

Piriformis/Glute Stretch (8–12 reps per leg)

Grab the handles while facing the anchor point, cross your legs (ankle over knee) and sit back into a Single Leg Squat, feeling the stretch in your outer hips.

Supine Straight Leg Hip Extension (20 reps)

Keep both feet in the cradles.

HEALTHY REHAB: KNEES

Workout #3

Perform 3–5 sets of the following:

Glute Bridge (20 reps)

Lay supine with both feet in the foot cradles.

Front Plank (30–60 seconds)

Keep feet in cradles. Once complete, progress movement to ST Saw.

ISO Hold Cossack Stretch

Hold each side for 20 seconds.

Quick Progression: If your knees are feeling good, progress to the Cossack Squat for 8 reps per side, holding each rep for 3-5 seconds.

HEALTHY REHAB: KNEES

Workout #4

Perform 3–5 sets of the following:

Calf Stretch (15 reps each ankle)

Face away from the anchor point with handles at eye level and duplicate the standard Wall Calf Stretch. Hold each rep 3–5 seconds.

Standing IT Band Stretch (10 reps)

Hold each rep 3–5 seconds.

Leg Curl (20 reps)

Lay supine with both feet in the foot cradles.

HEALTHY REHAB: KNEES

Workout #5

Perform 3–5 sets of the following:

Piriformis/Glute Stretch (10 reps per leg)

Assume pigeon pose, facing the anchor with both hands on the handles.

Lean your upper body forward while reaching your hands towards the anchor point. Hold each rep 3–5 seconds.

Lunge Stretch (10 reps per leg)

Keep one foot in the cradle with the same knee on the floor. Hold each rep 3–5 seconds.

Kettlebell Sumo Deadlift (20 reps)

**HEALTHY REHAB:
BACK**

**HEALTHY REHAB:
BACK**

These workouts focus on lower back strength and flexibility, core strength and stability, and hip flexibility.

How to fit these workouts into your current program:

These workouts work well as:

- Mobility/activation warm-ups for your traditional Deadlift Days (Machine, Dumbbell or Barbell)
- Recovery workouts during a rest week
- A “Return to Play” protocol after a few days off from the gym

PROGRAM NOTES

The workouts in this program have been arranged purposefully, and progress from beginner to advanced through increasing intensity. Focus on maintaining slow and controlled reps throughout.

The primary goals of these workouts are to:

- Strengthen the lower back, glutes and core stability
- Stretch/mobilize/massage the IT band, thoracic spine, and hips

HEALTHY REHAB: BACK

Workout #1

Perform 3–5 sets of the following:

Single Leg Glute Bridge (8–12 reps per leg)

Lay supine with one foot in the foot cradles.

Supine Supported Leg Drive (8–12 reps per leg)

Similar to Bicycle Crunch with one foot on the ground (supported).

Good Mornings (20 reps)

Perform facing the anchor point with both hands on the handles.

HEALTHY REHAB: BACK

Workout #2

Perform 3–5 sets of the following:

Supine Supported Leg Raise (8–12 reps per leg)

Similar to Leg Raise, with one foot on the ground (supported).

Single Leg RDL (8–12 reps per leg)

Lunge to Overhead Reach/Stretch (8–12 reps per leg)

Perform facing away from the anchor point.

HEALTHY REHAB: BACK

Workout #3

Perform 3–5 sets of the following:

Supine Double Leg Drive

Drive both legs out to about 45 degrees.

Piriformis/Glute Stretch (8–12 reps per leg)

Grab the handles facing the anchor point, cross your legs (ankle over knee) and sit back into a single leg squat feeling the stretch in your outer hips.

Glute Bridge (20 reps)

Lay supine with both feet in the foot cradles.

HEALTHY REHAB: BACK

Workout #4

Perform 3–5 sets of the following:

Supine Double Leg Raise (12–15 reps)

Foam Roll Massage Quad (30–60 seconds per leg)

Lunge Stretch (30 seconds per leg)

HEALTHY REHAB: BACK

Workout #5

Perform 3–5 sets of the following:

Plank Fallouts

Foam Roll Massage Glute

Standing IT Band Stretch (10 reps)

Hold each rep 3–5 seconds.



**HEALTHY REHAB:
SHOULDERS**

**HEALTHY REHAB:
SHOULDERS**

These workouts focus on the upper back, posture stability and strength, and chest and latissimus dorsi (lats) flexibility.

How to fit these workouts into your current program:

These workouts work well as:

- Mobility/activation warm-ups for your traditional Upper Body Days (Machine, Dumbbell or Barbell)
- Recovery workouts during a rest week
- A “Return to Play” protocol after a few days off from the gym

PROGRAM NOTES

The workouts in this program have been arranged purposefully, and progress from beginner to advanced through increasing intensity. Focus on maintaining slow and controlled reps throughout.

The primary goals of these workouts are to:

- Strengthen the upper back and core stability
- Stretch/mobilize/massage the chest, latissimus dorsi (lats), and thoracic spine

These workouts also introduce a variant of the ISO Hold Intensity Technique known as Dynamic Isometrics (D-ISO). Dynamic Isometrics requires you to hold the contraction or position while simultaneously adjusting your body position/angle.

To perform D-ISO reps, walk towards the anchor (4–8 inches) from the original body position to increase the leverage while holding the position. This increases the tension being exerted on the muscle.

HEALTHY REHAB: SHOULDERS

Workout #1

Perform 3–5 sets of the following:

Shoulder Blade Retraction and Protraction (20 reps)

Rings Lunge to Chest Fly/Stretch (8 reps per leg)

Perform facing away from the anchor point.

Rings ISO “T” Raise (20–30 seconds)

Hold the “T” Raise for 3–5 seconds.

HEALTHY REHAB: SHOULDERS

Workout #2

Perform 3–5 sets of the following:

High Row/Rear Delt Row (15–20 reps)

Supine Double Leg Drive (12–15 reps)

Drive both legs out to about 45 degrees.

ISO “L” Raise (20–30 seconds)

Hold “L” Raise (90/90 external rotation) for 3–5 seconds.

HEALTHY REHAB: SHOULDERS

Workout #3

Perform 3–5 sets of the following:

ISO “Y” Raise (20–30 seconds)

Hold “Y” Raise for 3–5 seconds.

Rings Pull-up/Chin-up (8–12 reps)

Add a weight vest (if possible) after 12 reps. If not using a weight vest, add 5 second eccentrics (take 5 seconds to lower yourself) to reach rep count.

Rings Lunge to Overhead Reach/Stretch (8 reps per leg)

Perform facing away from the anchor point.

HEALTHY REHAB: SHOULDERS

Workout #4

Perform 3–5 sets of the following:

D-ISO “Y” Raise (20 seconds)

Hold the “Y” Raise while you slowly inch your feet closer and further from the anchor point.

Row (15–20 reps)

D-ISO “T” Raise (20 seconds)

Hold the “T” Raise while you slowly inch your feet closer and further from the anchor point.

HEALTHY REHAB: SHOULDERS

Workout #5

Perform 3–5 sets of the following:

High Row to “L” Raise (8–12 reps)

Rings Over Head Squat (8–12 reps)

Plank Fallouts (8–12 reps)

HEALTHY REHAB: SHOULDERS

Workout #6

Perform 3–5 sets of the following:

D-ISO “L” Raise (20 seconds)

Hold the “L” Raise while you slowly inch your feet closer and further from the anchor point.

Foam Roll Massage Lats (30 seconds per side)

Supine Double Leg Raise (12–15 reps)

HEALTHY REHAB: SHOULDERS

Workout #7

Perform 3–5 sets of the following:

“T” Raise (12–15 reps)

Rings Lunge to Chest Fly/Stretch (8 reps each leg)

Perform facing away from the anchor point.

D-ISO “Y” Raise (20 seconds)

Hold the “Y” Raise while you slowly inch your feet closer and further from the anchor point.

Foam Roll Massage Thoracic Spine (30 seconds)

HEALTHY REHAB: SHOULDERS

Workout #8

Perform 3–5 sets of the following:

“Y” Raise (12–15 reps)

Rings Lunge to Overhead Reach/Stretch (8 reps per leg)

Perform facing away from the anchor point.

“L” Raise (12–15 reps)



**FUNCTIONAL
ATHLETICS
WORKOUTS**

**FUNCTIONAL
ATHLETICS:
WORKOUTS**

This 16-week program uses gymnastic rings exclusively to build a foundational strength base for athletes in all sports. Gymnastic rings are a fantastic tool for young athletes learning how to reduce, stabilize, and produce force. This foundation can lead to proper strength and speed development as the athlete grows older and starts a traditional strength program.

The workouts focus on full body strength, foundational movements (Squat, Deadlift, Push, and Row), core stability (which ties into back health), balance (single leg and arm exercises), and proactive healthy joints (shoulders, back, knees).

How to fit these workouts into your current program:

These workouts are designed with the youth athlete in mind. To implement this program, consider:

- Bring a set of gymnastic rings to the playground. The younger athlete (7–12 years old) can hang the gymnastic rings from the monkey bars at the local park and do an exercise between play sessions.
- Making this a part of a complementary program for the varsity high school athlete.

PROGRAM NOTES

This program provides 16 weeks of planned workouts, broken down into four phases of 4 weeks each. This allows the athlete to slowly and properly progress week to week. Try to complete 2–3 workouts per week, focusing on slow and controlled reps to build kinesthetic awareness.

Keep in mind the three principles of progression outlined earlier in this book (see page 16) during the entire program. These principles allow you to adjust your intensity for any exercise on the gymnastic rings.

Progressions are built into each workout, but young athletes should *not* progress until they are able to competently perform the previous week's exercises. Remember that, ultimately, younger athletes progress at different rates due to differences in physical, emotional, and mental maturation. This 16-week

program provides a basic framework on how to progress, but please use your best judgment.

FUNCTIONAL ATHLETES PHASE I

Week 1

Perform 2–4 sets of each exercise

Squat (20 reps)

Push-ups (20 reps)

Keep hands on the handles and progress to parallel to the floor.

Glute Bridge (20 reps)

Row (20 reps)

Progress to parallel to the floor.

Supine Alternate Leg Drive (10 reps per leg)

Lie on your back with your hands on the handles.

Side Plank (60 seconds per side)

ISO “T” Raise (20 seconds)

FUNCTIONAL ATHLETES PHASE I

Week 2

Perform 2–4 sets of each exercise

Squat (20 reps)

Push-ups (20 reps)

Keep hands on the handles and progress to parallel to the floor.

Glute Bridge (20 reps)

Row (20 reps)

Progress to parallel to the floor.

Supine Alternate Leg Drive (10 reps per leg)

Lie on your back with your hands on the handles.

Side Plank (60 seconds per side)

ISO “T” Raise (20 seconds)

FUNCTIONAL ATHLETES PHASE I

Week 3

Perform 2–4 sets of each exercise

Pause Squat (10–12 reps)

Pause for 5 seconds at the bottom of the Squat.

Push-ups (20 reps)

Keep hands on the handles and progress to parallel to the floor.

Glute Bridge (20 reps)

Row (20 reps)

Progress to parallel to the floor.

Supine Alternate Leg Drive (10 reps per leg)

Lie on your back with your hands on the handles.

Side Plank (60 seconds per side)

ISO “T” Raise (20 seconds)

FUNCTIONAL ATHLETES PHASE I

Week 4

Perform 2–4 sets of each exercise

Pause Squat (20 reps)

Pause for 5 seconds at the bottom of the Squat.

Push-ups (20 reps)

Keep hands on the handles and progress to parallel to the floor.

Glute Bridge (20 reps)

Row (20 reps)

Progress to parallel to the floor.

Supine Alternate Leg Drive (10 reps per leg)

Lie on your back with your hands on the handles.

Side Plank (60 seconds per side)

ISO “T” Raise (20 seconds)

FUNCTIONAL ATHLETES PHASE II

Phase Progression

Each exercise from the previous phase is progressed to a more difficult version.

(Please continue with the Phase I version of the exercise if the athlete cannot do Phase II yet.)

Continue performing the exercises as a straight set, completing all reps and sets of each exercise before moving onto the next. Rest as needed.

FUNCTIONAL ATHLETES PHASE II

Week 1

Perform 2–4 sets of each exercise

Drop Squat (5 reps)

Rise up onto the balls of your feet before quickly pulling your toes off the ground (“drop”) and landing into an athletic squat position.

Split Squat (15 reps per leg)

Push-ups (20 reps)

Keep feet in the cradles and hands on the floor.

Leg Curl (20 reps)

High Row/Rear Delt Row (20 reps)

Pull your elbows up to shoulder height during row.

Side Plank with Rotation (12 reps per side)

D-ISO “Y” Raise (20 seconds)

Hold the “Y” Raise while you slowly inch your feet back and forth from the anchor point.

Lunge to Chest Fly/Stretch (8 reps per leg)

Perform facing away from the anchor point.

FUNCTIONAL ATHLETES PHASE II

Week 2

Perform 2–4 sets of each exercise

Drop Squat (5 reps)

Rise up onto the balls of your feet before quickly pulling your toes off the ground and landing into an athletic squat position.

Split Squat (15 reps per leg)

Push-ups (20 reps)

Keep feet in the cradles and hands on the floor.

Leg Curl (20 reps)

High Row/Rear Delt Row (20 reps)

Pull your elbows up to shoulder height during row. Side Plank with Rotation (12 reps per side)

D-ISO “Y” Raise (20 seconds)

Hold the “Y” Raise while you slowly inch your feet back and forth from the anchor point.

Lunge to Chest Fly/Stretch (8 reps per leg)

Perform facing away from the anchor point.

FUNCTIONAL ATHLETES PHASE II

Week 3

Perform 2–4 sets of each exercise

Drop Squat (5 reps)

Rise up onto the balls of your feet before quickly pulling your toes off the ground and landing into an athletic squat position.

Reverse Lunge (15 reps per leg)

Push-ups (20 reps)

Keep feet in the cradles and hands on the floor.

Leg Curl (20 reps)

High Row/Rear Delt Row (20 reps)

Pull your elbows up to shoulder height during row.

Side Plank with Rotation (12 reps per side)

D-ISO “Y” Raise (20 seconds)

Hold the “Y” Raise while you slowly inch your feet back and forth from the anchor point.

Lunge to Chest Fly/Stretch (8 reps per leg)

Perform facing away from the anchor point.

FUNCTIONAL ATHLETES PHASE II

Week 4

Perform 2–4 sets of each exercise

Drop Squat (5 reps)

Rise up onto the balls of your feet before quickly pulling your toes off the ground and landing into an athletic squat position.

Reverse Lunge (15 reps per leg)

Push-ups (20 reps)

Keep feet in the cradles and hands on the floor.

Leg Curl (20 reps)

High Row/Rear Delt Row (20 reps)

Pull your elbows up to shoulder height during row.

Side Plank with Rotation (12 reps per side)

D-ISO “Y” Raise (20 seconds)

Hold the “Y” Raise while you slowly inch your feet back and forth from the anchor point.

Lunge to Chest Fly/Stretch (8 reps per leg)

Perform facing away from the anchor point.

FUNCTIONAL ATHLETES PHASE III

Phase Progression

Each exercise from the previous phase is progressed to a more difficult version. (Please continue with the Phase I or II version of the exercise if the athlete cannot do Phase III yet.) Our power exercise also progresses to a single leg version, and we introduce a few new elements:

- A lateral squat movement
- Single arm and single leg exercises to train anti-rotation
- The Pull-up/Chin-up is inserted, for those athletes able to do so

Continue performing the exercises as a straight set, completing all reps and sets of each exercise before moving onto the next. Rest as needed.

FUNCTIONAL ATHLETES PHASE III

Week 1

Perform 3–4 sets of each exercise

Drop Split Squat (5 reps per leg)

From a standing position, rise up onto the balls of your feet before quickly pulling your toes off the ground. Split your feet and land into an athletic lunge position.

Stationary Lateral Lunge (15 reps per leg)

Single Arm Push-ups (10 reps per arm)

Keep one arm on one handle.

Single Leg Glute Bridge (15 reps per leg)

Chin-up/Pull-up/Monkey Bars (10 reps)

Use the gymnastic rings for assistance as necessary.

Supine Double Leg Drive (15 reps per leg)

Lie on your back with your hands on the handles. The movement looks like a very slow Bicycle Crunch.

Side Plank Raise (12 reps per side)

ISO “L” Raise (20 seconds)

Hold a 90/90 shoulder position (looks like football goal posts).

FUNCTIONAL ATHLETES PHASE III

Week 2

Perform 3–4 sets of each exercise

Drop Split Squat (5 reps per leg)

From a standing position, rise up onto the balls of your feet before quickly pulling your toes off the ground. Split your feet and land into an athletic lunge position.

Stationary Lateral Lunge (15 reps per leg)

Single Arm Push-ups (10 reps per arm)

Keep one arm on one handle.

Single Leg Glute Bridge (15 reps per leg)

Chin-up/Pull-up/Monkey Bars (10 reps)

Use the gymnastic rings for assistance as necessary. **Supine Double Leg Drive (15 reps per leg)**

Lie on your back with your hands on the handles. The movement looks like a very slow Bicycle Crunch.

Side Plank Raise (12 reps per side)

ISO “L” Raise (20 seconds)

Hold a 90/90 shoulder position (looks like football goal posts).

FUNCTIONAL ATHLETES PHASE III

Week 3

Perform 3–4 sets of each exercise

Drop Split Squat (5 reps per leg)

From a standing position, rise up onto the balls of your feet before quickly pulling your toes off the ground. Split your feet and land into an athletic lunge position.

Cossack Squat (15 reps per leg)

Single Arm Push-ups (10 reps per arm)

Keep one arm on one handle.

Single Leg Glute Bridge (15 reps per leg) Chin-up/Pull-up/Monkey Bars (10 reps)

Use the gymnastic rings for assistance as necessary. Supine Double Leg Drive (15 reps per leg)

Lie on your back with your hands on the handles. The movement looks like a very slow Bicycle Crunch.

Side Plank Raise (12 reps per side)

ISO “L” Raise (20 seconds)

Hold a 90/90 shoulder position (looks like football goal posts).

FUNCTIONAL ATHLETES PHASE III

Week 4

Perform 3–4 sets of each exercise

Drop Split Squat (5 reps per leg)

From a standing position, rise up onto the balls of your feet before quickly pulling your toes off the ground. Split your feet and land into an athletic lunge position.

Cossack Squat (15 reps per leg)

Single Arm Push-ups (10 reps per arm)

Keep one arm on one handle.

Single Leg Glute Bridge (15 reps per leg)

Chin-up/Pull-up/Monkey Bars (10 reps)

Use the gymnastic rings for assistance as necessary.

Supine Double Leg Drive (15 reps per leg)

Lie on your back with your hands on the handles. The movement looks like a very slow Bicycle Crunch.

Side Plank Raise (12 reps per side)

ISO “L” Raise (20 seconds)

Hold a 90/90 shoulder position (looks like football goal posts).

FUNCTIONAL ATHLETES PHASE IV

Phase Progression

Each exercise from the previous phase is progressed to a more difficult version. (Please continue with the Phase I, II or III version of the exercise if the athlete cannot do Phase IV yet.) We've increased the volume of work, moving up to 3–4 sets of each exercise. Continue to increase vector and pendulum resistance when possible.

Continue performing the exercises as a straight set, completing all reps and sets of each exercise before moving onto the next. Rest as needed.

FUNCTIONAL ATHLETES PHASE IV

Week 1

Perform 3–4 sets of each exercise

Squat Jump (5 reps)

Explode off the ground, jumping for height.

Pistol Squat (15 reps per leg)

Atomic Push-ups (20 reps)

Keep your feet in the cradles and your hands on the floor. This movement combines a Knee Tuck with a standard Push-up.

Single Leg Hamstring Curl (15 reps per leg)

Chin-up/Pull-up/Monkey Bars (10 reps)

Use the gymnastic rings for assistance as necessary.

Front Plank Fallouts (15 reps per leg)

Begin from a Push-up position, with hands on the handles and feet on the floor.

High Row to “L” Raise (15 reps)

Lunge to Overhead Rack/Stretch (8 reps per leg)

Perform facing away from the anchor point.

FUNCTIONAL ATHLETES PHASE IV

Week 2

Perform 3–4 sets of each exercise

Squat Jump (5 reps)

Explode off the ground, jumping for height.

Pistol Squat (15 reps per leg)

Atomic Push-ups (20 reps)

Keep your feet in the cradles and your hands on the floor. This movement combines a Knee Tuck with a standard Push-up.

Single Leg Hamstring Curl (15 reps per leg)

Chin-up/Pull-up/Monkey Bars (10 reps)

Use the gymnastic rings for assistance as necessary.

Front Plank Fallouts (15 reps per leg)

Begin from a Push-up position, with hands on the handles and feet on the floor.

High Row to “L” Raise (15 reps)

Lunge to Overhead Rack/Stretch (8 reps per leg)

Perform facing away from the anchor point.

FUNCTIONAL ATHLETES PHASE IV

Week 3

Perform 3–4 sets of each exercise

Squat Jump (5 reps)

Explode off the ground, jumping for height.

Pistol Squat (15 reps per leg)

Atomic Push-ups (20 reps)

Keep your feet in the cradles and your hands on the floor. This movement combines a Knee Tuck with a standard Push-up.

Single Leg Hamstring Curl (15 reps per leg)

Chin-up/Pull-up/Monkey Bars (10 reps)

Use the gymnastic rings for assistance as necessary.

Front Plank Fallouts (15 reps per leg)

Begin from a Push-up position, with hands on the handles and feet on the floor.

High Row to “L” Raise (15 reps)

Lunge to Overhead Rack/Stretch (8 reps per leg)

Perform facing away from the anchor point.

FUNCTIONAL ATHLETES PHASE IV

Week 4

Perform 3–4 sets of each exercise

Squat Jump (5 reps)

Explode off the ground, jumping for height.

Pistol Squat (15 reps per leg)

Atomic Push-ups (20 reps)

Keep your feet in the cradles and your hands on the floor. This movement combines a Knee Tuck with a standard Push-up.

Single Leg Hamstring Curl (15 reps per leg)

Chin-up/Pull-up/Monkey Bars (10 reps)

Use the gymnastic rings for assistance as necessary.

Front Plank Fallouts (15 reps per leg)

Begin from a Push-up position, with hands on the handles and feet on the floor.

High Row to “L” Raise (15 reps)

Lunge to Overhead Rack/Stretch (8 reps per leg)

Perform facing away from the anchor point.

**FULL BODY STRENGTH
CIRCUITS**

**FULL BODY
STRENGTH CIRCUITS**

Suspension training lends itself very naturally to full body circuits due to the ease with which one can move from one exercise to another (also known as metabolic strength training). These three workouts are among my all-time favorites because they work for everyone. Similar to the Fat Burn workouts, this series is ideal for the home gym/garage gym athlete. They can also be very beneficial for the person who travels frequently and whose workouts are often restricted to the hotel gym, or even their hotel room. Unlike the Fat Burn workouts, however, this series *can* work in a commercial gym setting with even a simple set-up in the racks or at the pull-up bars.

How to fit these workouts into your current program:

- The workouts work as a perfect transition/recovery week for any powerlifter who needs a break from the barbell due to pain in the shoulders and/or at the knees.
- The workouts are a fantastic progression from the FUNCTIONAL ATHLETE workout series.
- The workouts can be the perfect third workout in a week for the person who trains three days per week but still enjoys a dedicated upper body and lower body day.

PROGRAM NOTES

The following is the basic template being used for our circuit, to help you better customize your workout to your exact needs:

- Lower Body Pull exercise (Ex. Bridge or Leg Curl variation)
- Upper Body Push exercise (Ex. Push-up variation)
- Core Stability #1 (for active rest)
- Lower Body Push exercise (Ex. Squat variation)
- Upper Body Pull exercise (Ex. Row or Pull-up variation)
- Core Stability #2 (for direct core work)

This template hits all the major muscles in circuit style training, resulting in more muscle and strength gain in less time.

We also suggest a Full Body Mobility Warm-up before each workout. Below is an example:

FULL BODY STRENGTH CIRCUIT WARM-UP

Perform 2 sets of 10 reps each for:

Rings Lunge to Chest Fly/Stretch (face away from the anchor point)

Lunging Yoga Rotations

Rings Single Leg RDL

HOW DOES THIS CIRCUIT DIFFER FROM THE FAT BURN WORKOUTS?

Categories	Fat Bum Workouts	Strength Circuit
Type of programming	Circuit Style Workout	Circuit Style Workout
What exercises are used?	Basic Full Body Strength exercises	Advanced Full Body Strength exercises (to account for greater resistance)
What intensity is used?	Moderate, to allow for a quicker pace Less vector and pendulum resistance	Moderately heavy, to allow for more strength development More vector and pendulum resistance
How many sessions per week?	3-5	2-4
Volume?	High; 2-3 sets of 10-20 reps per exercise	Moderate; 3-4 sets of 6-10 reps per exercise
Cardio?	Yes; a mix of low and high intensity + continuous cardio	NONE

As you can see, there are some minor differences between the two programs. These Full Body Strength Circuits are designed to get you strong in a short amount of time.

FULL BODY STRENGTH CIRCUIT #1

Perform 3–4 sets of the following:

1A. Glute Bridge (6–10 reps)

Resist Pendulum position (really hard).

1B. Incline Push-up (10 reps)

Perform with feet in cradles and both hands on the floor.

1C. Saw (15 reps)

Assume traditional Plank position facing away from anchor point with feet in the cradles and elbows on the floor.

1D. Skater Squat (6–10 reps per leg)

Similar to the Reverse Lunge, but the back foot never touches the ground.

1E. Row (10 reps)

Resist Pendulum position (really hard).

1F. Elbow Push Ups (6–10 reps)

Assume traditional Plank position facing away from anchor point with feet in the cradles and elbows on the floor.

FULL BODY STRENGTH CIRCUIT #1

Perform 3–4 sets of the following:

1A. Glute Bridge (6–10 reps)

Resist Pendulum position (really hard).

1B. Incline Push-up (10 reps)

Perform with feet in cradles and both hands on the floor.

1C. Saw (15 reps)

Assume traditional Plank position facing away from anchor point with feet in the cradles and elbows on the floor.

1D. Skater Squat (6–10 reps per leg)

Similar to the Reverse Lunge, but the back foot never touches the ground.

1E. Row (10 reps)

Resist Pendulum position (really hard).

1F. Elbow Push Ups (6–10 reps)

Assume traditional Plank position facing away from anchor point with feet in the cradles and elbows on the floor.

FULL BODY STRENGTH CIRCUIT #2

Perform 3–4 sets of the following:

1A. Leg Curl (6–10 reps)

Resist Pendulum position (really hard). 1B. Spiderman Push-up (10 reps)
Perform with feet in cradles and both hands on the floor.

1C. Front Plank Alternate Fallouts (12 reps per side)

Assume Push-up position facing away from the anchor point with both hands on the handles.

1D. Skater Squat (6–10 reps per leg)

Go hands-free (no gymnastic rings) if possible, hold your hands out in front for counterbalance.

1E. Chin-up/Pull-up (10 reps)

Transition to slow eccentrics (muscle stress) if you can get 10 clean reps.

1F. Pike (10 reps)

Assume Push-up position facing away from the anchor point with feet in the cradles and hands on the floor.

FULL BODY STRENGTH CIRCUIT #3

Perform 3–4 sets of the following:

- 1A. Single Leg Glute Bridge (6–10 reps per leg)
Resist Pendulum position (really hard).
- 1B. Spiderman Push-ups (10 reps)
Perform with feet in cradles and both hands on the floor. Transition to slow eccentrics (muscle stress) if you can get 10 clean reps.
- 1C. Kneeling Front Plank Fallouts (12 reps)
Perform kneeling, facing away from the anchor point with your hands on the handles. These are really hard if you set up behind the anchor point (in Resist Pendulum position).
- 1D. Skater Squat (6–10 reps per leg)
Go hands-free (no gymnastic rings) if possible; hold at 25 lbs. (if possible) in front for counterbalance.
- 1E. Chin-up/Pull-up (10 reps)
Transition to slow eccentrics (muscle stress) if you can get 10 clean reps.
- 1F. Push-up Knee Tuck (15 reps)
Assume Push-up position facing away from the anchor point with feet in cradles and hands on the floor.



PSD SETS

PSD SETS

These sets utilize the three foremost old-school bodybuilding techniques. A PSD

set is a cluster of a Pre-Exhaust set, a traditional Strength set, and a Mechanical Drop Set, with no rest between exercises.

Pre-Exhaust Set: An isolated or simpler version of a related Strength exercise to “prime the pump” and create muscle *damage*

Strength Set: A basic compound exercise (ex. Squat, Push-up, Row, etc.) for maximum mechanical *tension*

Mechanical Drop Set: Shifts to an “easier” body angle of either the Pre-Exhaust or Strength exercise while extremely fatigued to allow for variety and more metabolic *stress*

PSD SETS

Workout #1: Back I

Completing all three exercises constitutes 1 set. Try for 3 sets to achieve maximum muscle damage and mechanical tension.

1A. Pre-Exhaust Set: Rows (10 reps)

Perform a moderately hard set of Rows at a parallel or 30 degree body angle.

1B. Strength Set: Pull-ups (AMRAP)

1C. Drop Set: Rows (10–15 reps)

Perform with an “easier” body angle than the Pre-Exhaust set (45–60 degrees) to cause further muscle damage.

PSD SETS

Workout #2: Chest

Completing all three exercises constitutes 1 set. Try for 3 sets to achieve maximum muscle damage and mechanical tension.

1A. Pre-Exhaust Set: Chest Flys (10 reps)

Perform a moderately hard set of Chest Flies at a parallel or 30-degree body angle. Start more upright on this exercise if you have never done them before.

1B. Strength Set: Push-ups (AMRAP)

Perform with hands on the handles and feet on the floor.

1C. Drop Set: Chest Flys (10–15 reps)

Perform with an “easier” body angle than the Pre-Exhaust set (45–60 degrees) to cause further muscle damage.

PSD: SETS

Workout #3: Glutes

Completing all three exercises constitutes 1 set. Try for 3 sets to achieve maximum muscle damage and mechanical tension.

1A. Pre-Exhaust Set: Glute Bridge (10 reps)

Perform a moderately hard set of Glute Bridges.

1B. Strength Set: Leg Curl (AMRAP)

1C. Drop Set: Glute Bridge (10–15 reps)

Perform with an “easier” pendulum angle than the Pre-Exhaust set, moving closer to the anchor point.

PSD SETS

Workout #4: Quads I

Completing all three exercises constitutes 1 set. Try for 3 sets to achieve maximum muscle damage and mechanical tension.

- 1A. Pre-Exhaust Set: Split Squat (10 reps per leg, alternating)
Perform a moderately hard set of Split Squats.
- 1B. Strength Set: Pistol Squat (AMRAP each leg, alternating)
- 1C. Drop Set: Reverse Lunge (10–15 reps each leg, alternating)

PSD SETS

Workout #5: Quads II

Completing all three exercises constitutes 1 set. Try for 3 sets to achieve maximum muscle damage and mechanical tension.

1A. Pre-Exhaust Set: Split Squat (10 reps per leg, no alternating)

Perform a moderately hard set of Split Squats.

1B. Strength Set: Pistol Squat (AMRAP per leg, no alternating)

1C. Drop Set: Reverse Lunge (10–15 reps per leg, no alternating)

PSD SETS

Workout #6: Chest II

Completing all three exercises constitutes 1 set. Try for 3 sets to achieve maximum muscle damage and mechanical tension.

1A. Pre-Exhaust Set: Push-ups (10 reps)

Perform a moderately hard set of Push-ups with hands on the floor and feet in the cradles.

1B. Strength Set: Handstand Push-up (AMRAP)

1C. Drop Set: Push-ups (10 reps)

Perform a moderately hard set of “T” Raises at a nearly upright degree body angle with your hands on the rings and your feet on the floor.

**FUNCTIONAL
POWERLIFTER
PROGRAM**

**FUNCTIONAL:
POWERLIFTER
PROGRAM**

To be honest, a power rack and gymnastic rings are all you need to stay healthy in your pursuit of that personal record. The workouts in this section take advantage of these tools to provide a complete workout (while also topping off each session with an intense finisher during your assistance work).

PROGRAM NOTES

This program includes:

- Gymnastic rings prehab programs to balance out heavy barbell training
- Core stability programs to support heavier and safer Squats and Deadlifts
- Multidirectional core work to help support a healthy spine and to bulletproof your lower back
- Additional intensity techniques that you can add into current routine today
- Increased variety for your assistance programs, letting you break away from your same-old dumbbell, barbell, and machine routines

MAIN BARBELL LIFTS

Squat Day

Perform 2 sets of each exercise before you hit the rack:

Lunge (15 reps per leg)

Single Leg RDL (15 reps per leg)

Glute Bridge (15 reps)

Program Notes: Focus on hip mobility and glute and hamstring strength/activation to keep your knees supported.

MAIN BARBELL LIFTS

Bench Day

Perform 2 sets of each exercise before you grab a barbell:

“T” Raise (15 reps)

Lunge to Chest Fly/Stretch (10 reps per leg)

Program Notes: Focus on rear delt strength and chest and shoulder mobility to keep your shoulders supported.

MAIN BARBELL LIFTS

Deadlift Day

Perform 2 sets of each exercise before you hit the platform:

Single Leg RDL (15 reps per leg)

Leg Curl (15 reps)

Front Plank Fallouts (15 reps)

Program Notes: Focus on hip mobility and core stability to keep your lower back supported.

MAIN BARBELL LIFTS

Shoulder Lift Day

Perform 2 sets of each exercise before you grab a barbell:

“Y” Raise (15 reps)

Lunge to Overhead Reach/Stretch (10 reps per leg)

Program Notes: Focus on rear delt strength and overhead mobility to keep your shoulders supported.

SQUATS AND DEADLIFTS

Core Stability #1

Perform 2–3 sets before you Squat or Deadlift:

X-Over Mountain Climber (10 reps per side)

Assume Push-up position facing away from the anchor point with feet in the cradles and hands on the floor. Perform each rep slowly.

Pike (10 reps)

Assume Push-up position facing away from the anchor point with feet in the cradles and hands on the floor.

Inside Leg Side Plank (8–12 reps per side)

Perform facing away from the anchor point with one foot in the cradles and elbow on the floor.

SQUATS AND DEADLIFTS

Core Stability #2

Perform 2–3 sets before you Squat or Deadlift:

Oblique Crunch (10 reps per side)

Assume Push-up position facing away from the anchor point with feet in the cradles and hands on the floor.

Single Leg Side Plank (30 seconds per side)

Perform facing away from the anchor point with one foot in the cradles and elbow on the floor.

Kneeling Front Plank Fallouts (12 reps)

Perform kneeling, facing away from the anchor point with your hands on the handles.

PRE-EXHAUST WORKOUT

Deadlift

These sets are in addition to your regular warm up and/or mobility program:

Ring Leg Curl (2 sets of 15 reps)

Ring Row (2 set of 15 reps)

Program Notes: Perform this as a set of isolation exercises then, with no rest, do a compound movement of the same muscle group.

PRE-EXHAUST WORKOUT

Squat

These sets are in addition to your regular warm up and/or mobility program:

Ring Deep Squat (2 sets of 15 reps)

Ring Glute Bridge (2 sets of 15 reps)

Program Notes: Perform this as a set of isolation exercises then, with no rest, do a compound movement of the same muscle group.

PRE-EXHAUST WORKOUT

Chest

These sets are in addition to your regular warm up and/or mobility program:

Ring Push-up (2 sets of 15 reps)

Ring Chest Fly (2 sets of 15 reps)

Program Notes: Perform this as a set of isolation exercises then, with no rest, do a compound movement of the same muscle group.

POWERLIFT SUPER SET #1

Chest

Perform back to back, resting only once both exercises are completed:

1A. Barbell Bench Press (2–3 sets of 6–8 reps)

1B. Ring Dips (2–3 sets of AMRAP)

Program Notes: This set of Super Sets is programmed WITHIN the same muscle group. Therefore, they are the most intense version and should be done after your main strength exercise for that day.

POWERLIFT SUPER SET #2

Back

Perform back to back, resting only once both exercises are completed:

- 1A. Barbell Bent Over Row (2–3 sets of 10–12 reps)
- 1B. Ring Row (2–3 sets of AMRAP)

Program Notes: This set of Super Sets is programmed WITHIN the same muscle group. therefore, they are the most intense version and should be done after your main strength exercise for that day.

POWERLIFT SUPER SET #3

Triceps

Perform back to back, resting only once both exercises are completed:

- 1A. Cable Triceps Extensions (2–3 sets of 10–12 reps)
- 1B. Ring Skull Crusher (2–3 sets of AMRAP)

Program Notes: This set of Super Sets is programmed WITHIN the same muscle group. therefore, they are the most intense version and should be done after your main strength exercise for that day.

POWERLIFT SUPER SET #4

Quads and Hamstrings I

Perform back to back, resting only once both exercises are completed:

- 1A. Barbell Front Squat (2–3 sets of 3–5 reps)
- 1B. Ring Leg Curl (2–3 sets of AMRAP)

Program Notes: This set of Super Sets is programmed for OPPOSING Push and Pull muscles. Therefore are very intense and should be done after your main strength exercise for that day.

POWERLIFT SUPER SET #5

Chest and Back

Perform back to back, resting only once both exercises are completed:

- 1A. Barbell Incline Chest Press (2–3 sets of 6–8 reps)
- 1B. Ring Chin-up or Pull-up (2–3 sets of AMRAP)

Program Notes: this set of super sets is programmed for oPPosinG Push and Pull muscles. therefore are very intense and should be done after your main strength exercise for that day.

POWERLIFT SUPER SET #6

Quads and Hamstrings II

Perform back to back, resting only once both exercises are completed:

- 1A. Trap Bar Deadlift (2–3 sets of 3–5 reps)
- 1B. Ring Cossack Squat (2–3 sets of AMRAP)

Program Notes: This set of Super Sets is programmed for OPPOSING Push and Pull muscles. Therefore are very intense and should be done after your main strength exercise for that day.

POWERLIFT SUPER SET #7

Upper and Lower Body I

Perform back to back, resting only once both exercises are completed:

- 1A. Barbell Reverse Grip Row (2–3 sets of 10–12 reps)
- 1B. Ring Pistol Squat (2–3 sets of AMRAP)

Program Notes: This set of Super Sets is programmed for OPPOSING upper body and lower body muscles. Therefore are intense and should be done after your main strength exercise for that day.

POWERLIFT SUPER SET #8

Upper and Lower Body II

Perform back to back, resting only once both exercises are completed:

1A. Barbell RDL (2–3 sets of 10–12 reps)

1B. Ring Atomic Push-up (2–3 sets of AMRAP)

Program Notes: This set of Super Sets is programmed for OPPOSING upper body and lower body muscles. Therefore are intense and should be done after your main strength exercise for that day.

POWERLIFT SUPER SET #9

Upper and Lower Body III

Perform back to back, resting only once both exercises are completed:

- 1A. Barbell Shoulder Press (2–3 sets of 10–12 reps)
- 1B. Ring Glute Bridge (2–3 sets of AMRAP)

Program Notes: This set of Super Sets is programmed for OPPOSING upper body and lower body muscles. therefore are intense and should be done after your main strength exercise for that day.

RINGS ONLY ASSISTANCE PROGRAM

Squat/Deadlift Day

Ring Reverse Lunge or Skater Squat (4 sets of 20 reps per leg)

Ring Glute Bridge (4 sets of 20 reps)

Ring Lateral Squat (4 sets of 20 reps per side)

Shift laterally, maintaining your squat depth.

Ring Leg Curls (4 sets of 20 reps)

Bench/Shoulder Press Day

Ring Pull-ups (4 sets of AMRAP)

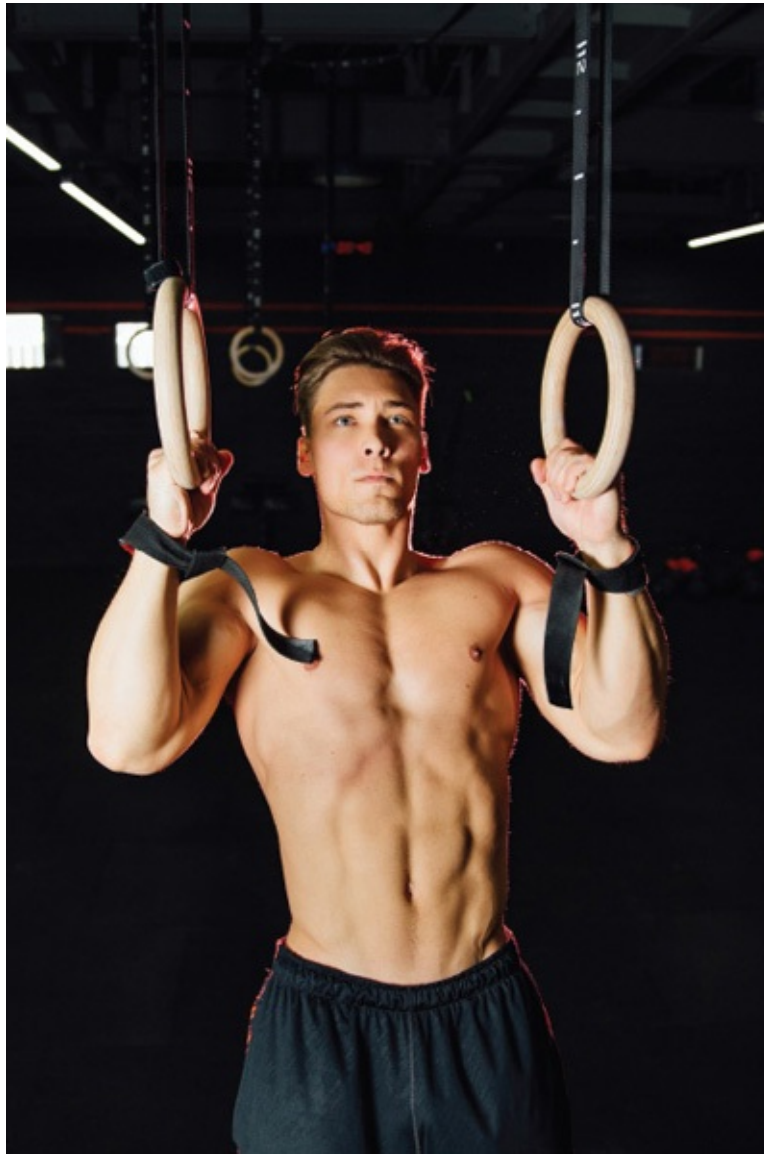
Ring Push-up (4 sets of 20 reps)

Keep your hands on the handles and feet on the floor and rotate your hands to neutral at the bottom of the Push-up.

Ring “Y” or “T” Raise (4 sets of 20 reps)

Ring Dips (4 sets of 20 reps)

Program Notes: This is a sample assistance program utilizing ONLY gymnastic rings for each of the big lifts. Feel free to customize to your exact needs.



**SPEED DEVELOPMENT
WORKOUTS**

**SPEED
DEVELOPMENT
WORKOUTS**

This program aims to build up the physical qualities that support speed development as they relate to using gymnastic rings.

How to fit these workouts into your current program:

This can serve as the perfect complement to a middle school or high school athlete's summer conditioning program. Take your gymnastic rings to the park, track, or field and do these workouts *after* you run. You can also use your rings for sled drags.

PROGRAM NOTES

Make sure to allow for complete rest between all sets. The workouts in this section may look long, but they've been programmed to last 45–60 minutes. Don't speed through this workout, as it's designed to help prevent over-training.

Each workout in this program focuses on:

- Self-myofascial release
- Dynamic warm-up
- Mobility
- Plyometrics (jumping) and reaction work (agility)
- Technical speed
- Resisted speed
- Over speed or full speed
- Cool down
- Strength development

GYMNASTIC RINGS SPEED

Workout #1

Self-Myofascial Release

3–5 minutes total on all areas

Dynamic Warmup

Perform 2 sets of 20–30 yards each for:

Skips with Arm Circles

Lateral Shuffle

Carioca

Carioca Quick Step

Backpedal

High Knee Butt Kickers

Mobility

Perform 2 sets of 10 reps each for:

Prone Scorpions

Walking Lunges with Rotation

Ring Stationary Lateral Lunges

Plyometrics (Jumping) and Reaction Work (Agility)

Perform 2 sets of 5 reps each for:

Rings Squat Jump

Rings Drop Split Squat

Technical Speed

Perform 4 sets of 10 yards each for:

Light Sled Drag High Knee Walk

Work on Knee Drive and pulling your toes up with each step.

Resisted Speed – Acceleration Focus

Perform 8 sets of 10 yards each for:
Sled Drag (moderate to heavy load)

Full speed

Perform the following at full speed:
Hill Sprints (6–10 reps)

Strength Development

Perform 3–4 sets of 8 reps per leg:

Rings Glute Bridge

Rings Stationary Lateral Lunge

Rings Reverse Lunge

Cool down with ice roller or foam roller: 5 minutes total on all areas

GYMNASTIC RINGS SPEED

Workout #2

Self-Myofascial Release

3–5 minutes total on all areas

Dynamic Warmup

Perform 2 sets of 20–30 yards each for:

Skips with Arm Circles

Lateral Shuffle

Carioca

Carioca Quick Step

Backpedal

High Knee Butt Kickers

Mobility

Perform 2 sets of 10 reps each for:

Prone Scorpions

Walking Lunges with Rotation

Ring Stationary Lateral Lunges

Plyometrics (Jumping) and Reaction Work (Agility)

Perform 2 sets of 5 reps each for:

Rings Lateral Ice Skater Jumps

Rings Drop Lunge

Technical Speed

Perform 4 sets of 10 yards each for:

Sled Drag High Knee Walk (light load)

Work on Knee Drive and pulling your toes up with each step.

Resisted Speed – speed Endurance Focus

Perform 4 sets of 20-30 yards each for:

Sled Drag (moderate load)

Over Speed

Perform 3–5 sets of 30 yards each for:

Hill Sprints

Run down the last 5–7 yards of a hill to force a faster run than normal.

Strength Development

Perform 3–4 sets of 8 reps per leg:

Ring Leg Curl

Ring Lateral Lunge

Ring Skater Squat

Cool down with ice roller or foam roller: 5 minutes total on all areas



APPENDIX A:

GYMNASTIC RINGS CHALLENGES

Sometimes our lives get way too busy. With our modern, over-scheduled lifestyle, it can be difficult to find time to work out, and it can be even harder to maintain proper motivation. At times like these, we need a tough workout—just because it'll kick our ass and get us back on track.

The following are two of my absolute favorite gymnastic ring challenges!

40/40 CHALLENGE THE UPPER BODY BLASTER

Complete the 40/40 Challenge by doing as many Ring Atomic Push-ups as possible, followed immediately by Ring Rows. The challenge ends if you rest, either by touching the floor or standing up.

Ring atomic Push-ups

Adjust the straps to 6–12 inches off the ground. Assume Push-up position and put your feet in the rings. Tuck your knees to your chest, straighten them back out and do a Push-up. Keep your body straight during the Push-ups. If you start sagging, you're done.

Ring Rows

Adjust the straps to belly-button height. Stand under the anchor, hold the straps and lean back. Pull your chest to your hands, then lower all the way back down, keeping your body straight.

The Challenge

Do as many Ring Atomic Push-ups as possible, then as many Rows as possible

without resting.

HOW DID YOU DO?		
25–29 reps each: Keep practicing...	30–39 reps each: Not bad!	40+ reps each: BOSS!

28/28/28 CHALLENGE THE FULL BODY BLASTER

This challenge adds a lower body exercise to the 40/40 challenge in the form of the Glute Bridge to make this a full body challenge. Aim for 28 Ring Rows, 28 Ring Atomic Push-ups and 28 Ring Glute Bridges. The challenge ends if you rest by touching the floor or standing up.

Ring Atomic Push-ups

Adjust the straps to 6–12 inches off the ground. Assume Push-up position and put your feet in the straps. Tuck your knees to your chest, straighten them back out and do a Push-up. Keep your body straight during the Push-ups. If you start sagging, you're done.

Ring Rows

Adjust the straps to belly-button height. Stand under the anchor, hold the straps and lean back. Pull your chest to your hands, then lower all the way back down, keeping your body straight.

Ring Glute bridge

Adjust the straps to 6–12 inches off the ground. Lie on your back (supine) and place both your heels into the cradles with your knees at 90 degrees. With your knees fixed at 90 degrees, drive your hips up to complete extension (form a straight line from your knees to shoulders).

The Challenge

Do as many Ring High Rows, Ring Atomic Push-ups and Ring Glute Bridges as possible without resting.

HOW DID YOU DO?

15–22 reps each: Keep practicing...

22–27 reps each: Not bad!

28+ reps each: BOSS!

APPENDIX B:

UNCOMMON EXERCISE DATABASE

The following is list of the more uncommon exercises used in the workouts in this book, with quick description to help get you started. Video guides to these exercises can also be found on our YouTube channel.

RINGS MOBILITY

Rings Lunge to Chest Fly/Stretch

Face away from the anchor point with the handles in each hand. Step forward into a lunge while you let your arms go backwards into a chest stretch.

Rings Lunge to Overhead Reach/Stretch

Face away from the anchor point with the handles in each hand. Step forward into a lunge while your arms go overhead for a shoulder and upper back stretch.

Rings “T” Raise

Face towards the anchor point while holding both handles. Walk your feet towards the anchor point until your body creates a slightly leaned back posture. Perform this exercise by pulling your arms out to the sides.

Rings Single Leg RDL

Face towards the anchor point while holding both handles. Perform a single leg RDL (Romanian deadlift) while pushing your hands forward. This is similar to a single leg Superman exercise.

Rings Cossack Stretch

Face towards the anchor point while holding both handles. Perform a stationary lateral lunge while allowing the opposite foot to rotate on to your heel, allowing for a deeper groin stretch. Use the rings for balance.

Ring Stationary Lateral Lunges

Very similar to the above Cossack Squat. Face towards the anchor point while holding both handles. Perform a stationary lateral lunge while keeping both feet flat on the ground. Use the rings for balance.

FLOOR MOBILITY

Modified Pigeon Stretch

While kneeling on the floor, cross one leg over the other and push your hips down and back to feel a stretch in your outer hips.

Downward Dog Push-ups

Alternate reps of push-ups and downward dog.

Lunging Yoga Rotations

From a lunge position, place one hand on the floor and reach to the ceiling with the other arm. You can place either hand on the floor.

Prone scorpions

Lie face-down on the floor with your arms on to your sides. Reach your foot to the opposite hand. Alternate reps.

RINGS STRENGTH

Skull Crusher

Face away from the anchor point while holding both handles. Start with a body angle that's slightly more upright than during a push-up. Perform this exercise by bending your elbows and reaching your arm overhead. You will feel a stretch

in the triceps.

High Row/Rear Delt Row

Face towards the anchor point while holding both handles. Perform a traditional row while pulling your elbows “high” by keeping them at shoulder height.

Rings Cossack Squat

Face towards the anchor point while holding both handles. Perform a stationary lateral lunge while allowing the opposite foot to rotate on to your heel, allowing for a deeper groin stretch. Use the rings for balance—but only as needed.

Rings 3-Way Row

This exercise is performed facing towards the anchor point while holding both handles. All three grips together constitute one rep: High Row/Rear Delt Row (palms down), Traditional Row (neutral grip) and Bicep Rows (palms up).

Rings Atomic Push-up

Adjust the straps to 6–12 inches off the ground. Assume a push-up position and put your feet in the rings. Tuck your knees to your chest, straighten them back out and do a push-up, keeping your body straight.

Rings Spiderman Push-up (Feet in Cradle)

Adjust the straps to 6–12 inches off the ground. Assume push-up position and put your feet in the rings. Pull one knee into your chest as to perform a push up. Alternate knees each rep.

RINGS POWER

Rings Jump Lunges

Face towards the anchor point while holding both handles. From a lunge position, jump and switch your feet into the air. Use the rings only for balance.

Rings Lateral Ice Skater Jumps

Face towards the anchor point while holding both handles. From a standing position, jump side to side. Use the rings only for balance.

ABOUT THE AUTHOR

Michael Volkmar, MS, CSCS, PES, CPT, received his master's degree in Exercise Science with a specialization in Exercise, Nutrition, and Eating Behavior from George Washington University (GWU). He worked for three years as the Strength and Conditioning Coach at GWU before moving on to spend one year at the International Performance Institute of IMG Academies, FL. Mike continued his professional development by becoming the Director of Strength and Conditioning at APEX Academies. Currently, Mike is the strength and conditioning coach at the Middle School. He has advanced specialty certifications in strength and conditioning, post-rehab exercise, athletic development, and sports medicine.

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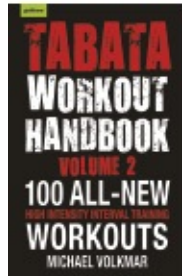


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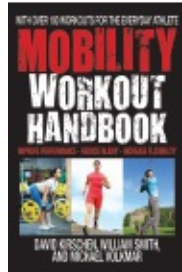


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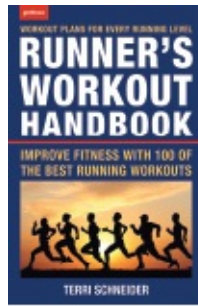
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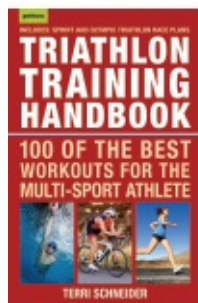


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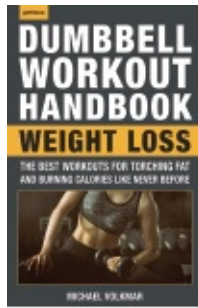
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