

Rings Muscle Up - Stage 1

Training Goals – Complete each of the below before moving onto Stage 2

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| 1. Under Grip Chin Ups (Chest high above the bar) | 10 Reps |
| 2. Dips on Parallel Bars (Full Range) | 10 Reps |
| 3. Chicken Dips on Parallel Bars | 10 Reps |
| 4. Support on Rings | 15+ Seconds |
| 5. Hang in False Grip | 30 Seconds |

Workout 1 - 3-4 Rounds

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| 1. Under Grip Shoulder Shrugs on Bar | 15-20 Reps |
| 2. Chin Up Hold on Rings | 20-30 Secs |
| 3. Support on Parallel Bars | 45 Secs-1 Min |
| 4. Upper Arm Hold | 20-30 Secs |
| 5. Front Support on Rings (use elastic if necessary) | 20-30 Secs |
| 6. False Grip Hang on Rings (feet on floor) | 20-30 Secs |

Workout 2 – 2-3 Rounds, Maximum Reps (record score)

1. Under Grip Chins on Bar in elastic
2. Dips on Parallel Bars in elastic
3. Support on Rings (use elastic if necessary)
4. Chicken Dips on Parallel Bars
5. Chest Fly on Rings (knees down)
6. Hang in False Grip

Workout 3 – 2-3 Rounds, Drop Sets

1. Under Grip Chins on Bar X5 – Under Grip Chins in elastic X8 – Chin Up Hold 10 Secs
2. Dips on Parallel Bars X5 – Dips in elastic X8 – Back Support 30 Secs
3. Support on Rings 20 Secs - Support on Parallel Bars 30 Secs – Front Support 30 Secs
4. Chicken Dips X6 – Upper Arm Hold 15 Secs – False Grip Hang on Parallel Bars 20 Secs

Rings Muscle Up - Stage 2

Training Goals – Complete each of the below before moving onto Stage 3

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| 1. False Grip Chins (Chest high above the rings) | 8-10 Reps |
| 2. Dips on Rings (Full Range) | 8-10 Reps |
| 3. Chicken Dip Rotations | 10 Reps in Each Direction |

Workout 1 – 2-3 Rounds

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|---|-----------------------|
| 1. Jump to Chin Up on Rings in False Grip & Slowly Lower Down | 8-10 Reps |
| 2. Dips on Rings with Feet on Platform | 8-10 Reps |
| 3. False Grip Chins on Rings, Feet on Platform | 8-10 Reps |
| 4. Dips on Rings with elastic | 8-10 Reps |
| 5. Chicken Dip Rotations | 5 Reps Each Direction |

Workout 2 – 2-3 Rounds, Maximum Reps (record score)

1. False Grip Chins
2. Dips on Rings
3. False Grip Chin Up Hold
4. Support on Rings

Workout 3 – 2-3 Rounds, Drop Sets

1. False Grip Chins X5 - Under Grip Chins on Bar X5 – Chin Up Hold on Bar 15 Secs
2. Dips on Rings X5 – Dips on Parallel Bars X8 – Dips on Parallel Bars in Elastic X10
3. Chicken Dip Rotations Forwards X5 - Chicken Dip Rotations Backwards X5 – Chicken Dips X5 – Upper Arm Hold 10 Secs

Rings Muscle Up - Stage 3

THE NEGATIVE

Training Goals – In order of difficulty (easiest first). Only move to the next step once you are comfortable and can perform the movement competently for at least 5 reps.

1. Muscle Up Negative from the floor
2. Muscle Up Negative from feet on platform
3. Muscle Up Negative from full support

Rings Muscle Up - Stage 4

THE TRANSITION

Training Goals – Complete 5+ good consecutive reps of each of the below before moving onto Stage 5

1. Upper Arm Dips in elastic (10 reps before attempting unassisted)
2. Upper Arm Dips
3. Transitions on a Platform (feet behind)
4. Rocking Chins

Rings Muscle Up - Stage 5

THE FULL MOVEMENT

Training Goals – In order of difficulty (easiest first). Only move to the next step once you are comfortable and can perform the movement competently for at least 5 reps.

1. Muscle Ups from the floor
2. Muscle Ups from a Platform
3. Muscle Ups with the elastic
4. Muscle Ups with Baby Jump
5. Full Muscle Ups Attempts