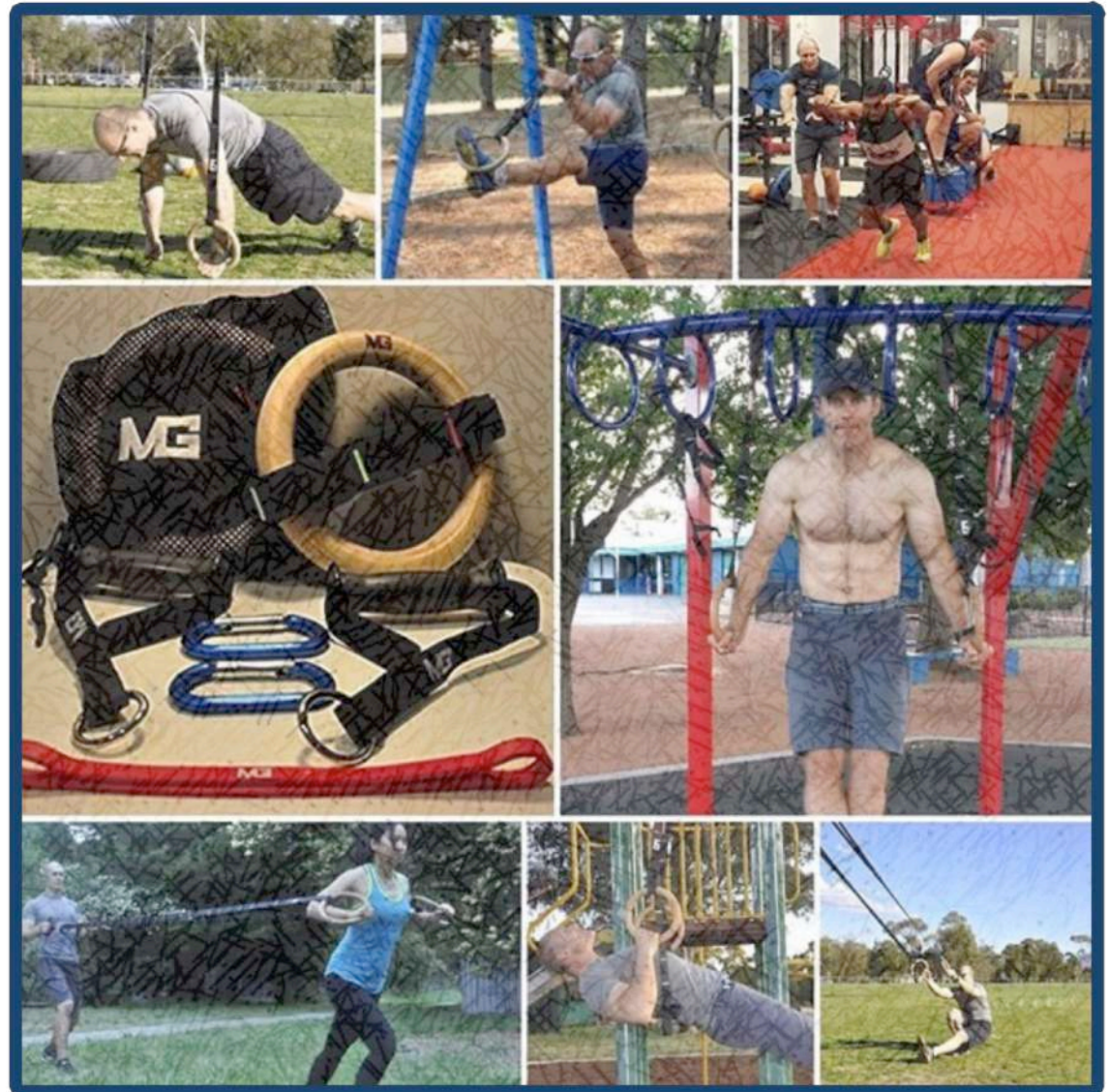


# Gym Rings Training Programs



## Gym Rings Training Programs

The table on the next page contains a wide selection of Gym Rings drills.

### Muscle Growth

- increase your dietary intake by **300-500 Kcal** per day
- train **each body part 2-4 times** per week
- every time complete **3-4 sets** per exercise x **8-12 repetitions**.

Aim for **10-15 sets per muscle group per week** (legs, chest, back, biceps, triceps, shoulders)

When you train with Gym Rings you will use core muscles (abs, spinal) for most drills, so you do not really need to perform any core specific exercises.

### Strength improvement

- choose more difficult drills that allow you to perform 1-6 repetitions at once
- train **each body part 2-6 times** per week
- every time complete **3-4 sets** per exercise x **1-6 repetitions**.

You can also have a combination of drills with few reps and higher reps in the same session.

### How to keep on improving continuously?

- increase the difficulty of the training every week – more reps for the same exercise, more difficult angle, more sets per drill, more difficult drills, add weight
- be consistent – never train less than two sessions per week
- do not allow yourself to detrain (lose your gains)
- maintain a healthy lifestyle – sound and adequate nutrition, 8 hours of sleep every day, no alcohol, smoking or other bad habits

### Gym Rings Exercises

|                        |                                       |                                     |                                 |  |                     |
|------------------------|---------------------------------------|-------------------------------------|---------------------------------|--|---------------------|
| <b>Chest</b>           | Incline push-up                       | Push-up                             | Push-up-pike                    | Incline flies                            | Archer push-ups     |
|                        | Dips (elbows wide)                    | One hand push-ups                   | Archer dips                     | Flies                                    | Weighted push-ups   |
| <b>Back</b>            | Incline rows                          | Rows                                | Wide rows                       | Incline pull-ups                         | Pull-ups            |
|                        | Archer pull-ups                       | One arm pull-ups                    |                                 |  |                     |
| <b>Legs</b>            | Two legs squat                        | One leg squat                       | Bulgarian split squat           | Lying hips thrust                        | Pistol Squat        |
|                        | Split squat with weight               | Pistol squat with weight            |                                 |  |                     |
| <b>Shoulders</b>       | Incline flies                         | Y-flies                             | Pike push-ups                   | Inverted upright rows                    | Hand stand push-ups |
| <b>Triceps</b>         | Incline triceps extension (face down) | Incline triceps extension (face up) | Dips (elbows close to the body) | Triceps extension (face down)            |                     |
| <b>Biceps</b>          | Incline biceps flexion (face up)      | Alternate biceps flexion (face up)  | Pelican push-ups (curls)        | Incline one arm biceps flexion (face up) |                     |
| <b>Specialty moves</b> | Skin the cat                          | Muscle-ups                          | Front lever                     | Back lever                               | Iron cross          |

| Beginner |  | Intermediate |  | Advanced |
|----------|--|--------------|--|----------|
|          |  |              |  |          |

Example of training programs – below you have example of programs that last between 10 minutes and 50 minutes

| Beginner muscle building              |      |      | Beginner muscle building 1/2          |      |      |
|---------------------------------------|------|------|---------------------------------------|------|------|
| 45'                                   |      |      | 20'                                   |      |      |
| Exercise                              | Sets | Reps | Exercise                              | Sets | Reps |
| Incline push-up                       | 3    | 10   | Incline push-up                       | 3    | 10   |
| Incline row                           | 3    | 10   | Incline row                           | 3    | 10   |
| Two legs squat                        | 3    | 10   | Two legs squat                        | 3    | 10   |
| Incline flies                         | 3    | 10   | Beginner muscle building 2/2          |      |      |
| Incline triceps extension (face down) | 3    | 10   | Exercise                              | Sets | Reps |
| Incline biceps flexion (face up)      | 3    | 10   | Incline flies                         | 3    | 10   |
|                                       |      |      | Incline triceps extension (face down) | 3    | 10   |
|                                       |      |      | Incline biceps flexion (face up)      | 3    | 10   |

| Intermediate muscle building                             |      |      | Intermediate muscle building 1/2                         |      |      |
|--|------|------|--|------|------|
| 45'  |      |      | 20'  |      |      |
| Exercise   | Sets | Reps | Exercise   | Sets | Reps |
| Push-up  | 3    | 10   | Push-up  | 3    | 10   |
| Row  | 3    | 10   | Row  | 3    | 10   |
| Bulgarian split squat                                    | 3    | 10   | Bulgarian split squat                                    | 3    | 10   |
| Pike push-up   | 3    | 6    | Intermediate muscle building 2/2                         |      |      |
| Incline triceps extension (face down) - lower body angle | 3    | 10   | Exercise   | Sets | Reps |
| Incline biceps flexion (face up) - lower body angle      | 3    | 10   | Pike push-up   | 3    | 6    |
|  |      |      | Incline triceps extension (face down) - lower body angle | 3    | 10   |

|  |  |  |   |   |    |
|--|--|--|---|---|----|
|  |  |  | Incline biceps flexion (face up) - lower body angle | 3 | 10 |
|--|--|--|---|---|----|

| Intermediate strength              |      |      | Intermediate strength 1/2          |      |      |
|------------------------------------|------|------|------------------------------------|------|------|
| 45'                                |      |      | 20'                                |      |      |
| Exercise                           | Sets | Reps | Exercise                           | Sets | Reps |
| Archer push-up                     | 3    | 5    | Archer push-up                     | 3    | 5    |
| Archer Row                         | 3    | 5    | Archer Row                         | 3    | 5    |
| Bulgarian split squat (add weight) | 3    | 5    | Bulgarian split squat (add weight) | 3    | 5    |
| Pike push-up                       | 3    | 5    | Intermediate strength 2/2          |      |      |
| Dips                               | 3    | 5    | Exercise                           | Sets | Reps |
| Pelican push-up (partial)          | 3    | 5    | Pike push-up                       | 3    | 5    |
|                                    |      |      | Dips                               | 3    | 5    |
|                                    |      |      | Pelican push-up (partial)          | 3    | 5    |

| Intermediate strength + muscle building 1 |      |      | Intermediate strength + muscle building 2 |      |      |
|---|------|------|---|------|------|
| 30'                                       |      |      | 30'                                       |      |      |
| Exercise                                  | Sets | Reps | Exercise                                  | Sets | Reps |
| Archer push-up                            | 2    | 5    | Pike push-up (more difficult angle)       | 2    | 5    |
| Push-up                                   | 2    | 10   | Pike push-up (less difficult angle)       | 2    | 10   |
| Archer Row                                | 2    | 5    | Dips                                      | 2    | 5    |
| Pull-up                                   | 2    | 10   | Triceps extension (face down)             | 2    | 10   |
| Bulgarian split squat (add weight)        | 2    | 5    | Pelican push-up (partial)                 | 3    | 5    |
| Pistol squat                              | 2    | 10   |   |      |      |

| Advanced muscle building                                       |      |      | Advanced muscle building 1/2                                   |      |      |
|--|------|------|--|------|------|
| 45'  |      |      | 20'  |      |      |
| Exercise   | Sets | Reps | Exercise   | Sets | Reps |
| Push-up (add weight)   | 3    | 8    | Push-up (add weight)   | 3    | 8    |
| Pull-up (add weight)   | 3    | 8    | Pull-up (add weight)   | 3    | 8    |
| Bulgarian split squat (add weight)                             | 3    | 8    | Bulgarian split squat (add weight)                             | 3    | 8    |
| Hand stand push-up   | 4    | 3    | Advanced muscle building 2/2                                   |      |      |
| Incline triceps extension (face down) - body parallel to floor | 3    | 8    | Exercise   | Sets | Reps |
| Pelican push-up  | 3    | 5    | Hand stand push-up   | 4    | 3    |
|  |      |      | Incline triceps extension (face down) - body parallel to floor | 3    | 8    |
|  |      |      | Pelican push-up  | 3    | 5    |

|  |                  |             |  |                     |             |
|--|------------------|-------------|--|---------------------|-------------|
| <b>Advanced strength</b>                                       | <b>50'</b>       |             | <b>Advanced strength 1/2</b>                                   | <b>20'</b>          |             |
| <b>Exercise</b>  | <b>Sets</b>      | <b>Reps</b> | <b>Exercise</b>  | <b>Sets</b>         | <b>Reps</b> |
| Muscle up  | 4                | 5           | Muscle up  | 4                   | 5           |
| Iron Cross (progressions)                                      | 3                | 4           | Iron Cross (progressions)                                      | 3                   | 4           |
| Pistol squat (add weight)                                      | 3                | 5           | Pistol squat (add weight)                                      | 3                   | 5           |
| Hand stand push-up   | 4                | 3           | <b>Advanced strength 2/2</b>                                   | <b>25'</b>          |             |
| Incline triceps extension (face down) - body parallel to floor | 3                | 8           | <b>Exercise</b>  | <b>Sets</b>         | <b>Reps</b> |
| Pelican push-up  | 3                | 5           | Hand stand push-up   | 4                   | 3           |
| Front lever (maintain for 4")                                  | 3                | 4           | Incline triceps extension (face down) - body parallel to floor | 3                   | 8           |
|  |                  |             | Pelican push-up  | 3                   | 5           |
|  |                  |             | Front lever (maintain for 4")                                  | 3                   | 4 (4')      |
| <b>Advanced strength 1/4</b>                                   | <b>Supersets</b> | <b>10'</b>  | <b>Advanced strength 2/4</b>                                   | <b>Supersets</b>    | <b>10'</b>  |
| <b>Exercise</b>  | <b>Sets</b>      | <b>Reps</b> | <b>Exercise</b>  | <b>Sets</b>         | <b>Reps</b> |
| Muscle up  | 4                | 5           | Iron Cross (progressions) maintain 3"                          | 3                   | 4           |
| Bulgarian Split Squat  | 3                | 6           | Lying hip thrust (add weight)                                  | 3                   | 8           |
| <b>Advanced strength 3/4</b>                                   | <b>Supersets</b> | <b>10'</b>  | <b>Advanced strength 4/4</b>                                   | <b>Mini-circuit</b> | <b>10'</b>  |
| <b>Exercise</b>  | <b>Sets</b>      | <b>Reps</b> | <b>Exercise</b>  | <b>Sets</b>         | <b>Reps</b> |
| Pull-ups (add weight)  | 4                | 6           | Handstand push-up  | 4                   | 3           |
| Push ups (add weight)  | 4                | 6           | Triceps extensions (face down)                                 | 3                   | 7           |
|  |                  |             | Pelican push-up  | 3                   | 5           |

