

Gym Rings Training Programs

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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

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

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		
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		
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	45'		Intermediate strength 1/2	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	20'	
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	30'		Intermediate strength + muscle building 2	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	45'		Advanced muscle building 1/2	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	20'	
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

Advanced strength			Advanced strength 1/2		
Exercise	Sets	Reps	Exercise	Sets	Reps
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	Advanced strength 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
Front lever (maintain for 4")	3	4 (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')
Advanced strength 1/4			Advanced strength 2/4		
Exercise	Sets	Reps	Exercise	Sets	Reps
Muscle up	4	5	Iron Cross (progressions) maintain 3"	3	4
Bulgarian Split Squat	3	6	Lying hip thrust (add weight)	3	8
Advanced strength 3/4			Advanced strength 4/4		
Exercise	Sets	Reps	Exercise	Sets	Reps
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

Super busy lifestyle training

If you are quite busy, with children or elderly to take care off and other obligations you can try this system below.

- Perform different sessions from 5 minutes a session (3 sets of dips) up to 40 minutes a session (3-4 sets for every body part)
- Aim for 10 sets per week per body part; for example, you can do 2 sessions (Monday, Thursday) of Chest Training 5 sets each or 3 sessions (4-3-3 sets, Monday, Wednesday, Friday) or 5 sessions of 2 sets each. A 3 sets session will take 5-6 minutes.
- This way you can do multiple mini sessions throughout the day (Morning, lunch, late afternoon, evening) and get all done in a week
- Prioritize the Chest, Back and Legs drills because they involve the biggest muscle groups
- Minimum weekly training - 30 sets of Chest, Back and Legs exercises – 50 – 60 minutes total time (75% results)
- Complete weekly training - 70 sets (10 sets for each Body part and Specialty moves) – 100 – 150 minutes total time (100% results)

Chest 10 sets	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
Back 10 sets	Incline rows	Rows	Wide rows	Incline pull-ups	Pull-ups
	Archer pull-ups	One arm pull-ups			
Legs 10 sets	Two legs squat	One leg squat	Bulgarian split squat	Lying hips thrust	Pistol Squat
	Split squat with weight	Pistol squat with weight			
Shoulders 10 sets	Incline flies	Y-flies	Pike push-ups	Inverted upright rows	Hand stand push-ups
Triceps 10 sets	Incline triceps extension (face down)	Incline triceps extension (face up)	Dips (elbows close to the body)	Triceps extension (face down)	
Biceps 10 sets	Incline biceps flexion (face up)	Alternate biceps flexion (face up)	Pelican push-ups (curls)	Incline one arm biceps flexion (face up)	
Specialty moves As you wish		Muscle-ups	Front lever	Back lever	Iron cross
	Skin the cat				

AMRAP Training

- For one session for one drill do 2 or 3 minutes As Many Reps As Possible
- Example Dips – 3 minutes. Normally let's assume that you can do maximum 25 dips in one go. Do 10 dips, then rest 10 seconds. Do 10 more, then rest 10 seconds. Do 8 more, then rest 10 seconds. Do 6 more, then rest 8 seconds. Do 3 more, then rest 6 seconds.....
- In 3 minutes you should be able to do your one time max reps x 1.5 – 2 reps, so if you can do 25 reps in one go, you should do 35 – 50 reps in 3 minutes.
- You can do more different drills in one session.