



HWPOAFFILIATE

FOCUS EXAMPLE DAY

INTERACTIVE PDF

SESSION 2 - RING MUSCLE UPS

A. GENERAL (6:00)

1:00 run / Bike / Row
 25' Inchworm Walk (with push up)
 1:00 run / Bike / Row
 20 Plank Shoulder taps
 1:00 run / Bike / Row
 10 Ring rows

B. MOBILITY (2:00)

Forearm Stretch
 1-1:30

C. SPECIFIC (6:00)

3 sets
 10-15 Sec support hold on rings,
 hollow position
 5 Tempo Ring Dips, pause in
 bottom

A. STRICT RING MUSCLE UP ACCESSORY WORK

1. Strict Ring Muscle up pull downs
 5 x 4

2. Band assisted Strict Ring Muscle ups
 4 x 2

MOVEMENT DEMOS:

RING MUSCLE UP PULL DOWN

RING MUSCLE UP PULL DOWN OVERVIEW

BAND ASSISTED STRICT MUSCLE UP

The technical component to this class is the band muscle up pull downs. It looks very simple but many athletes here will struggle with how to manipulate the rings and clearly define the three steps of the ring muscle up: **Pull, Transition, Dip**.

Be relentless in the pull downs. These do not require strength, they require attention and tremendous concentration. You can do as many sets as you feel your members need to truly get the movement pattern down.

PULL:

You should see the athlete maintaining a false grip as they pull the rings low. Their hands should be below their collar bones.

TRANSITION:

Here, you should see the athletes keep the rings close to their bodies. The wrists will rotate and as a result the rings as well but the rings should NOT move up or down during this rotation. You should also see the athlete's torso lean forward to end the movement with the shoulders in front of the rings, the elbows behind them and the rings under their delts/biceps.

DIP:

You should see & feel the athlete pressing down using the pecs and not JUST the triceps. The shoulders should be in front of the rings and they should maintain the slight forward lean.

Athletes should use as much assistance as they need to have a successful and technically sound transition. The dip isn't an absolute priority. Getting athletes to hold their bodies up WHILE they transition is one of the most important parts of the strict ring muscle up.

B. STRICT RING MUSCLE UP ACCESSORY WORK

5 sets

3 False Grip Chin ups (high rings)

3 Ring Row Muscle up transition
(no dip)

3 Strict Ring Dips

Rest 2-3 minutes

SCALING

3 False Grip Ring Rows

3 Ring Row Muscle up transition
(no dip)

3 Jumping Ring Dips

MOVEMENT DEMOS:

RING MUSCLE UP PULL TRANSITION

JUMPING RING DIP

This section reduces the degree of difficulty and increases the volume for the movement pattern.

We're taking the ring muscle up and dividing into its three movement patterns: **Pull, transition, push**

FALSE GRIP CHIN UPS/RING ROWS: THE HARDEST PART OF THIS ACCESSORY

The false grip requires practice and strength. It's harder than the hook grip and requires more attention. We need to make sure that athletes are doing their best to keep it and to do so they must control the descent of their movement. If it's not a habit and they move fast, they will 100% lose it.

RING ROW TRANSITION: BE ATTENTIVE HERE

The ring row muscle up transition is where you have to make sure athletes are movement right. This should look and feel a lot like the pull downs we did earlier. Athletes must pull the rings close to the body with the rings inside shoulder width and perform the transition with wrists rotating & elbows staying close to the body as the torso angle changes to have the shoulder come forward. They have to push their hips back as they do that which they need to do using the ground, pushing their hips back with their legs.

JUMPING RING DIP: DO IT RIGHT

We should see athletes control the descent with the goal of hitting the bottom of the ring dip position. We often see athletes fall into that position and as a result, the torso is too vertical and the elbows are flared out to the side. Athletes should always feel that their elbows are behind them and they are slightly leaned over the rings. They should push only enough to assist in the deepest ROM and apply constant pressure into the rings.

C. WORKOUT (OPTIONAL)

5 rounds

20 Sec L-Sit hold on rings /

Parallettes

15 V-ups / Knee Tucks

3 Wall Walks / 5 Half Wall walks

Today's class may have a bit more time to include this workout.

Athletes can scale the L-sit support hold as a hollow on rings or on parallettes.

This workout is for quality and each movement should be performed with focus and the intention of making every rep the same.