

# RING TRAINING:

## LEVEL 1

### GOAL AFTER FINISHING LEVEL 3 CHALLENGE

1.3 REPS. HANDSTAND PUSHUPS (WITHOUT WALL)  
2.3-5 SEC. PLANCH  
3.3-5 MUSCLE UPS  
4.10 SEC. FRONT LEVER HOLD

|         | ARMS                                                   | BACK                                                          | CHEST                                                      |
|---------|--------------------------------------------------------|---------------------------------------------------------------|------------------------------------------------------------|
| 1. TASK | <b>HOLD<br/>30 SEC.<br/>3 SETS</b>                     | <b>FRONT RAISE &amp;<br/>DELTA FLY<br/>10 REP.<br/>3 SETS</b> | <b>PUSH UP'S<br/>(LOWEST ANGLE)<br/>10 REPS<br/>3 SETS</b> |
| 2. TASK | <b>PRESS UP HOLD<br/>30 SEC.<br/>3 SETS</b>            | <b>PULL UP'S<br/>5-10 REPS<br/>3 SETS</b>                     |                                                            |
| 3. TASK | <b>KNEE LIFT PRESS<br/>UP'S<br/>10 REP.<br/>3 SETS</b> | <b>ROW'S<br/>(LOWEST ANGLE)<br/>10 REPS<br/>3 SETS</b>        |                                                            |
| 4. TASK |                                                        |                                                               |                                                            |
| 5. TASK |                                                        |                                                               |                                                            |
| 6. TASK |                                                        |                                                               |                                                            |