

SPRI CROSS TRAIN WOOD RINGS

Exercise Instruction

- Warm up for 3-5 minutes before each exercise session.
- Complete each movement selected for 20-60 seconds.
- Perform 1-3 sets of each selected movement.
- Rest approximately 30-60 seconds between each set of movements.
- Perform every movement in a safe and controlled manner.
- If unable to complete a movement for a minimum of 20 seconds, perform the movement more slowly, or take more rest between movements.

—OR—

- If unable to achieve moderate to maximal fatigue following the completion of 60 seconds of movement, perform the movement more quickly, or take less rest between movements.
- Perform exercise session a minimum of 3 times per week for maximum results.
- Allow 24-48 hours of rest between each exercise session.

DIP



Start: Grasp rings, straighten arms, lift body off floor keeping legs straight and chest up.

Finish: Bend arms and lower body toward floor with elbows behind body and upper body leaning slightly forward. Straighten arms, return to start position and repeat in a continuous up/down pattern.

MODIFIED MUSCLE UP



Start: Grasp rings; straighten arms above shoulders and lower body toward floor with legs bent, feet flat on floor and back straight.

Finish: Bend arms, pull body up, straighten legs and press feet into floor while straightening arms and raising body upward off floor, hold. Bend arms, return to start position and repeat in a continuous up/down pattern.

PULL-UP



Start: Grasp rings, straighten arms directly above shoulders with legs straight and feet off floor.

Finish: Bend arms and pull body upward, keep legs and back straight, hold. Straighten arms, return to start position and repeat in a continuous up/down pattern.

PUSHUP



Start: Grasp rings; straighten arms directly below shoulders with legs straight and balls of feet on floor.

Finish: Bend arms and lower body toward floor while keeping legs and back straight, hold. Straighten arms, return to start position and repeat in a continuous up/down pattern.

ROW



Start: Grasp rings; straighten arms directly above shoulders with legs straight and heels on floor.

Finish: Bend arms and pull body upward, keep back and legs straight with heels on floor, hold. Straighten arms, return to start position and repeat in a continuous up/down pattern.

SKIN THE CAT



Start: Grasp rings, straighten arms directly above shoulders, drop hips, bend legs and position feet flat on floor. Bend arms slightly, lift knees toward chest, swing lower body up and backward overhead.

Finish: Assume a full body inverted position with arms and legs straight, and then bend at hips, lower legs down and behind body toward floor. Straighten hips, raise legs upward; return to start position and repeat.