

# Ring Work

## Step 1: Ring Supports

Hold yourself at the top - with your arms locked out and externally rotated - in a stable position. This means that the rings shouldn't be shaking, and you're holding a hollow body position with toes pointed slightly in front of you.

“Externally rotated” means that the chest should be open, and elbow creases are rotated to face forward - which will also rotate the rings slightly out.

## Step 2: Ring Dip Negatives

For negatives, hop back into a ring support hold. From here, **slowly** lower yourself down in a controlled manner, as low as you can possibly go without feeling discomfort or losing control.

**Tip:** Control the descent all the way to full-depth.

In the beginning, you might not make it to “full depth”, but that is ultimately your goal - stay controlled from top to bottom into full depth. **Full depth = below parallel**



### Step 3: Partial Ring Dips

This drill is mimicking a ring dip, without the full range of motion.

Once again, get above the rings locked out (ring support). This time, instead of lowering down all the way, only lower down part of the way - and then push yourself back up and lock out. You might find that your rings want to wobble like crazy at first, and that's okay. The more you practice, the more stable you'll become.

The goal of this is to get comfortable with a bigger range of motion.

When you first start - your partial ring dip may only be a few inches, and that's fine! As you build strength and stability, push yourself to lower further and further, and before you know it you'll be hitting full range of motion ring dips

# Ring Muscle Up Work

## Ring Dips

Continue to work on getting full range of motion.

## L-Sits for Time

Holding in the support position with your feet out in front of you. Try to work up to 1 min accumulated over 3-4 reps. Work on external rotation.

## Ring Holds for Time

Same as the L-sit – work up to 1 min accumulated over 3-4 reps. Work on external rotation but your body will be in the hollow position. Keep that core nice and tight!

## False Grip Row:

You'll know you've got this right if your inner wrist starts to hurt! Chalk up! Try to keep hands close (think of giving yourself a fist pump) at the start and out towards your side at the finish, similar to the position of a ring muscle up.

## False Grip Curls

Again this one will be awkward if you're not used to the false grip. The difference between the row and curl is you're bringing your hands to your forward on the curl.

## False Grip Pull Ups

Exactly what they sound like 😊 You can also do negative pull ups, just work on your false grip.

## Baby Muscle Up and Banded Muscle Up

When using bands, try to move to a lighter resistance band – don't always stick with the easiest one!

[stacey@healthy-habits-nutrition.com](mailto:stacey@healthy-habits-nutrition.com)

[www.healthy-habits-nutrition.com](http://www.healthy-habits-nutrition.com)