

RING MUSCLE-UP

Week 1

PREREQUISITE	<ul style="list-style-type: none"> - 3-5+ strict chest-to-bar pull-ups - 3-5+ strict ring-dips - 10 seconds or more, top and bottom of a ring-dip support hold
DAY 1	<ol style="list-style-type: none"> 1) 4 × 6 reps false-grip chest-to-rings pull-ups - Use a band if needed. 2) 4 × 6 reps Russian push-ups 3) 3 × 10-20 seconds bottom of a ring support hold
DAY 2	<ol style="list-style-type: none"> 1) 4 × 6 reps paused dumbbell bench presses - Pause on chest for 1 second each rep 2) 4 × 6-10 reps dumbbell bent-over rows - Pause at the top of the rep for 1 second. 3) 3 × 10-20 seconds top of ring support hold
DAY 3	<ol style="list-style-type: none"> 1) 5 × 3 reps seated banded strict ring muscle-ups 2) 5 × 5 reps weighted negative ring pull-ups 3) 4 × 6 reps ring push-ups
WEEKLY TECHNIQUE DEVELOPMENT	<ol style="list-style-type: none"> 1) Leg-assisted muscle-up transitions - Focus on the torso rotating as the rings trace around the chest 2) Full range-of-motion jumping ring-dips or ring-dips 3) False-grip ring rows: maintaining the false-grip 4) False-grip kip swings: maintain false-grip, big kip swings
RECOMMENDED STRETCHING	<ol style="list-style-type: none"> 1) Banded shoulder stretch 2) Reach, roll, and lifts 3) Foam roll upper back 4) Lacrosse-ball shoulder mash

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Week 2

DAY 4	<ul style="list-style-type: none"> 1) 4 × 4 reps false-grip chest-to-rings pull-up with 1 second hold at chest 2) 4 × 8 reps Russian push-ups 3) 4 × 10–20 seconds bottom of ring support hold
DAY 5	<ul style="list-style-type: none"> 1) 4 × 6 reps paused dumbbell bench presses <ul style="list-style-type: none"> - Pause on chest for 1 second each rep - Increase loading from last week 2) 4 × 6–10 reps dumbbell bent-over rows <ul style="list-style-type: none"> - Pause at the top of the rep for 1 second. - Increase loading or reps from last week 3) 4 × 10–20 seconds top of ring support hold
DAY 6	<ul style="list-style-type: none"> 1) 5 × 3 reps seated banded strict ring muscle-ups <ul style="list-style-type: none"> - Increase the height of the rings from Day 3. 1) 5 × 5 reps weighted negative ring pull-ups <ul style="list-style-type: none"> - Increase loading from last week 1) 4 × 10 reps bar dips or box dips
WEEKLY TECHNIQUE DEVELOPMENT	<ul style="list-style-type: none"> 1) Leg-assisted muscle-up transitions <ul style="list-style-type: none"> - Increase difficulty by moving feet forward from last week. - Focus on the torso rotating as the rings trace around the chest. 1) Full range-of-motion jumping ring-dips or ring-dips 1) False-grip ring rows: maintaining the false-grip 1) False-grip kip swings: maintain false-grip, big kip swings <ul style="list-style-type: none"> - Use high rings.
RECOMMENDED STRETCHING	<ul style="list-style-type: none"> 1) Banded shoulder stretch 2) Reach, roll, and lifts 3) Foam roll upper back 4) Lacrosse-ball shoulder mash

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Week 3

DAY 7	<ol style="list-style-type: none"> 1) 5 × 3 reps false-grip chest-to-rings pull-up - 1 second hold at chest and a 3-second negative 2) 4 × 6 reps Russian dips 3) 3 × 20–30 seconds bottom of ring support hold
DAY 8	<ol style="list-style-type: none"> 1) 5 × 5 reps dumbbell bench presses - No longer pause on the chest - Build to a heavy 5 2) 4 × 10 reps alternating prone dumbbell rows - Hold at the top of every rep for 1 second. 3) 3 × 20–30 seconds top of ring support hold
DAY 9	<ol style="list-style-type: none"> 1) 5 × 2 reps seated banded strict ring muscle-ups - Increase the height of the rings from Day 6. 2) 5 × 1–2 reps tempo negative strict ring muscle-ups - Go as slow as possible. 3) 4 × 10 reps bar dips or box dips
WEEKLY TECHNIQUE DEVELOPMENT	<ol style="list-style-type: none"> 1) Leg-assisted muscle-up transitions - Increase difficulty by moving feet forward from last week. Consider an L-sit hold position or moving the rings higher. - Focus on the torso rotating as the rings trace around the chest. 2) False-grip kip swings: maintain false-grip, big kip swings - Use high rings.
RECOMMENDED STRETCHING	<ol style="list-style-type: none"> 1) Banded shoulder stretch 2) Reach, roll, and lifts 3) Foam roll upper back 4) Lacrosse-ball shoulder mash

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Week 4

DAY 10	<ul style="list-style-type: none"> 1) 6 × 2 reps false-grip chest-to-rings pull-ups <ul style="list-style-type: none"> - 2-second hold at the chest and a 3-second negative 2) 4 × 6 reps Russian dips 3) 4 × 20–30 seconds bottom of ring support hold
DAY 11	<ul style="list-style-type: none"> 1) 7 × 1 rep seated banded strict ring muscle-up <ul style="list-style-type: none"> - Increase the height of the rings from Day 9 2) 5 × 3 reps dumbbell bench presses <ul style="list-style-type: none"> - No longer pause on chest - Build to a heavy 3 3) 4 × 6 reps alternating prone dumbbell rows <ul style="list-style-type: none"> - Hold at the top of every rep for 1 second. 4) 7 × 1–2 reps tempo negative strict ring muscle-ups <ul style="list-style-type: none"> - Go as slow as possible
DAY 12	<ul style="list-style-type: none"> 1) Ring muscle-up attempts <ul style="list-style-type: none"> - Focal points: Big kip swing, maintain the false-grip (as much of it as possible), let yourself get as far behind the rings as possible before you pull the rings to your hips, sit-up fast, keep the rings pulled in tight to your body, look for your toes, and press out.
WEEKLY TECHNIQUE DEVELOPMENT	<ul style="list-style-type: none"> 1) Leg-assisted muscle-up transitions <ul style="list-style-type: none"> - Increase difficulty by moving feet forward from last week. Consider an L-sit hold position or moving the rings higher. - Focus on the torso rotating as the rings trace around the chest. 2) False-grip kip swings: maintain false-grip, big kip swings <ul style="list-style-type: none"> - Use high rings.
RECOMMENDED STRETCHING	<ul style="list-style-type: none"> 1) Banded shoulder stretch 2) Reach, roll, and lifts 3) Foam roll upper back 4) Lacrosse-ball shoulder mash