

MUSCLE-UP

RING DIP

PULLTHROUGHS

KIPPING PULLUP

RING SUPPORT



From a full hang, athlete pulls themselves up to the rings with a kip, quickly passes their torso forward through the rings, and presses up to a fully-locked-out elbow position and remains suspended for a full second.

Athlete starts from fully-extended elbows, feet off the ground, and lowers herself until her thumbs are at armpit level (elbows smaller than 90-degree angle.) She presses up to return to full extension (suspended.)

With feet on the ground, balls of the feet directly under the bar suspending the rings, the athlete explosively pulls themselves onto the ball of their feet, and then presses up into a position of full elbow extension, and remains suspended for 1 full second.

Start from full hang; legs generate upward force; chin clears bar at the top of each rep; should be able to generate 3 linked

From the ground, with hands in rings and elbows smaller than 90 degrees, the athlete presses herself to full extension, suspended off the ground, and holds for 3 seconds.



10 in a row - suspended

10 in a row.

10 in a row.

10 straight.

