

	Day 1	Day 2	Day 3
	5 Sets	5 Sets	5 Sets
	3 Band Assisted Strict Muscle Ups	3 Strict Chest to Ring Chin Ups	3 Box Assisted Muscle Ups
	Rest 30s	Rest 30s	Rest 30s
	3 Hips to Rings	3 Jumping Muscle ups with 3s negative	3 Chest to Ring Chin Ups with 2s hold at top
	Rest 90s - 2 minutes	Rest 90s - 2 minutes	Rest 90s - 2 minutes
	4 Sets	4 Sets	4 Sets
	10s False Grip Hang	5 Ring Beat Swings	5 Ring Beat Swings with Leg Raise
	Rest 15s	Rest 15s	Rest 15s
	10s Chin/Chest to Ring Hold	3 Hips to Rings	3 Band Assisted Muscle Up Transitions
	Rest 15s	Rest 15s	Rest 15s
	10s Bottom of Dip Hold	10s False Grip Hang	8 False Grip Ring Rows
	Rest 90s-2 minutes	Rest 90s - 2 minutes	Rest 90s - 2 minutes
	3 sets		3 sets
	20 Hollow Rocks		10s Ring Support Hold + 5 Strict Ring Dips
	Rest 15s		Rest 15s
	20 Arch Rocks		30s Hollow Hold