Exercise Manual
Fit Bod™ Gymnastic Rings

Thank you for purchasing your new Fit Bod™ Gymnastic Rings. We hope they will bring you many years of joy and bring you closer to your fitness goals.

Disclaimer

Always consult your physician before beginning any exercise program. This general information is not intended to diagnose any medical condition or to replace your healthcare professional. Consult with your healthcare professional to design an appropriate exercise programme. If you experience any pain or difficulty with these exercises, stop and consult your healthcare provider.

Warm up

Always warm up before each exercise session to prepare your muscles for the impending workout.

Here is an example warm up session we suggest as a minimum before using your Fit Bod™ Gymnastic Rings.

5-10 minutes cardio to raise your body temperature. This could be anything from walking, skipping, jogging, rowing etc. Anything that will raise your heartbeat and body temperature.

Neck Stretch – Lie on the floor with your knees bent and gently pull your neck forward. Hold in this position for 5 seconds and relax back to the starting position. Repeat 3 times.
Neck Stretch 2 – Stand and lower head to left shoulder. Hold for 10 seconds and relax to the starting position. Repeat 2 times for both sides.

Arm Stretch – Interlock your fingers and push your arms up to the sky with your palms facing out. Hold in this position for 10 seconds and relax back to the starting position. Repeat 2 times.

Shoulder Shrug – Shrug your shoulders to the sky. Hold in this position for 5 seconds and relax back to the starting position. Repeat 2 times.

Side Stretch – Raise both arms above your head and place right hand onto your left elbow. Gently pull with your right hand and bend at your waist to the right side. Hold in this position for 10 seconds and relax back to the starting position. Repeat 2 times for each side.
Arm Crossover Stretch – Place left arm across your chest and pull your arm closer to your chest with your right hand just below your elbow. Hold in this position for 20 seconds and relax back to the starting position. Repeat 2 times for each side.

Back and Shoulder Stretch – Hold onto solid object or Fit Bod™ rings and bend forward at waist until your head is below your shoulder line and you feel a gentle stretch in your upper back. Hold in this position for 20 seconds and relax back to starting position. Repeat 2 times.

Ring Exercises
After you have completed your warm up session you will be ready to perform your ring exercises.

1 **Support Position: Muscles Used – Arms and Back**
This a fundamental exercise to perform ring training suspended exercises. Once you can hold this position for 30 seconds you will be ready to attempt more advanced exercises.

1. Set the rings to a height so that your feet will not touch the ground during the exercise
2. Hold the rings and pull yourself above them with your feet off the ground and you're supporting your bodyweight with just your arms.
3. Keep your arms straight and hold this position for as long as you can.
2  **Dip: Muscles Used – Chest, Triceps and Shoulders**

1. Set the rings to a height so that your feet will not touch the ground during the exercise.
2. Get into the Support Position (see above).
3. Lower your body down by bending at your elbows until your arms are bent to 90° at the elbow.
4. Your legs can remain straight or at an angle so long as you don't touch the ground.
5. Maintain a steady and controlled position with the rest of your body.
6. Press your body back to the original starting position.

3  **Push Up: Muscles Used – Chest, Shoulders and Abdominals**

1. Set the rings to a height that you're comfortable with (the higher the rings the easier the exercise).
2. Hold the rings and keep your body straight and your legs extended behind you.
3. Move hands approx shoulder width apart.
4. Lower yourself slowly towards the ground by bending at the elbow, maintaining good form throughout.
5. Pause at the bottom of the movement and then push yourself back to the starting position.
**4 Pull Up/Chin Up: Muscles Used – Back and Biceps**

1. Set the rings to a height so that your feet will not touch the ground during the exercise.
2. Position yourself under the rings and grip the rings with an overhand (pull up) or underhand (chin up) grip.
3. Stand under the rings and grip with either an overhand (for the pull-up), or underhand (for the chin-up) hand position.
4. Keep your arms straight and hang from the rings, keeping your body vertical or legs at 90°.
5. Pull your chest up toward the rings by bending your arms at the elbow. Maintain a smooth and controlled motion as you pull up.
6. Slowly lower yourself back to the starting position.

**5 Ring Roll Out: Muscles Used – Abdominals and Shoulders**

1. Set the rings to a height that you're comfortable with (the higher the rings the easier the exercise).
2. Hold the rings and keep your body straight and your legs extended behind you.
3. Move hands approx shoulder width apart.
4. Slowly push yourself forward in a controlled manner, rolling out from the shoulders, stretching out the torso as far as you can without compromising form.
5. Stop when fully stretched and pause for a moment and return to the starting position elf back to the starting position.
6  **Ring Row: Muscles Used – Back and Biceps**

1. Set the rings to a height that you're comfortable with (the higher the rings the easier the exercise).
2. Hold the rings and lean back, keeping your body straight until your arms lock out straight.
3. Whilst maintaining your straight body, pull your chest upwards towards the rings as high as you can.
4. Pause briefly at the top and then slowly lower yourself to the starting position.

7  **Front Lever: Muscles Used – Abdominals and Shoulders**

1. Set the rings to a height that you're comfortable with (the higher the rings the easier the exercise).
2. Hold the rings and lean back, keeping your body straight.
3. Lower your body until completely horizontal, your body facing upwards.
4. Maintain this position for as long as you can.
8 **L-Sit: Muscles Used – Abdominals and Triceps**

1. Set the rings to a height so that your feet will not touch the ground during the exercise.
2. Get into the Support Position (see above).
3. Raise your legs in front of you until parallel to the ground, forming a 'L' shape.
4. Maintain this position for as long as you can.

---

9 **Muscle Up: Muscles Used – Back, Biceps, Shoulders and Triceps**

1. Set the rings to a height so that your feet will not touch the ground during the exercise.
2. Position yourself under the rings and grip the rings with an overhand (pull up) grip.
3. At the top of the pull up, bring you whole upper body above the rings into the Support Position (see above).
4. Perform a Dip and then reverse the order of the exercise, returning to the starting position.
5. That is one repetition.
Iron Cross: Muscles Used – Shoulders, Biceps, Forearms and Back

1. Set the rings to a height so that your feet will not touch the ground during the exercise.
2. Get into the Support Position (see above).
3. Roll your shoulders forward as you slowly lower your body to the cross position.
4. Stop the movement when you reach the position where arms are almost perpendicular to the body.
5. Hold the position and return to the start of the exercise.