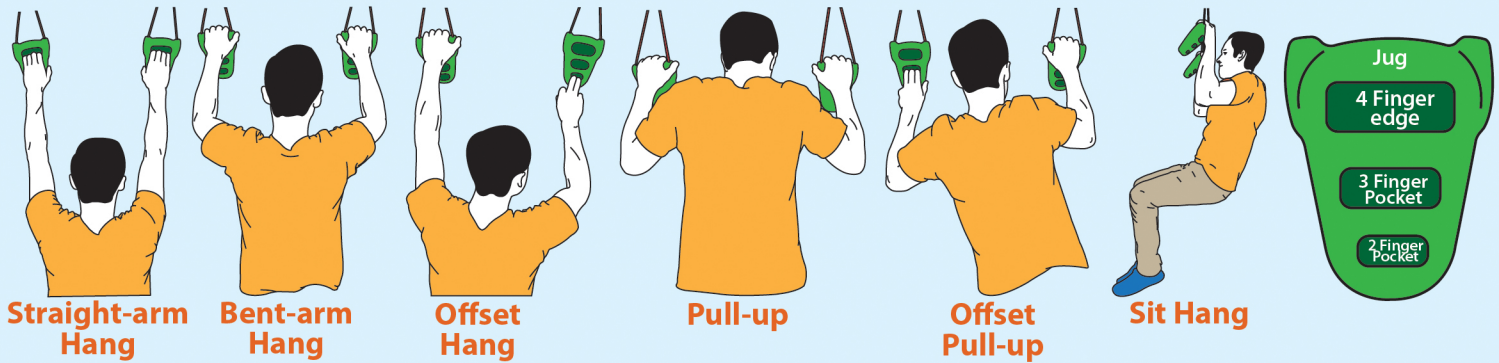




# Metolius

## Rock Ring Training



## 10 Minute Sequence

Always be well warmed up and injury free before you begin the 10 minute sequence

### 1st Minute-

- 3 Pull-ups using jugs

**Pull-ups:** Try to be as smooth as possible keeping your lower body quiet. Let your elbows rotate to a comfortable, natural position as you move up and down. Always maintain a slightly bent elbow at the bottom of the pull up.

### 2nd Minute-

- 10 second bent-arm hang using 3 finger pockets
- 15 second straight-arm hang using 2 finger pockets

**Bent-arm Hang:** This can be done at any angle below full lock-off and should be varied as much as possible.

**Straight-arm Hang:** Always maintain a slight elbow bend and rotate arms to the most natural, comfortable position.

### 3rd Minute-

- 2 Offset pull-ups using 4 finger edge and 2 finger pocket
- 2 Offset pull-ups other way using same holds

**Offset Pull-ups:** The upper arm does most of the lifting. The lower arm lifts just enough to complete the pull-up.

### 4th Minute-

- 20 second sit-hang using 4 finger edges
- 10 second straight-arm hang using 3 finger pockets

**Sit Hang:** Bend arms as you like and pull knees up to a comfortable position.

### 5th Minute-

- 5 Pull-ups using 4 finger edges

### 6th Minute-

- 20 second bent-arm hang using 3 finger pockets
- 10 second straight-arm hang using 2 finger pockets

### 7th Minute-

- 15 second sit hang using 4 finger edges
- 15 second straight-arm hang using 4 finger edges

### 8th Minute-

- 10 second offset hang using jug and 2 finger pocket
- 10 second offset hang other way using same holds

**Offset Hang:** Keep a slight bend in the upper arm, more bend in the lower arm and let the Rock Rings rotate to a comfortable position. Most of the weight will be on the upper arm which allows you to use the 2 finger pocket with less weight on it.

### 9th Minute-

- 20 second sit hang using 4 finger edges

### 10th Minute-

- 5 pull-ups using three finger pockets
- Straight arm hang to failure using 3 finger pockets

**Customize your workout:** If this sequence is too hard for you, use bigger holds and reduce the hang time or reps. For a more difficult workout, use smaller holds, increase hang time and reps.



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