

CFA 4-Week Ring Muscle-Up Program (Open Gym)

This 4-week program is designed for focused skill work during Open Gym. Choose the level that best suits your current ability.

♦ Level 1 – Building the Foundation

For athletes working toward their first muscle-up.

Week 1:

- False Grip Ring Hang – 3x20s
- Ring Row to Chest – 3x8
- Box Dips or Banded Ring Dips – 3x6–8
- Jumping Muscle-Ups – 3x5
- Ring Support Hold – 3x15s

Week 2:

- False Grip Ring Hang – 3x30s
- Ring Row with Pause – 3x8
- Ring Dips with Band – 3x8
- Jumping Muscle-Ups – 3x5
- Ring Support Hold – 3x15s

Week 3:

- False Grip Ring Hang – 3x30s
- Ring Row to Chest (Feet Elevated) – 3x6
- Ring Dip Negatives – 3x5 (3 sec descent)
- Jumping Muscle-Ups with Fast Turnover – 3x5
- Ring Support Hold – 3x10s

Week 4:

- Ring Row to Belly Button – 3x6
 - Strict Ring Dip (Unassisted or Band) – 3x6
 - Box Transition Drill – 3x5
 - Jumping Muscle-Ups – 4x3
 - Support Hold on Rings – 3x20s
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◆ Level 2 – Transition to Full Reps

For athletes who are close to getting their first muscle-up or want to link reps.

Week 1:

- Kipping Swings on Rings – 3x8
- Jumping Muscle-Ups – 3x5
- Low Ring Transitions – 3x5
- Ring Dips – 3x5

Week 2:

- Kipping Swings + Hip Pop – 3x5
- Ring Transition Drill (with band or feet assist) – 3x5
- Muscle-Up Eccentric (Lower from top slowly) – 3x3
- Ring Dip Hold at Top – 3x15s

Week 3:


- Kipping Swings + Pull – 3x5
- Banded Muscle-Up (controlled) – 3x4
- Muscle-Up Eccentric – 3x3 (3-5s descent)
- Ring Dips – 3x6
- Support Hold + Turnout – 3x20s

Week 4:

- Full Muscle-Up Attempts – 3x3 (with or without band)
- Jumping Muscle-Up into Ring Dip – 3x4
- Ring Dip + Strict Negative – 3x3
- Ring Support + Shoulder Tap – 3x10 taps
- Max Set of Ring Dips

Notes:

- If any movement causes pain or discomfort, **scale or stop**.
- Don't hesitate to ask a coach for help or message Cameron if unsure how to scale.
- Focus on quality, not just quantity.

 **Open Gym: Fridays at 5:30pm** Use this time for dedicated skill work—not another WOD or heavy lifting session. Short, focused sessions lead to long-term progress.

#CrossFitAlberton #BeLekker #RingMuscleUp #SkillProgression