



CROSSFIT
THE HALLMARK OF ELITE FITNESS
LONDON

EASY

RING TRAINING

Andrew Stemler



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Introduction

● This guide, like a lot of things, has been produced because of consumer demand - which is, in many cases, the worst type of demand to respond to.

Consumers, especially in the fitness industry, normally have little to no perception of what fitness is. They instantly fall in love with ideas of 'long slow distance' or low intensity isolation moves, when in fact strength building, high intensity and compound resistance work is what you need.

In fact, the type of type of training that CrossFit London teaches, recommends and promotes.

Ideally, your ring training targets should be to master the muscle-up, plus build up impressive numbers of pull-ups and dips. *Tyler Hass' Ring Training Guide* introduces these drills beautifully, and you need to get hold of a copy asap.

However, these skills are hard to master, so we have knocked up this first of many guides to give you some other ideas of how you could use the rings for not-so-difficult exercises. It also means that if you have weakling friends, they can have a go at using the rings too.



This guide helps you access rings from the 'core building' and 'bicep curling' nonsense you get in most gyms. But at least we get you to use probably the best bit of fitness kit on the market without making it so hard that you rush home to your mum for a sob.

There is another reason for this guide. Most of the exercises featured here are standard ones that your wimp of a partner could be interested in.



Training targets should be to master the muscle-up.

You can buy them the rings so they can do little lunges and challenge their core. Then you can sneak off to have a proper training session later.

In spite of the obvious temptation to do so, we do not claim that *Elite Rings* are a mini 'self contained' gym, or all you'll ever need. We leave that to the deluded Kettlebell or Yoga fanatics, who proudly proclaim that their unique take on life is 'all you need'.

Ring training is great, but needs to be complemented by Olympic weightlifting, running, rowing, swimming and body weight exercises etc. Nature does only one thing to those who specialise in one type of physical activity - it punishes them.

Andrew Stemler
HEAD OF CROSSFIT LONDON



Lunge

● Well, our first exercise is the lunge - the aerobic teacher's favourite. But actually not a bad little move, and the basis for the split in the clean-and-jerk, so worth playing with.

● To start - just imagine you are going to do a normal lunge, but put your rear foot into a ring suspended about 1 m (2-3 feet)

Stick your foot in so the laces rest against the bottom of the ring. If it's a bit uncomfortable - tough - this is exercise. Sorry, get a warming fluffy cloth and

lay it over the ring to make it more gentle and loving and supportive.

● Stand tall, brace your abdominals (none of this sucking in nonsense - that's only for static moves)

● Then lower away. Use your hands and arms as balance if you must, but try not to wave them around like a hysterical 5 year old boy who has lost his mummy.

If you do not understand the move from the totally clear photograph, it's probably because you are too stupid to exercise and you should give up now.



One-legged squat

● I don't like this very, very basic assistance exercise for the one leg squat, which is a move that gets you to focus on balance.

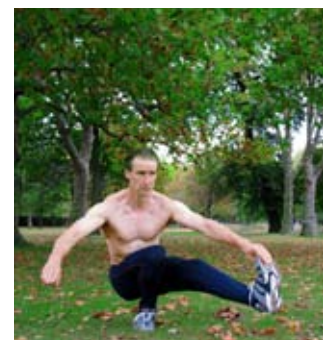
Still, this exercise will fill up half page, so in it goes.

● Grab your well-secured ring. Lean back, stick one leg out in front of you and - holding on to the ring for dear, dear life - squat down, relying on the ring to stabilize you. Ignore any well-meaning instructor who

tells you to keep your thigh above 90 degrees - he or she is merely demonstrating they don't know what they are talking about.

● Sink your 'arse to the grass' then get back up again. You see, it wasn't that hard, was it?

● Never forget that this is an assistance exercise, and that your attention should be focused on mastering the unsupported one-legged squat.



Hamstring curl



● By now you're probably a bit tired and overwrought, so it's probably a nice time to have a nice lie down. Lie on your back (some pretentious guides say 'supine') and rest your heels on the bottom of the rings. It should support

you nicely. Press your heels down, which should help you lift your hips off the ground.

● Now, pull your heels towards your bottom, and hey presto, your knees bend in a 'hamstring curl' action.

Hamstring bicycle



● Well, as you are lying on your back with your heels in a pair of rings, why not try pulling one heel to your bottom, then pushing it back out. Now try the other heel. Now alternate the action in an endurance challenging bicycling action.

Jackknife



- Assuming that you waste time doing isolation exercises on your abdominals, this is probably one of the best you can do - if you must (the best being full sit-ups and L-sits).
- Get into a foot-suspended top of a push-up position. Some would call it the plank position.
- Pull both knees under your hips, folding your body up like a knife - sort of like reverse crunch. When elongated, try and make sure that you don't let your tummy sag.



Side plank



- Get those feet in the rings, but this time on the side, with your top foot in front of the bottom foot to stop you rolling forward.
- Now, with your legs raised, support your body - either on your forearm (easier) or hand (harder) - and reach up to the sky with your other hand.
- Now raise your hips and hold an elongated position. Actually, the hand support one is quite a challenge - but don't let anyone know I said so.

Incline handstand push-up



- This is probably one of those exercises where getting into position to perform the move is probably as challenging, if not more so, than the actual move itself.
- You need to lengthen the straps on

the rings. Get in between them and the point of support; get your feet in the rings, then carefully walk your hands backwards.

- Be a little bit cautious when raising your legs in this way as, if you start

twisting or send your legs to one side, it's all too easy to topple over. But, it amuses any watching cat.

- Never lose sight of your ultimate goal which is the full handstand push-up (featured below)

Handstand push-up



- This is one of those ultra-cool moves that has fitness instructors spluttering with biomechanical twaddle to justify why they cannot do it themselves.
- The handstand push-up begins from the normal push-up then is trained by raising the feet.

Standing back extensions



- Stand tall with your arms stretched overhead, a ring in either hand. Lean back, pivoting from your heels.
- To perform the exercise, allow your bum to drop back and down until the body is piked. Then pull yourself back up to your original starting position.

Swimmer's pull



● A real misnomer: real swimmers would never use this motion to practise the front crawl or butterfly pull, as the rings do not encourage your arms to follow the right path. This move does,

I suppose, strengthen the back and shoulders.

● So - lean a straight, taut body back and have your arms out front Frankenstein style. Now, either pull

your hands and arms back to your hips, or pull your hips to your hands (it's the same thing really). You end up in a Matador position.

Lots of lovely imagery.

Chest fly



● Now for the body builders among you, here are some lovely body building exercises you can do. For the

rest of you, do give these moves a go if you can stop laughing long enough.

● Incline your body forward, holding

the arms together in the classic fly motion, bring your arms out to the side in the classic fly motion.

Y deltoid raise



● Take up a Frankenstein pose again - arms out front, hands on the rings, slight incline back.

● Raise your extended arms up and above your head to make a Y-shape. Keep your arms long and your body

taut. Try and flex some muscles and grab a peak in the mirror. Have baby oil to hand.

Bicep curl



● Body builders will gasp in relief at this bulk standard exercise that they can recognize and do. The standard procedure is to bicep curl,

look in the mirror with a stern expression, then go to a pub on Friday night with your white ‘wife-beater’ t-shirt on.

● So, Frankenstein pose with a slight incline back - but a rippling, taut body. Simply curl your arms back to get the pump.

Tricep extension



● The Frankenstein pose, then allow your arms to bend, then flex them again. Elbows point at the floor, body long and taut.

● Well, that’s as much as this guide covers. Actually, it’s as much as we can do without losing the will to live. There are more guides and guidance notes on their way, so always check out Crossfit London on www.stemlerfit.com and www.crossfitlondon.com for more information and training tips.

● This guide was written by Andrew Stemler of Crossfit London, the victim of a long and particularly vicious mid-life crisis.

PHOTOGRAPHY AND DESIGN BY KATE PANKHURST

WE RECOMMEND THAT YOU SEEK MEDICAL ADVICE BEFORE UNDERGOING ANY EXERCISE ROUTINE TO ENSURE THE SUITABILITY FOR YOU AND YOUR CURRENT LEVEL OF CONDITIONING. CROSSFIT LONDON IS NOT RESPONSIBLE FOR ANY INJURIES SUSTAINED WHILST FOLLOWING PROGRAMMES WITHOUT CORRECT SUPERVISION.



Crossfit London is the UK-based affiliate of the American Crossfit system developed by Greg and Lauren Glassman
In 100 words the system advocates

“Eat meat and vegetables, nuts and seeds, some fruit, little starch and no sugar. Keep intake to levels that will support exercise but not body fat. Practise and train major lifts: deadlift, clean, squat, presses, C&J, and snatch. Similarly, master the basics of gymnastics: pull-ups, dips, rope climb, push-ups, sit-ups, presses to handstand, pirouettes, flips, splits, and holds. Bike, run, swim, row, etc, hard and fast. Five or six days per week mix these elements in as many combinations and patterns as creativity will allow. Routine is the enemy. Keep workouts short and intense. Regularly learn and play new sports”

visit www.crossfit.com

CROSSFIT SEEKS TO ESTABLISH THREE BASIC HALLMARKS OF ELITE FITNESS



CROSSFIT FITNESS STANDARD: ONE

● There are ten recognised general physical skills. They are: cardiovascular/respiratory endurance, stamina, strength, flexibility, power, coordination, agility, balance, and accuracy. You are as fit as you are competent in each of these ten skills. A regime develops fitness to the extent that it improves each of these ten skills. Importantly, improvements in endurance, stamina, strength, and flexibility come about through training. Training refers to activity that improves performance through a measurable organic change in the body. By contrast improvements in coordination, agility, balance, and accuracy come about through practice. Practice refers to activity that improves performance through changes in the nervous system. Power and speed are adaptations of both training and practice.

CROSSFIT FITNESS STANDARD: TWO

● The essence of this model is the view that fitness is about performing well at any and every task imaginable. Picture a hat filled with an infinite number of physical challenges where no selective mechanism is operative, and being asked to perform feats randomly drawn from the hat. This model suggests that your fitness can be measured by your capacity to perform well at these tasks in relation to other individuals. The implication here is that fitness requires an ability to perform well at all tasks, even unfamiliar tasks, tasks combined in infinitely varying combinations. In practice this encourages the athlete to put aside any set notions of sets, rest periods, reps, exercises, order of exercises, routines, etc. Nature frequently provides largely unforeseeable challenges; train

for that by striving to keep the training stimulus broad and constantly varied.

CROSSFIT FITNESS STANDARD: THREE

● There are three metabolic pathways that provide the energy for all human action. These “metabolic engines” are known as the phosphagen pathway, the glycolytic pathway, and the oxidative pathway. The first, the phosphagen, dominates the highest-powered activities, those that last less than about ten seconds. The second pathway, the glycolytic, dominates moderate-powered activities, those that last up to several minutes. The third pathway, the oxidative, dominates low-powered activities, those that last in excess of several minutes. Total fitness, the fitness that CrossFit promotes and develops, requires competency and training in

each of these three pathways or engines. Balancing the effects of these three pathways largely determines the how and why of the metabolic conditioning or “cardio” that we do at CrossFit. Favouring one or two to the exclusion of the others and not recognizing the impact of excessive training in the oxidative pathway are arguably the two most common faults in fitness training.

● As an overriding principle, Crossfit views the needs of an Olympic athlete and our grandparents as differing by degree not kind. One is looking for functional dominance the other for functional competence. Competence and dominance manifest through identical physiological mechanisms

● We scale load and intensity; we don’t change programmes.

BUYING RINGS

Depending where in the world you are, you can buy rings from *Tyler Hass’ Ring Training* site in the USA.
<http://www.ringtraining.com>

Or from Crossfit London if you are UK based
<http://www.stemlerfit.com/userimages/procart5.htm>

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