

**Program written by: Tony Ronchi**

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Notes: There's no straight line to achieving a Muscle up. However developing the strength and regimenting the practice seems to be a much clearer path. The most important thing to remember is the only practice is good practice. This means all movement should be ideal, and not just to the "standards" to finish up the day. The purer you practice, the prettier the skill.

\* Max Effort, Strength, and Volume workouts should be done on separate days.

Week 1:	Max Effort	Strength	Volume
	A: Practice Toe Nail strict transition	A: Practice Gymnastic Swing	A: Ring Pull Up 2-2-2-2-2-2
	B: 7x1 Muscle Up Negative *Preform with as much control as possible, lower to rings place toes on ground transition through and to kneeling	A1: 4x8 Ring Push Up	B: Ring Dip: 3-3-3-3-3-3
		A2: 4x8 False Grip Ring Row	** Strict:**
Week 2:	Max Effort	Strength	Volume
	Practice: Review Toe Nail Spot	Practice: Gymnastic swing with pull to hips *No turn over attempts!	Practice: Top down Toe Nail progression
	A: 10x1 Toe Nail Transition	A1: 4x4 Russian Dip on Boxes	A: Ring Pull Up 3-2-2-2-2-2
	B: 10x ME Ring Pull Up Hold *This means pulling all the way to sternum and holding, not just chin over rings, and in false grip	A2: 4x3 Ring Pull up negative (false grip)	B: Ring Dip: 4-3-3-3-3-3
	B: 10x ME Ring Support, bottom. *Hold the deepest part of your dip unassisted. Focus on good shoulder position. Scapulas down and back.	A3: 4x6 EROM PushUp *set rings or platform to allow the chest to pass below parallel	
Week 3:	Max Effort	Strength	Volume
	Practice: Toe Nail progression, by now the elbow transition should be smooth and apparent. Pull deep turn over smooth.	Practice: Gymnastic Swing *Focus on momentum carrying you, not pulling or engaging.	Practice: Toe Nail Negatives, goal is control through transition, no trap door.
	A: 10x1 Toe Nail Negative *Slow as possible	A1: 5x8 False Grip Ring Row	A: Ring Pull Up 4-3-2-2-2-2
	B: 7x1 ME Hollow Body Ring Pull Up (False Grip, ring to sternum)	A2: 5x3 EROM Static Dip (Dip Bars)	B: Ring Dip: 5-4-3-2-2-2
	C: 7x1 ME Strict Ring Dip	A3: 5x2 Wtd Chin Up	
Week 4:	Max Effort	Strength	Volume
	Practice: Brief review of Toe nail spot	Practice: Gymnastic swing with momentum and pull to hips	Practice: Toe Nail Spot, by now feet should feel barely utilized. Elbows should be tight, and control throughout.
	A: 10xME Transition: *Utilize the feet if needed focusing on keeping the rings and elbows tight. As soon as there is distance, the set is done.	A1: 4x8 Ring push up w/ Turnout	A: Ring Pull Up 5-4-3-2-2-2
		A2: 4x5 False Grip Ring PU Negative	B: Ring Dip: 5-5-4-3-2-2
		A3: 4x2 Wtd Ring Dip	
Week 5:	Do a damn Muscle Up!!		