**Exercise Instruction**

- Warm up for 3-5 minutes before each exercise session.
- Complete each movement selected for 20-60 seconds.
- Perform 1-3 sets of each selected movement.
- Rest approximately 30-60 seconds between each set of movements.
- Perform every movement in a safe and controlled manner.
- If unable to complete a movement for a minimum of 20 seconds, perform the movement more slowly, or take more rest between movements.

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Start:
Grasp rings; straighten arms directly below shoulders with legs straight and balls of feet on floor.

Finish:
Bend arms and lower body toward floor while keeping legs straight and back straight, hold. Straighten arms, return to start position and repeat in a continuous up/down pattern.

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START:
Grasp rings, straighten arms above shoulders with legs straight and chest up.

FINISH:
Bend arms and pull body upward, keep back and legs straight, hold. Straighten arms, return to start position and repeat in a continuous up/down pattern.

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Start:
Grasp rings, straighten arms directly above shoulders with legs straight and feet off floor.

Finish:
Bend arms and pull body upward, keep back and legs straight with heels on floor, hold. Straighten arms, return to start position and repeat in a continuous up/down pattern.

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Start:
Grasp rings; straighten arms directly above shoulders, drop hips, bend legs and position feet flat on floor. Bend arms slightly, lift knees toward chest, swing lower body up and backward overhead.

Finish:
Assume a full body inverted position with arms and legs straight, and then bend at hips, lower legs down and behind body toward floor. Straighten hips, raise legs upward, return to start position and repeat.