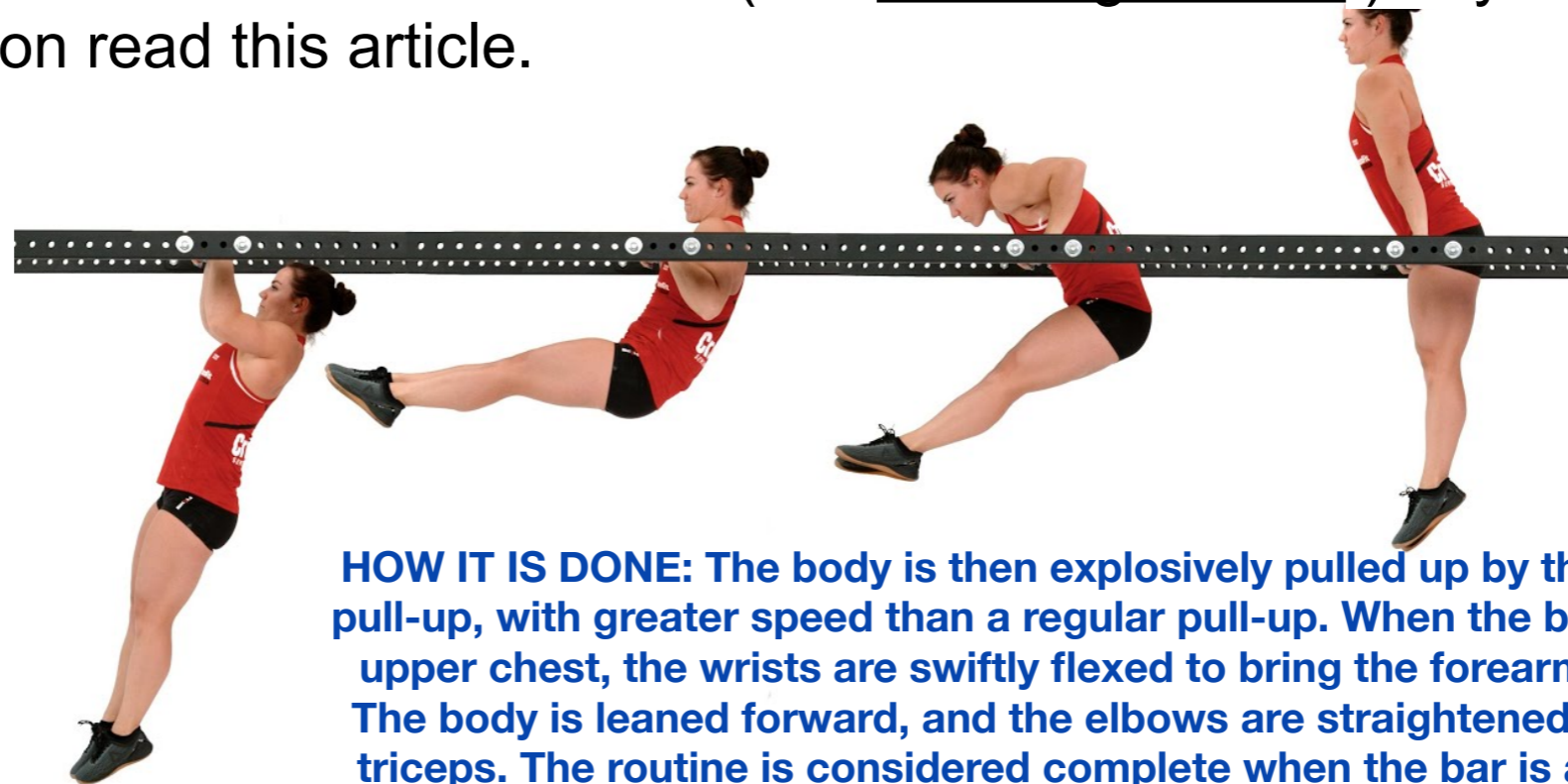


DON'T DO THAT
EXERCISE AND TRAINING
TECHNIQUES THAT YOU SHOULD
NOT DO

Ring Muscle Up

The muscle-up (also known as a ring muscle up) is an advanced strength training exercise, within the domain of calisthenics. It is a combination routine of a radial pull-up followed by a dip. Variations exist for the rings as well as the bar according to many websites. One Crossfit site says the muscle-up is astonishingly difficult to perform, unrivaled in building upper-body strength, and a critical survival skill. I agree with all of this except the critical survival skill unless you are in the military or are a police or fire professional. The only athletes that need to incorporate this into their training are gymnast and pole-vaulters in my opinion. I agree that you need to be very strong to do it. One advanced training site sites “the negligent pursuit of muscle ups can very easily lead to injuries which can strip you of the ability to do any kind of training for months at a time”. I totally agree with this statement. They go on elaborately on how to train to do one (see [Breaking Muscle](#)). If you must do this exercise for some reason read this article.



Top 25 Crossfit
Exercises from
BoxRox.com

CrossFit

HOW IT IS DONE: The body is then explosively pulled up by the arms in a radial pull-up, with greater speed than a regular pull-up. When the bar approaches the upper chest, the wrists are swiftly flexed to bring the forearms above the bar. The body is leaned forward, and the elbows are straightened by activating the triceps. The routine is considered complete when the bar is at the level of the waist and the arms are fully straight. To dismount, the arms are bent at the elbow, and the body is lowered to the floor, and the exercise can be repeated.