Title: Gymnastic Ring Pull-Ups / Pullups

Primary Muscle Groups: Middle Back / Lats, Upper Back &amp; Lower Traps

Secondary Muscle Groups: Biceps, Forearms, Shoulders

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Stand directly beneath the Gymnastic Rings ensuring that they have enough height for you to lower your body without touching the ground. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Grip the rings so that your palms are facing inward.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Pull your chest upwards and towards the rings by bending your arms. Aim to avoid any jerking movements as this may cause the rings to swing. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Once your chest is at its highest point, hold this position for one second before steadily lowering your body back down to the starting position. </span></li>

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