Title: Gymnastic Ring Support Position

Primary Muscle Groups: Shoulders, Triceps

Secondary Muscle Groups: Abs, Chest, Middle Back / Lats

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Ensure that the rings are an appropriate height so that your feet wont touch the ground when in position.  </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Grip the rings so that your palms are facing inward, and lift your body from the floor, keeping your arms close to your body. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Support your entire body weight in an erect position, using your arms, for the intended amount of time. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Lower your body back down to the ground in a slow and controlled manner. </span></li>

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