Maintain a capacity variable and a elementCount variable. Also maintain the variables indexFirst and indexLast.

Presuming that overflow doesn't occur, insertion at rank 0 involves inserting the element in array position $\mathsf{indexFirst} - 1$ if $\mathsf{indexFrist}$ is greater than 0. Otherwise it is inserted at $\mathsf{capacity} - 1$. Then $\mathsf{indexFirst}$ is updated to reflect the array index the new element was inserted into.

Removal from rank 0 involves incrementing indexFirst mod capacity.

The array index of $\mathsf{elemAtRank}(x)$ can be calculated by $x + \mathsf{indexFrist} \mod \mathsf{capacity}$