



NGA MEN'S PROGRAM	
Still Rings Routine Examples	
Level 1	
	Pull up hold 2 sec, Pull to pike basket, Inverted hang, 2+ swings, Drop
Level 2	
	Pull up hold 2 sec, Lower to 2+swings to inverted hang, Pike Basket, Back Lever Hold 2 sec, German hang, Drop stick
Level 3	
	Pull up to L hold 2 sec, Pike basket, Back lever, German Hang, Drop stick
Level 4	
	Support hold 2 sec, Forward roll to 2+ swings, Swing to inverted hang, Pike basket, Back Lever 2 sec hold, German hang hold 2 sec, Pull to swing, Layout salto stick
Level 5	
	Pull to pike basket, Cast back uprise to support hold 2 sec, L Hold 2 sec, Roll to basket Shoot Dislocate, Swing front piked salto stick
Level 6	
	Pull to pike basket, Cast inlocate, Back uprise, L hold 2 sec, Press Handstand hold 2 sec lower to shoulder stand hold 2 sec, Bail forward to one full swing, Back layout stick
Level 7	
	Pull pike basket, Cast inlocate, Back uprise, L hold 2 sec, Press Handstand 2 sec Lower shoulder stand 2 sec, Bail shoulder stand front giant, Push to tuck planche 2 sec, Roll forward to piked salto forward with 1/2 stick