

# SpinalCore Platform™ Training Principles

1. Exercise slowly for maximum muscle challenge while minimizing the chance of injury.
2. Alternate lower body, midsection and upper body exercises continually during each workout.
3. Allow time to rest between each exercise sufficient enough to recover pulse and breathing rates to normal.
4. On all upper body pull exercises maintain muscle contraction during all points of the exercise. Do not totally relax the exercise area to prevent stretching the ligaments that stabilize the involved joints.
5. Hold proper spinal posture (chin up, chin back, look straight ahead) at all times during each exercise.
6. Exercise with a timer. Do what you can, stop the timer, recover, start the timer and finish the exercise. A goal of one minute for each exercise is more effective than counting repetitions.
7. The recommended programs are a guide. Customize your individual program based on your particular needs, limitations, and time restraints.
8. Re-test periodically to maintain objectivity.
9. The less stable the body, the harder the exercise and the greater the benefit.
10. Allow the rings to rotate freely in the hands to minimize elbow and shoulder joint stress.

**NO OTHER ATHLETE has Greater Functional Strength,  
Muscle Endurance, and Rock Solid Core than a Ring Gymnast!**

**If You Want the Toned Body of a Ring Gymnast —  
Then Train Like a Ring Gymnast!**

# General Principles of Effective Training

1. Joint health should not be jeopardized for muscle gain.
2. You are only as strong as your weakest muscular area. Make your weakness your strength.
3. Time matters, exercise efficiently.
4. A variety of exercises is critical for avoiding muscle injury and plateauing.
5. Challenge the cardiovascular system with every workout.
6. It's a package deal. Proper exercise will not bring good health without proper rest, superior nutrition, and avoidance of negative habits.
7. Evaluate your physical condition by how you look, how you feel, and how you perform — not solely by body weight.
8. Large muscle group exercise is safer than isolated muscle exercise while more effectively burning calories, raising metabolic rate, and stimulating circulation.
9. Concentrate on strengthening the core for it provides stabilization of virtually all body movement.
10. Finish every workout physically invigorated and mentally refreshed. Otherwise, you may be over training and heading toward injury.

## Aerobic CoreTraining™

**Combining the Benefits of a Cardio-Vascular Workout  
with Bodyweight Strength Training**

**Nothing has a More Profound Effect on Athletic Performance  
than a Strong Mid-Section**

**YOU ARE ONLY AS STRONG AS YOUR CORE!**