

CA

Eight Week

GYMNASTICS

STRENGTH PROGRAM



Gymnastic Biased Training Plan

This training plan is for the athlete who is looking to broaden their gymnastic ability. Whether you are highly proficient or more towards the beginner side of the spectrum you will benefit from this program. There is an emphasis on upper body pulling and pushing, single leg, and core development and progression. This 8-week program begins and ends with a testing week to obtain data that is used in a test/re-test method. The first 3 weeks are used as an accumulation phase followed by 3 weeks of an intensification phase. The movements tested here are foundational gymnastic movements that every athlete should show competence in.

It Prioritizes:

- Absolute strength with an emphasis on upper body pulling and pressing development
- Efficiency in skills through an accumulation and intensification phase
- Single leg strength and stability
- Aerobic work to support recovery

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	OFF	A: For Time; 30 MU	A: For Time; 50 sHSPU B: RFESS @3010; 8RM R/L	OFF	A: For Time; 20 Rope Climbs	A: WTD Pull Up ; 1RM B: For Time; 100 Alt Pistols	OFF
Week 2	OFF	A: Headstand Reverse Leg Lift Against Wall ; 8-10 x 3; rest 60s B: False Grip Straight Arm Hang ; 30-40s x 5; rest 60s C: Bent Hollow Hold ; 30-40s x 4; rest 75s	A: Seated BTN Strict Press @30X1; 3-4 x 4; rest 2 min B: RFESS @3010; 12-14 x 4; rest 2 min b/t legs C: Row ; 12 mins @ 80%	OFF	A: Seated DB Press @2020; 10-12 x 3; rest 90s B: Wide Grip L Pull Ups @2020; 8-10 x 4; rest 60 C: EMOM x 10; 2-3 MU D: Bicep Curls @4010; 10-12 X 4; rest 75s	A: WTD COVP Hold ; 20-30s x 4; rest 90s B: Static Single Leg Squat; 5 x 30s; rest 60s b/t legs C: EMOM x 8; 2-3 sHSPU	OFF
Week 3	OFF	A: Headstand Straddle Reverse Leg Lift Against Wall ; 8-10 x 3; rest 60s B: False Grip Straight Arm Hang ; 40-50s x 5; rest 60s C: Bent Hollow Rock ; 30-40s x 4; rest 75s	A: Seated BTN Strict Press @30X1; 3-4 x 5; rest 2 min B: RFESS @ 3010; 10-12 x 4; rest 2 min b/t legs C: AB ; 12 mins @ 80%	OFF	A: Seated DB Press @2020; 10-12 x 3; rest 90s B: Pull Over ; 5 x 5; rest 2 min C: EMOM x 10; 3-4 MU D: Bicep Curls @4010; 10-12 X 4; rest 75s	A: WTD COVP Hold ; 30-40s x 4; rest 90s B: Negative Single Leg Squat @ 5010; 10/leg x 5; rest 60s b/t legs C: EMOM x 8; 3-4 sHSPU	OFF
Week 4	OFF	A: Headstand Reverse Leg Lift ; 10-12 x 3; rest 60s B: Hollow Body Kip on Rings with False Grip ; 20-30s x 4; rest 90s C: Hollow Body Hold ; 30-40s x 5; rest 75s	A: BTN Strict Press @30X1; 3-4 x 6; rest 2 min B: RFESS @3010; 8-10 x 4; rest 2 min b/t legs C: Row 15 mins @ 80%	OFF	A: Seated DB Press @2020; 10-12 x 3; rest 90s B: Single Arm Rope Pull-Up ; 3-4 x 5; rest 90s C: EMOM x 12; 2-3 MU D: Bicep Curls @4010; 10-12 X 4; rest 75s	A: WTD COVP Hold ; 30-40s x 5; rest 90s B: Rocking Single Leg Squat; 5/leg x 5; rest 60s b/t legs C: EMOM x 10; 2-3 sHSPU	OFF

Week 5	OFF	A: Headstand Straddle Reverse Leg Lift ; 10-12 x 3; rest 60s B: False Grip Ring Row @3010; 5-6 x 5; rest 60s C: Hollow Body Rock ; 30-40s x 5; rest 75s	A: Strict Press @30X1; 2-3 x 6; rest 2 min B: RFESS @3010; 6-8 x 4; rest 2 min b/t legs C: AB ; 15 mins @ 80%	OFF	A: Seated DB Press @2020; 10-12 x 3; rest 90s B: Single Arm Rope Pull-Up ; 4-5 x 5; rest 90s C: EMOM x 12; 3-4 MU D: Bicep Curls @4010; 10-12 X 4; rest 75s	A: WTD COVP Hold ; 40-50s x 4; rest 90s B: Single Leg Squat; 5/leg x 5; rest 60s b/t legs C: EMOM x 10; 3-4 sHSPU	OFF
Week 6	OFF	A: Straddle Reverse Leg Lift ; 12-14 x 3; rest 60s B: False Grip Ring Row @3010; 8-10 x 5; rest 60s C: Straddle Hollow Body Hold ; 40-50s x 5; rest 90s	A: Seated BTN Strict Press @30X1; 2-3 x 7; rest 2 min B: RFESS @3010; 6-8 x 5; rest 2 min b/t legs C: Row ; 18 mins @ 80%	OFF	A: Seated DB Press @2020; 10-12 x 3; rest 90s B: Single Arm Rope Pull-Up ; 5-6 x 5; rest 90s C: EMOM x 15; 2-3 MU D: Bicep Curls @4010; 10-12 X 4; rest 75s	A: WTD COVP Hold ; 40-50s x 5; rest 90s B: EMOM x 12; 2-3 sHSPU C: Pistols (-3) x 3; rest 2 mins	OFF
Week 7	OFF	A: Straddle Reverse Leg Lift ; 8-10 x 2; rest 60s B: False Grip Ring Row @3010; 4-5 x 3; rest 60s C: Straddle Hollow Body Rock ; 30s x 3; rest 90s	A: Seated BTN Strict Press @30X1; 2-3 x 2; rest 2 min B: RFESS @3010; 6-8 x 2; rest 2 min b/t legs C: AB ; 10 mins @ 70%	OFF	A: Seated DB Press @2020; 10-12 x 2; rest 90s B: EMOM x 6; 1-2 MU C: Bicep Curls @4010; 8-10 X 2; rest 75s	A: WTD COVP Hold ; 25-30s x 3; rest 90s B: EMOM x 6; 1-2 sHSPU C: Pistols (-3) x 2; rest 2 mins	OFF
Week 8	OFF	A: For Time; 30 MU	A: For Time; 50 sHSPU B: RFESS @3010; 8RM R/L	OFF	A: For Time; 20 Rope Climbs	A: WTD Pull Up ; 1RM B: For Time; 100 Alt Pistols	OFF