

Gymnastics Overview

Week 1 - new cycle, baseline test



Tuesday - HSPU & Handstand Walk

Focus Day

New cycle: Deficit Strict WFHSPU / Kipping HSPU + HSW strength & capacity

Baseline test week for handstand push-ups and handstand walk progressions.

Warm-up

RAMP: 1 round of each movement on a 7.5 m to 10 m line:

- Walking Lunges
- Mechanical Bear Crawl
- Arabesque with Rotation
- Inchworm
- Crab Walk
- Gymnastics Bear Crawl

Strict Primer

3 rounds:

- 10s Thumb Touching Handstand Hold
- 10 x No Monies
- 3 x Strict Pike HSPU

Scaling:

- 10s Thumb Touching Handstand Hold in Pike
- 10 x No Monies
- 3 x Strict Pike HSPU

TEST: 3RM Deficit Strict Wall Facing HSPU

5 sets, building 3 x Deficit Strict Wall Facing HSPU

Increase deficit as needed

Rest 3 min between efforts

Scaling:

- Level 1: Eccentric Deficit HSPU
- Level 2: Deficit Pike HSPU

TEST: 1 x Max Effort Distance HSW for Mastery

Rules:

- Joints stacked
- Knees + feet together
- Toes pointed
- Only 2 resets allowed

Thursday - Toes-to-Bar

Focus Day

New cycle: Toes-to-Bar

Today's mission is to develop your Toes-to-Bar strength & capacity.

Warm-up: Line Drills or coaches choice

- 1: Walking Lunges
- 2: Mechanical Bear Crawl
- 3: Arabesque with Rotation
- 4: Inchworm
- 5: Crab Walk
- 6: Gymnastics Bear Crawl

Strict Primer

3 rounds:

- 3 Scap Pull-Ups
- 3s Hollow Hang
- 1 Ball Up with 3s Hold (shin against bar)
- 3s Hollow Hang
- 3 Scap Pull-Ups

Scaling:

- 3 Scap Pull-Ups
- 3s Hollow Hang
- 1 Hang in Tuck with 3s Hold (shin against bar)
- 3s Hollow Hang
- 3 Scap Pull-Ups

TEST: Strict Toes-to-Bar

3 x 1 Tempo Strict Toes-to-Bar (ASAP) *as slow as possible*

Rest 3 min between efforts

Scaling:

- Level 1: Ball Up + Eccentric Long Lever
- Level 2: Tempo Reduced Angle TTB

Kipping Primer

3 rounds:

- 3 Beat Swings
- 1 Kipping Toes To Target (Hip Height) (Level 1)

If effort is not truly representative of your current capacity, repeat once.

Scaling: Assisted HSW

Skill Practice

3 rounds:

- 1 Eccentric Strict HSPU
- 5s Headstand
- 1 Kip Back To Top (no contact of pelvis on wall)

Scaling:

- Level 1: 1 Eccentric Strict HSPU + 5s Headstand + 1 Kick to 45 degrees (finish in push-up position)
- Level 2: 1 Eccentric Pike HSPU + 5s Tuck Headstand + 1 Dual DB Push Press
- Level 3: 1 Eccentric Pike HSPU + 5s Pike Headstand + 1 Dual DB Push Press

TEST: 3 Min Max Kipping HSPU

1 x max out effort set, then accumulate as many reps as you can in the remaining time.

Score A: Max effort set

Score B: Total reps

Scaling: Dual DB Strict Press with 2 x 50 lbs DB / 2 x 30 lbs DB

- 1 Kipping Toes To Target (Sternum Height) (Level 2)
- 1 Kipping Toes To Target (Eye Level Height) (Level 3)
- 1 Kipping Toes To Bar (Level 4)

Scaling:

- 3 Beat Swings
- 3 Kipping Toes To Target of choice

TEST: 3 min Max Kipping TTB

1 x max out effort set, then accumulate as many reps as you can in the remaining time.

Score A: Max effort set

Score B: Total reps

Scaling: Toes To Target

Accessories

3 rounds for time of:

- 10 Hollow Rocks
- 10 V-Ups
- 10 Hollow Rocks
- Rest 1 min