

Gymnastics Class - Week 3



Inversion Day (Tuesday)

Line Drills (see BTWB for details)

Specific Warm-up:

3 rounds of:

- 10 scapula push-ups
- 10 medball jack knives
- 20 sec frog stand

Wide Handstand

Accumulate 120 sec wide handstand hold

Headstand & Core Work

6 sets of:

5-8 headstand pike progressions
*Rest as needed in between sets.

Virtuous headstand hold

10 sets of: 5-10 sec virtuous headstand hold *Rest as needed in between sets.

Pulling Day (Thursday)

Line Drills (see BTWB for details)

Specific Warm-up:

Perform 3 Rounds:

- 10 Scap Push Ups
- 3x 3s Straight Line Hang + 3s Hollow Hang + 3s Arch Hang

Strict Eccentric Chest to Bar Pull-ups

Perform 7 Sets of 1 Rep Highest Quality Possible.
Aim for 10 Seconds Per Rep.
Rest 90s Between Sets.

Pulling & Core Strength

Complete 3 Rounds For Quality:

- 8 Ring Bicep Curls Floor Facing
- 6/Side Ring Lean Away Bicep Curls (2s Up 2s Hold 2s Down)
- 4x 3 Position Ring Row with 2s Pause at the Top
- 4 Dragon Flys

Kip Swings

Perform 3 Sets of 10 Beat Swings with the focus of creating as much tension as possible throughout the body

2:1 Kipping Pull-ups

Perform 4 Sets of 2:1 Kipping Pull Ups.

1 Set = 2 Beats + 1 Pull Up + 2 Beats + 1 Pull Up.

Weightlifting



Wednesday: Advanced & Thursday: Foundation (adjusted by coach - no strength in Foundation class)

Warm-up: Please check BTWB for details

Skill:

Jerk Balance

3x3

60%, 65%, 70% 1RMJ

Paused JD + JD + Split Jerk

3x1+1+1

70%, 75%, 77.5% 1RMJ

Paused Split Jerk

3-3-2-2 (from Rig)

75%, 80%, 85%, 87.5% 1RMJ

Squat Clean + Split Jerk

4-3-3-2

82.5%, 82.5%, 85%, 87.5%

Strength:

EMOM10:

1) 3 Frontsquats +

2) 6 Backsquats

5x3, 5x6

77.5%, 87.5%, 92.5%, 95%, 97.5% 1RMC