Gymnastics Program Week of March 11, 2013

**Wednesday**

**Strength:**

3 rounds :

5 Handstand push-ups+ 10 second hold at end of set  
8 Strict pull-ups  
20 Hollow rocks + 20 Arch rocks

**Workout:**

3 rounds for time:  
Run 200 meters

Lunge 100 meters

50 Squats

**Friday**

**Skill:**

10 minutes to practice Muscle-ups  
10 minutes to practice Handstand walking (use spotters or wall progression with 1 foot increments. Advanced athletes try pirouettes)

**Conditioning:**

EMOTM for 10 minutes:  
5 Burpee Pull-ups (Chest to bar if possible)

**Cool down:**

Accumulate 2 minutes in each:  
Side split (each side)  
Straddle

**Sunday**

**Warm-up/Skill:**

5 minutes Double under practice

Pick one:

5 minutes to establish max set of unbroken double unders

OR

5 minutes of “Flight Simulator”

5-10-15-20-25-30-35-40-45-50-45-40……10-5

*Notes: See how far you can get in 5 minutes! Sets must be unbroken and any misses result in a re-do of that set (you do not need to start over at 5) . Rest as needed between efforts*

**Workout:**

4 rounds for quality:

7 Strict ring dips +10 second hold at the end of each set (make sure to turnout!)

10 Shoulder taps

4 Skin the Cats

15 Hollow rocks + 15 Sit ups

15 Arch rocks + 15 second arch hold