

GYMNASTIC CAPACITY PROTOCOL

PHASE 3	GYMNASTIC CAPACITY ACCUMULATION			NAME			
WEEK 1			Reps	WEEK 2			Reps
DAY 1	4 ROUNDS	Rep Scheme	3 - 5 - 7	DAY 3	4 ROUNDS	Rep/Feet Scheme	3/5ft-5/10ft-7/15ft
	1:30 ON/ 1:00 OFF	Rnd 1			1:30 ON/ 1:00 OFF	Rnd 1	
	Toes to Bar/Knees to Elbow	Rnd 2			Handstand Push Up/Handstand Walk	Rnd 2	
	goal is to acumulate max total reps across the 4 intervals with unbroken sets of chosen rep scheme, aim to have a small drop off between set 1 & 4	Rnd 3			goal is to acumulate max total reps/feet across the 4 intervals with unbroken sets of chosen rep/feet scheme, aim to have a small drop off between set 1 & 4	Rnd 3	
		Rnd 4				Rnd 4	
	Total Reps	0			Total Reps/Feet	0	
DAY 2	4 ROUNDS	Rep Scheme	3 - 5 - 7	DAY 4	4 ROUNDS	Rep Scheme	2 - 4 - 6
	1:30 ON/ 1:00 OFF	Rnd 1			1:30 ON/ 1:00 OFF	Rnd 1	
	Chest to Bars/Pull Ups	Rnd 2			Bar Muscle Up/Ring Muscle Up	Rnd 2	
	goal is to acumulate max total reps across the 4 intervals with unbroken sets of chosen rep scheme, aim to have a small drop off between set 1 & 4	Rnd 3			goal is to acumulate max total reps across the 4 intervals with unbroken sets of chosen rep scheme, aim to have a small drop off between set 1 & 4	Rnd 3	
		Rnd 4				Rnd 4	
	Total Reps	0			Total Reps	0	
WEEK 3			Reps	WEEK 4			Reps
DAY 5	4 ROUNDS	Rep Scheme	3 - 5 - 7	DAY 7	4 ROUNDS	Rep/Feet Scheme	3/5ft-5/10ft-7/15ft
	1:30 ON/ 1:00 OFF	Rnd 1			1:30 ON/ 1:00 OFF	Rnd 1	
	Toes to Bar/Knees to Elbow	Rnd 2			Handstand Push Up/Handstand Walk	Rnd 2	
	Same as above, use the same rep scheme you did the previous week, aim to accumulate more total reps though	Rnd 3			Same as above, use the same rep/feet scheme you did the previous week, aim to accumulate more total reps/feet though	Rnd 3	
		Rnd 4				Rnd 4	
	Total Reps	0			Total Reps/Feet	0	
DAY 6	4 ROUNDS	Rep Scheme	3 - 5 - 7	DAY 8	4 ROUNDS	Rep Scheme	2 - 4 - 6
	1:30 ON/ 1:00 OFF	Rnd 1			1:30 ON/ 1:00 OFF	Rnd 1	
	Chest to Bars/Pull Ups	Rnd 2			Bar Muscle Up/Ring Muscle Up	Rnd 2	
	Same as above, use the same rep scheme you did the previous week, aim to accumulate more total reps though	Rnd 3			Same as above, use the same rep scheme you did the previous week, aim to accumulate more total reps though	Rnd 3	
		Rnd 4				Rnd 4	
	Total Reps	0			Total Reps	0	



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