

GYMNASTIC CAPACITY PROTOCOL

PHASE 2	GYMNASTIC CAPACITY DEVELOPMENT				NAME				
WEEK 1			Reps	WEEK 2			Reps		
DAY 1	6 Rounds		Rnd 1		DAY 3	6 Rounds		Rnd 1	
	45 second ON/ 45 second OFF		Rnd 2			45 second ON/ 45 second OFF		Rnd 2	
	Toes to Bar/Knees to Elbow		Rnd 3			Handstand Push Up/Handstand Walk		Rnd 3	
	goal is to acumulate max total reps across the 6 intervals, without having more than a 20% drop off between interval 1 & 6		Rnd 4			goal is to acumulate max total reps across the 6 intervals, without having more than a 20% drop off between interval 1 & 6		Rnd 4	
			Rnd 5					Rnd 5	
	Total Reps	0	Rnd 6			Total Reps/Feet	0	Rnd 6	
DAY 2	6 Rounds		Rnd 1		DAY 4	6 Rounds		Rnd 1	
	45 second ON/ 45 second OFF		Rnd 2			45 second ON/ 45 second OFF		Rnd 2	
	Chest to Bars/ Pull Ups		Rnd 3			Bar Muscle Up/Ring Muscle Up		Rnd 3	
	goal is to acumulate max total reps across the 6 intervals, without having more than a 20% drop off between interval 1 & 6		Rnd 4			goal is to acumulate max total reps across the 6 intervals, without having more than a 20% drop off between interval 1 & 6		Rnd 4	
			Rnd 5					Rnd 5	
	Total Reps	0	Rnd 6			Total Reps	0	Rnd 6	
WEEK 3			Reps	WEEK 4			Reps		
DAY 5	6 Rounds		Rnd 1		DAY 7	6 Rounds		Rnd 1	
	45 second ON/ 45 second OFF		Rnd 2			45 second ON/ 45 second OFF		Rnd 2	
	Toes to Bar/Knees to Elbow		Rnd 3			Handstand Push Up/Handstand Walk		Rnd 3	
	same as above, just aim to accumulate 1-4 reps each round, for 6-24 more total reps		Rnd 4			same as above, just aim to accumulate 1-4 reps, 5-15 feet each round, for 6-24/ 30-90 more total reps/feet		Rnd 4	
			Rnd 5					Rnd 5	
	Total Reps	0	Rnd 6			Total Reps/Feet	0	Rnd 6	
DAY 6	6 Rounds		Rnd 1		DAY 8	6 Rounds		Rnd 1	
	45 second ON/ 45 second OFF		Rnd 2			45 second ON/ 45 second OFF		Rnd 2	
	Chest to Bars/ Pull Ups		Rnd 3			Bar Muscle Up/Ring Muscle Up		Rnd 3	
	same as above, just aim to accumulate 1-4 reps each round, for 6-24 more total reps		Rnd 4			same as above, just aim to accumulate 1-2 reps each round, for 6-12 more total reps		Rnd 4	
			Rnd 5					Rnd 5	
	Total Reps	0	Rnd 6			Total Reps	0	Rnd 6	



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