


GYMNASTIC CAPACITY PROTOCOL

PHASE 1	GYMNASTIC CAPACITY REALIZATION		NAME		
WEEK 1			WEEK 2		
DAY 1	10 Mnote EMOM	Min 1-5:	DAY 3	10 Mnote EMOM	Min 1-5:
	Toes to Bar/Knees to Elbow	Reps each min.		Handstand Push Up/Handstand Walk	Reps/feet each min.
	goal is to hit same amount reps every minute for the 1st five minutes, then to increase that amount of reps and hit it every minute for the 2nd five minutes	Min 6-10:		goal is to hit same amount reps/feet every minute for the 1st five minutes, then to increase that amount of reps/feet and hit it every minute for the 2nd five minutes	Min 6-10:
	0	Total Reps		0	Total Reps/Feet
DAY 2	10 Mnote EMOM	Min 1-5:	DAY 4	10 Mnote EMOM	Min 1-5:
	Chest to Bar/Pull Up	Reps each min.		Bar Muscle Up/Ring Muscle Up	Reps each min.
	goal is to hit same amount reps every minute for the 1st five minutes, then to increase that amount of reps and hit it every minute for the 2nd five minutes	Min 6-10:		goal is to hit same amount reps every minute for the 1st five minutes, then to increase that amount of reps and hit it every minute for the 2nd five minutes	Min 6-10:
	0	Total Reps		0	Total Reps
WEEK 3			WEEK 4		
DAY 5	10 Mnote EMOM	Min 1-5:	DAY 7	10 Mnote EMOM	Min 1-5:
	Toes to Bar/Knees to Elbow	Reps each min.		Handstand Push Up/Handstand Walk	Reps/feet each min.
	same as above just try to increase for each 5 minute EMOM interval by 1-3 reps, to acumulate 10-30 total reps more	Min 6-10:		same as above just try to increase for each 5 minute EMOM interval by 1-3 reps/5-15 feet, to acumulate 10-30 total reps/50-150 total feet more	Min 6-10:
	0	Total Reps		0	Total Reps/Feet
DAY 6	10 Mnote EMOM	Min 1-5:	DAY 8	10 Mnote EMOM	Min 1-5:
	Chest to Bar/Pull Up	Reps each min.		Bar Muscle Up/Ring Muscle Up	Reps each min.
	same as above just try to increase for each 5 minute EMOM interval by 1-3 reps, to acumulate 10-30 total reps more	Min 6-10:		same as above just try to increase for each 5 minute EMOM interval by 1-2 reps, to acumulate 10-30 total reps more	Min 6-10:
	0	Total Reps		0	Total Reps



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