GYMNASTIC CAPACITY PROTOCOL								
PHASE 1	GYMNASTIC CAPACITY REALIZATION							
WEEK 1					WEEK 2			
DAY 1	10 Mnute EMOM	Min 1-5:			10 Mnute EMOM	Min 1-5:		
	Toes to Bar/Knees to Elbow		Reps each min.	က	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 minuite for the 2nd five minutes	Min 6-10:		DAY	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 minuite for the 2nd five minutes	Min 6-10:		
		Reps each min.					Reps/feet each min.	
		0	Total Reps		To the 2nd nve minutes	0	Total Reps/Feet	
DAY 2	10 Mnute EMOM	M	lin 1-5:		10 Mnute EMOM	Miı	า 1-5:	
	Chest to Bar/Pull Up		Reps each min.	4	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 minuite for the 2nd five minutes	Min 6-10:		DAY	goal is to hit same amount reps every minute for the 1st five minutes, then to increase that amount of reps and hit it	Min 6-10:		
		Reps each min.		Ω			Reps each min.	
		0	Total Reps		every minuite for the 2nd five minutes	0	Total Reps	
WEEK 3				WEEK 4				
DAY 5	10 Mnute EMOM	Min 1-5:			10 Mnute EMOM	Miı	า 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:		DAY	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	Min 6-10:		
		Reps each min.		۵			Reps/feet each min.	
		0	Total Reps		reps/50-150 total feet more	0	Total Reps/Feet	
DAY 6	10 Mnute EMOM	M	Min 1-5:		10 Mnute EMOM	Miı	า 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:		DAY 8	same as above just try to increase for each 5 minute EMOM interval by 1-2	Min 6-10:		
			Reps each min.	Δ	reps, to acumulate 10-30 total reps more		Reps each min.	
		0	Total Reps			0	Total Reps	



https://www.masqtraining.com/

