

# GYMNASTIC CAPACITY PROTOCOL

PHASE 4	GYMNASTIC CAPACITY TESTING			NAME			
WEEK 1			Reps	WEEK 2			Reps/Feet
DAY 1	3 ROUNDS	Rnd 1		DAY 3	3 ROUNDS	Rnd 1	
	2:00 ON/ 1:00 OFF	Rnd 2			2:00 ON/ 1:00 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 3 intervals in anyway that you choose too	Total Reps	0		goal is to acumulate max total reps across the 3 intervals in anyway that you choose too	Total Reps/Feet	0
DAY 2	3 ROUNDS	Rnd 1		DAY 4	3 ROUNDS	Rnd 1	
	2:00 ON/ 1:00 OFF	Rnd 2			2:00 ON/ 1:00 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 3 intervals in anyway that you choose too	Total Reps	0		goal is to acumulate max total reps across the 3 intervals in anyway that you choose too	Total Reps	0
WEEK 3			Reps	WEEK 4			Reps
DAY 5	3 ROUNDS	Rnd 1		DAY 7	3 ROUNDS	Rnd 1	
	2:00 ON/ 1:00 OFF	Rnd 2			2:00 ON/ 1:00 OFF	Rnd 2	
	Toes to Bar/Knees to Elbow	Rnd 3			Handstand Push Up/Handstand Walk	Rnd 3	
	same as above, goal is to beat previous weeks rep total	Total Reps	0		same as above, goal is to beat previous weeks rep total	Total Reps/Feet	0
DAY 6	3 ROUNDS	Rnd 1		DAY 8	3 ROUNDS	Rnd 1	
	2:00 ON/ 1:00 OFF	Rnd 2			2:00 ON/ 1:00 OFF	Rnd 2	
	Chest to Bars/Pull Ups	Rnd 3			Bar Muscle Up/Ring Muscle Up	Rnd 3	
	same as above, goal is to beat previous weeks rep total	Total Reps	0		same as above, goal is to beat previous weeks rep total	Total Reps	0
WEEK 5			Reps	WEEK 6			Reps
DAY 9	3 ROUNDS	Rnd 1		DAY 11	3 ROUNDS	Rnd 1	
	2:00 ON/ 1:00 OFF	Rnd 2			2:00 ON/ 1:00 OFF	Rnd 2	
	Toes to Bar/Knees to Elbow	Rnd 3			Handstand Push Up/Handstand Walk	Rnd 3	
	same as above, goal is to beat previous weeks rep total	Total Reps	0		same as above, goal is to beat previous weeks rep total	Total Reps/Feet	0
DAY 10	3 ROUNDS	Rnd 1		DAY 12	3 ROUNDS	Rnd 1	
	2:00 ON/ 1:00 OFF	Rnd 2			2:00 ON/ 1:00 OFF	Rnd 2	
	Chest to Bars/Pull Ups	Rnd 3			Bar Muscle Up/Ring Muscle Up	Rnd 3	
	same as above, goal is to beat previous weeks rep total	Total Reps	0		same as above, goal is to beat previous weeks rep total	Total Reps	0



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