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## GYMNASTIC SEMINAR OUTLINE

### 1. Kipping

- Working on developing key shapes: the 2 C's
- - Arch & Hollow Snaps 10 reps w/ 3s iso
- - Chest and feet are always on opposite side of bar
- - Active shoulder: scap pull ups, grip width just outside shoulder or at shoulder width
- 1. Hollow position: small of back glutes, think about trying to pull ribs down to hips while keeping core tight
- 2. Arch position: squeeze glutes and keep legs and arms as long as possible
- - Controlled by shoulder and core not leg swing, your arms are levers guiding your body on the bar

### 2. Toes to Bar

- - Small hip angle to bigger hip angle
- - Lean back as you pull bar forward/ direct gaze up
- - Draw knees up and flick toes to bar
- - Continue to keep tension on the bar as lower by pushing on bar so you don't lose momentum going forward
- - Relax through the window and don't let knees bend behind
- - Regripping to maintain being able to keep tension on bar, can't put pressure on bar to maintain momentum during kip if its not in our palms

### 3. Pull Up

- - Big hip angle initial forward and back
- - Close hip angle in preparation for a pull up by lifting legs, knees are that slightly bent
- - Shoulders should be moving up and away from pull up bar as well
- - You will reach a point during the up and away when you feel weightlessness, if you took hands off bar you'd go flying backward and up
- - Milliseconds before this thrust hips upwards by straightening legs and squeezing glutes
- - Then pull chin to bar, by pulling elbows and shoulders down, not back
- - Then push yourself away and let your feet swing back in front of you to get back to your hollow position

### 4. BMU

- - Legs sweep underneath as swinging back raising legs and knees, extend hips once you feel weightless
- - Pop hips then pull bar to hips as body is projecting upwards
- Relax grip once hips reach bar to allow hands to slide around bar so they are on top of the bar for the dip



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