**WORKOUT 1**

**CONDITIONING**

2 EXERCISE EMOM 8 MINUTES 70 SECONDS

1 JUMPING JACKS 35

2 PUSH-UP WALK-OUT 4

**GYMNASTICS PROGRESSION**

**HANDSTAND**

WRIST PALMAR STRETCH : 2X 20 SECONDS, 20 SEC REST

WRIST DORSAAL STRETCH : 2X 20 SECONDS, 20 SEC REST   
PICK HOLD FROM BOX : 4 SETS 10 SEC HOLD, 35 SEC REST

**PISTOL SQUATS**ANKLE MOBILITIE STRETCH : 2 SETS, 20 SECONDS, 20 SEC REST

SEATED PISTOL SQUATS : 3 SETS 2X8 REPS, 30 SEC REST

LUNGES BACKWARD : 3 SETS 2X10 REPS, 30 SEC REST

**L-SIT**

L-SIT FLOOR SUPPORT SL RAISES : 3 SETS 2X10 REPS 30 SEC REST

LEG RAISES : 4 SETS 14 REPS, 45 SEC REST

**PUSH-UP**   
PUSH-UPS : 3 SETS MAXIMAAL, 60 SEC REST  
PUSH-SHOULDERTAP : 3 SETS 30 SEC, 40 SEC REST

**WORKOUT 2**

**CONDITIONING**

2 EXERCISE EMOM 8 MINUTES 70 SECONDS

1 JUMP SQUATS 12

2 BAND THRUSTER 12

**GYMNASTICS PROGRESSION**

**HANDSTAND**

WRIST PALMAR STRETCH : 2X 22 SECONDS, 20 SEC REST

WRIST DORSAL STRETCH : 2X 22 SECONDS, 20 SEC REST   
PICK HOLD FROM BOX : 4 SETS OF 12 SEC HOLD, 35 SEC REST

**PISTOL SQUATS**ANKLE MOBILITIE STRETCH : 2 SETS, 22 SECONDS, 20 SEC REST

SEATED PISTOL SQUATS : 3 SETS 2X9 REPS, 30 SEC REST

LUNGES BACKWARDS : 3 SETS 2X11 REPS, 30 SEC REST

**L-SIT**

L-SIT FLOOR SUPPORT SL RAISES : 3 SETS 2X10 REPS 30 SEC REST

LEG RAISES : 4 SETS 16 REPS, 45 SEC REST

**PUSH-UP**SINGLE SETS  
PUSH-UPS : 3 SETS MAXIMAAL, 60 SEC REST  
PUSH-SHOULDERTAP : 3 SETS 35 SEC, 40 SEC REST

**WORKOUT 3**

**CONDITIONING**

2 EXERCISE EMOM 8 MINUTES 70 SECONDS

1 JUMPING JACKS 40

2 PUSH-UP WALK-OUT 5

**GYMNASTICS PROGRESSION**

**HANDSTAND**

WRIST PALMAR STRETCH : 2X 24 SECONDS, 20 SEC REST

WRIST DORSAL STRETCH : 2X 24 SECONDS, 20 SEC REST   
PICK HOLD FROM BOX : 4 SETS OF 14 SEC HOLD, 35 SEC REST

**PISTOL SQUATS**ANKLE MOBILITIE STRETCH : 2 SETS, 24 SECONDS, 20 SEC REST

SEATED PISTOL SQUATS : 3 SETS 2X10 REPS, 30 SEC REST

LUNGES BACKWARDS : 3 SETS 2X12 REPS, 30 SEC REST

**L-SIT**

L-SIT FLOOR SUPPORT SL RAISES : 3 SETS 2X10 REPS 30 SEC REST

LEG RAISES : 4 SETS 18 REPS, 45 SEC REST

**PUSH-UP**SINGLE SETS  
PUSH-UPS : 3 SETS MAXIMAAL, 60 SEC REST  
PUSH-SHOULDERTAP : 3 SETS 40 SEC, 40 SEC REST

**WORKOUT 4**

**CONDITIONING**

2 EXERCISE EMOM 10 MINUTES 70 SECONDS

1 JUMP SQUATS 14

2 BAND THRUSTER 14

**GYMNASTICS PROGRESSION**

**HANDSTAND**

WRIST PALMAR STRETCH : 2X 26 SECONDS, 20 SEC REST

WRIST DORSAL STRETCH : 2X 26 SECONDS, 20 SEC REST   
PICK HOLD FROM BOX : 5 SETS OF 14 SEC HOLD, 35 SEC REST

**PISTOL SQUATS**ANKLE MOBILITIE STRETCH : 2 SETS, 26 SECONDS, 20 SEC REST

SEATED PISTOL SQUATS : 4 SETS 2X8 REPS, 30 SEC REST

LUNGES BACKWARDS : 4 SETS 2X10 REPS, 30 SEC REST

**L-SIT**

L-SIT FLOOR SUPPORT SL RAISES : 3 SETS 2X10 REPS 30 SEC REST

LEG RAISES : 5 SETS 14 REPS, 45 SEC REST

**PUSH-UP**SINGLE SETS  
PUSH-UPS : 4 SETS MAXIMAAL, 60 SEC REST  
PUSH-SHOULDERTAP : 4 SETS 30 SEC, 40 SEC REST

**WORKOUT 5**

**CONDITIONING**

2 EXERCISE EMOM 10 MINUTES 70 SECONDS

1 JUMPING JACKS 40

2 PUSH-UP WALK-OUT 4

**GYMNASTICS PROGRESSION**

**HANDSTAND**

WRIST PALMAR STRETCH : 2X 28 SECONDS, 20 SEC REST

WRIST DORSAL STRETCH : 2X 28 SECONDS, 20 SEC REST   
PICK HOLD FROM BOX : 5 SETS OF 16 SEC HOLD, 35 SEC REST

**PISTOL SQUATS**ANKLE MOBILITIE STRETCH : 2 SETS, 28 SECONDS, 20 SEC REST

SEATED PISTOL SQUATS : 4 SETS 2X810 REPS, 30 SEC REST

LUNGES BACKWARDS : 4 SETS 2X12 REPS, 30 SEC REST

**L-SIT**

L-SIT FLOOR SUPPORT SL RAISES : 3 SETS 2X10 REPS 30 SEC REST

LEG RAISES : 5 SETS 16 REPS, 45 SEC REST

**PUSH-UP**SINGLE SETS  
PUSH-UPS : 4 SETS MAXIMAAL, 60 SEC REST  
PUSH-SHOULDERTAP : 4 SETS 30 SEC, 40 SEC REST

**WORKOUT 6**

**CONDITIONING**

2 EXERCISE EMOM 12 MINUTES 70 SECONDS

1 JUMP SQUATS 12

2 BAND THRUSTER 12

**GYMNASTICS PROGRESSION**

**HANDSTAND**

WRIST PALMAR STRETCH : 2X 30 SECONDS 10 SEC REST

WRIST DORSAL STRETCH : 2X 30 SECONDS   
PICK HOLD FROM BOX : 5 SETS OF 20 SEC HOLD, 35 SEC REST

**PISTOL SQUATS**ANKLE MOBILITIE STRETCH : 2 SETS, 30 SECONDS, 20 SEC REST

SEATED PISTOL SQUATS : 4 SETS 2X12 REPS, 30 SEC REST

LUNGES BACKWARDS : 4 SETS 2X14 REPS, 30 SEC REST

**L-SIT**

L-SIT FLOOR SUPPORT SL RAISES : 3 SETS 2X10 REPS 30 SEC REST

LEG RAISES : 5 SETS 14 REPS, 45 SEC REST

**PUSH-UP**SINGLE SETS  
PUSH-UPS : 5 SETS MAXIMAAL, 60 SEC REST  
PUSH-SHOULDERTAP : 4 SETS 30 SEC, 40 SEC REST