Academic Gymnastics — 50 Lesson Plans

Five independent academy stages | MAG & WAG | Illustrative templates, not official competitive routines

First Step | 10 apparatus session templates

MAG — Floor

Discipline: MAG | Duration: 45 min

Session sequence: warm-up (8 min); shapes & movement (8 min); apparatus skill stations (17 min); physical preparation (8 min); cool down & feedback (4 min)

Skill stations: hollow/arch shape holds — 2 sets x 3 reps; lunge-to-handstand line — 2 sets x 3 reps; controlled roll preparation — 2 sets x 3 reps; landing stick and posture — 2 sets x 3 reps

Conditioning: Bear crawl / ■■■ ■■■■ — 2 sets x 8 m; Tuck hold / ■■■■■■■ ■■■■■■■ — 2 sets x 10 s; Landing stick / ■■■■■ ■■■■■■■ — 3 sets x 3

Assessment: Maintains tuck and straight shapes for 5 s with verbal cues; Lands from a low step with stable feet and knees; Follows safety and station rotation independently

Safety: Examples only; qualified coach must supervise, adjust equipment and determine spotting. Do not attempt advanced inversions or flight from this plan.

Visuals: NOT TECHNICALLY VALIDATED. No generic image should be presented as an approved sequence.

MAG — Pommel / Mushroom

Discipline: MAG | Duration: 45 min

Session sequence: warm-up (8 min); shapes & movement (8 min); apparatus skill stations (17 min); physical preparation (8 min); cool down & feedback (4 min)

Skill stations: front-support shoulder stability — 2 sets x 3 reps; weight-shift around supports — 2 sets x 3 reps; supported rhythm and safe exit — 2 sets x 3 reps

Conditioning: Bear crawl / ■■■ ■■■■ — 2 sets x 8 m; Tuck hold / ■■■■■■■ ■■■■■■■ — 2 sets x 10 s; Landing stick / ■■■■■ ■■■■■■■ — 3 sets x 3

Assessment: Maintains tuck and straight shapes for 5 s with verbal cues; Lands from a low step with stable feet and knees; Follows safety and station rotation independently

Safety: Examples only; qualified coach must supervise, adjust equipment and determine spotting. Do not attempt advanced inversions or flight from this plan.

Visuals: NOT TECHNICALLY VALIDATED. No generic image should be presented as an approved sequence.

MAG — Rings

Discipline: MAG | Duration: 45 min

Session sequence: warm-up (8 min); shapes & movement (8 min); apparatus skill stations (17 min); physical preparation (8 min); cool down & feedback (4 min)

Skill stations: supported hang with shoulder engagement — 2 sets x 3 reps; tuck hold under supervision — 2 sets x 3 reps; scapular control — 2 sets x 3 reps; controlled support preparation — 2 sets x 3 reps

Conditioning: Bear crawl / ■■■ ■■■■ — 2 sets x 8 m; Tuck hold / ■■■■■■■ ■■■■■■■ — 2 sets x 10 s; Landing stick / ■■■■■ ■■■■■■■ — 3 sets x 3

Assessment: Maintains tuck and straight shapes for 5 s with verbal cues; Lands from a low step with stable feet and knees; Follows safety and station rotation independently

Safety: Examples only; qualified coach must supervise, adjust equipment and determine spotting. Do not attempt advanced inversions or flight from this plan.

Visuals: NOT TECHNICALLY VALIDATED. No generic image should be presented as an approved sequence.

MAG — Vault

Discipline: MAG | Duration: 45 min

Session sequence: warm-up (8 min); shapes & movement (8 min); apparatus skill stations (17 min); physical preparation (8 min); cool down & feedback (4 min)

Skill stations: run-up rhythm markers — 2 sets x 3 reps; two-foot board approach without flight — 2 sets x 3 reps; landing mechanics on safe surface — 2 sets x 3 reps

Conditioning: Bear crawl / ■■■ ■■■■ — 2 sets x 8 m; Tuck hold / ■■■■■■ ■■■■■■ — 2 sets x 10 s; Landing stick / ■■■■■ ■■■■■■ — 3 sets x 3

Assessment: Maintains tuck and straight shapes for 5 s with verbal cues; Lands from a low step with stable feet and knees; Follows safety and station rotation independently

Safety: Examples only; qualified coach must supervise, adjust equipment and determine spotting. Do not attempt advanced inversions or flight from this plan.

Visuals: NOT TECHNICALLY VALIDATED. No generic image should be presented as an approved sequence.

MAG — Parallel Bars

Discipline: MAG | Duration: 45 min

Session sequence: warm-up (8 min); shapes & movement (8 min); apparatus skill stations (17 min); physical preparation (8 min); cool down & feedback (4 min)

Skill stations: support hold with assistance — 2 sets x 3 reps; scapular depression — 2 sets x 3 reps; weight transfer in support — 2 sets x 3 reps

Conditioning: Bear crawl / ■■■ ■■■■ — 2 sets x 8 m; Tuck hold / ■■■■■■ ■■■■■■ — 2 sets x 10 s; Landing stick / ■■■■■ ■■■■■■ — 3 sets x 3

Assessment: Maintains tuck and straight shapes for 5 s with verbal cues; Lands from a low step with stable feet and knees; Follows safety and station rotation independently

Safety: Examples only; qualified coach must supervise, adjust equipment and determine spotting. Do not attempt advanced inversions or flight from this plan.

Visuals: NOT TECHNICALLY VALIDATED. No generic image should be presented as an approved sequence.

MAG — High Bar

Discipline: MAG | Duration: 45 min

Session sequence: warm-up (8 min); shapes & movement (8 min); apparatus skill stations (17 min); physical preparation (8 min); cool down & feedback (4 min)

Skill stations: active hang — 2 sets x 3 reps; grip and shoulder engagement — 2 sets x 3 reps; safe dismount to landing surface — 2 sets x 3 reps

Conditioning: Bear crawl / ■■■ ■■■■ — 2 sets x 8 m; Tuck hold / ■■■■■■ ■■■■■■ — 2 sets x 10 s; Landing stick / ■■■■■ ■■■■■■ — 3 sets x 3

Assessment: Maintains tuck and straight shapes for 5 s with verbal cues; Lands from a low step with stable feet and knees; Follows safety and station rotation independently

Safety: Examples only; qualified coach must supervise, adjust equipment and determine spotting. Do not attempt advanced inversions or flight from this plan.

Visuals: NOT TECHNICALLY VALIDATED. No generic image should be presented as an approved sequence.

WAG — Vault

Discipline: WAG | Duration: 45 min

Session sequence: warm-up (8 min); shapes & movement (8 min); apparatus skill stations (17 min); physical preparation (8 min); cool down & feedback (4 min)

Skill stations: run-up rhythm markers — 2 sets x 3 reps; two-foot board approach without flight — 2 sets x 3 reps; landing mechanics on safe surface — 2 sets x 3 reps

Conditioning: Bear crawl / ■■■ ■■■■ — 2 sets x 8 m; Tuck hold / ■■■■■■ ■■■■■■ — 2 sets x 10 s; Landing stick / ■■■■■ ■■■■■■ — 3 sets x 3

Assessment: Maintains tuck and straight shapes for 5 s with verbal cues; Lands from a low step with stable feet and knees; Follows safety and station rotation independently

Safety: Examples only; qualified coach must supervise, adjust equipment and determine spotting. Do not attempt advanced inversions or flight from this plan.

Visuals: NOT TECHNICALLY VALIDATED. No generic image should be presented as an approved sequence.

WAG — Uneven Bars

Discipline: WAG | Duration: 45 min

Session sequence: warm-up (8 min); shapes & movement (8 min); apparatus skill stations (17 min); physical preparation (8 min); cool down & feedback (4 min)

Skill stations: active hang with safe grip — 2 sets x 3 reps; hollow/arch tension — 2 sets x 3 reps; supported front support — 2 sets x 3 reps

Conditioning: Bear crawl / ■■■ ■■■■ — 2 sets x 8 m; Tuck hold / ■■■■■■ ■■■■■■ — 2 sets x 10 s; Landing stick / ■■■■■ ■■■■■■ — 3 sets x 3

Assessment: Maintains tuck and straight shapes for 5 s with verbal cues; Lands from a low step with stable feet and knees; Follows safety and station rotation independently

Safety: Examples only; qualified coach must supervise, adjust equipment and determine spotting. Do not attempt advanced inversions or flight from this plan.

Visuals: NOT TECHNICALLY VALIDATED. No generic image should be presented as an approved sequence.

WAG — Beam

Discipline: WAG | Duration: 45 min

Session sequence: warm-up (8 min); shapes & movement (8 min); apparatus skill stations (17 min); physical preparation (8 min); cool down & feedback (4 min)

Skill stations: line walk and controlled turns — 2 sets x 3 reps; single-leg balance — 2 sets x 3 reps; low-beam posture — 2 sets x 3 reps; step-down landing control — 2 sets x 3 reps

Conditioning: Bear crawl / ■■■ ■■■■ — 2 sets x 8 m; Tuck hold / ■■■■■■ ■■■■■■ — 2 sets x 10 s; Landing stick / ■■■■■ ■■■■■■ — 3 sets x 3

Assessment: Maintains tuck and straight shapes for 5 s with verbal cues; Lands from a low step with stable feet and knees; Follows safety and station rotation independently

Safety: Examples only; qualified coach must supervise, adjust equipment and determine spotting. Do not attempt advanced inversions or flight from this plan.

Visuals: NOT TECHNICALLY VALIDATED. No generic image should be presented as an approved sequence.

WAG — Floor

Discipline: WAG | Duration: 45 min

Session sequence: warm-up (8 min); shapes & movement (8 min); apparatus skill stations (17 min); physical preparation (8 min); cool down & feedback (4 min)

Skill stations: hollow/arch shape holds — 2 sets x 3 reps; lunge-to-handstand line — 2 sets x 3 reps; controlled roll preparation — 2 sets x 3 reps; landing stick and posture — 2 sets x 3 reps

Conditioning: Bear crawl / ■■■ ■■■■ — 2 sets x 8 m; Tuck hold / ■■■■■■■ ■■■■■■■ — 2 sets x 10 s; Landing stick / ■■■■■ ■■■■■■■ — 3 sets x 3

Assessment: Maintains tuck and straight shapes for 5 s with verbal cues; Lands from a low step with stable feet and knees; Follows safety and station rotation independently

Safety: Examples only; qualified coach must supervise, adjust equipment and determine spotting. Do not attempt advanced inversions or flight from this plan.

Visuals: NOT TECHNICALLY VALIDATED. No generic image should be presented as an approved sequence.

Second Step | 10 apparatus session templates

MAG — Floor

Discipline: MAG | Duration: 60 min

Session sequence: warm-up (10 min); basic shape preparation (10 min); skill progression stations (25 min); specific conditioning (10 min); cool down & feedback (5 min)

Skill stations: hollow/arch shape holds — 2 sets x 3 reps; lunge-to-handstand line — 2 sets x 3 reps; controlled roll preparation — 2 sets x 3 reps; landing stick and posture — 2 sets x 3 reps

Conditioning: Hollow hold / ■■■■■■■ ■■■■■■■ — 3 sets x 10–15 s; Incline plank / ■■■■■■■■ ■■■■■■■ — 3 sets x 15 s; Landing stick / ■■■■■ ■■■■■■■ — 3 sets x 4

Assessment: Controls hollow and arch shapes for 10 s; Shows consistent supported hand placement and exits; Completes apparatus-specific prerequisites without pain

Safety: Examples only; qualified coach must supervise, adjust equipment and determine spotting. Do not attempt advanced inversions or flight from this plan.

Visuals: NOT TECHNICALLY VALIDATED. No generic image should be presented as an approved sequence.

MAG — Pommel / Mushroom

Discipline: MAG | Duration: 60 min

Session sequence: warm-up (10 min); basic shape preparation (10 min); skill progression stations (25 min); specific conditioning (10 min); cool down & feedback (5 min)

Skill stations: front-support shoulder stability — 2 sets x 3 reps; weight-shift around supports — 2 sets x 3 reps; straight-body circle preparation on low mushroom — 2 sets x 3 reps; supported rhythm and safe exit — 2 sets x 3 reps

Conditioning: Hollow hold / ■■■■■■■ ■■■■■■■ — 3 sets x 10–15 s; Incline plank / ■■■■■■■■ ■■■■■■■ — 3 sets x 15 s; Landing stick / ■■■■■ ■■■■■■■ — 3 sets x 4

Assessment: Controls hollow and arch shapes for 10 s; Shows consistent supported hand placement and exits; Completes apparatus-specific prerequisites without pain

Safety: Examples only; qualified coach must supervise, adjust equipment and determine spotting. Do not attempt advanced inversions or flight from this plan.

Visuals: NOT TECHNICALLY VALIDATED. No generic image should be presented as an approved sequence.

MAG — Rings

Discipline: MAG | Duration: 60 min

Session sequence: warm-up (10 min); basic shape preparation (10 min); skill progression stations (25 min); specific conditioning (10 min); cool down & feedback (5 min)

Skill stations: supported hang with shoulder engagement — 2 sets x 3 reps; tuck hold under supervision — 2 sets x 3 reps; scapular control — 2 sets x 3 reps; controlled support preparation — 2 sets x 3 reps

Conditioning: Hollow hold / ■■■■■■■ ■■■■■■■ — 3 sets x 10–15 s; Incline plank / ■■■■■■■■ ■■■■■■■ — 3 sets x 15 s; Landing stick / ■■■■■■ ■■■■■■■ — 3 sets x 4

Assessment: Controls hollow and arch shapes for 10 s; Shows consistent supported hand placement and exits; Completes apparatus-specific prerequisites without pain

Safety: Examples only; qualified coach must supervise, adjust equipment and determine spotting. Do not attempt advanced inversions or flight from this plan.

Visuals: NOT TECHNICALLY VALIDATED. No generic image should be presented as an approved sequence.

MAG — Vault

Discipline: MAG | Duration: 60 min

Session sequence: warm-up (10 min); basic shape preparation (10 min); skill progression stations (25 min); specific conditioning (10 min); cool down & feedback (5 min)

Skill stations: run-up rhythm markers — 2 sets x 3 reps; two-foot board approach without flight — 2 sets x 3 reps; arm swing and straight jump landing — 2 sets x 3 reps; landing mechanics on safe surface — 2 sets x 3 reps

Conditioning: Hollow hold / ■■■■■■■ ■■■■■■■ — 3 sets x 10–15 s; Incline plank / ■■■■■■■■ ■■■■■■■ — 3 sets x 15 s; Landing stick / ■■■■■■ ■■■■■■■ — 3 sets x 4

Assessment: Controls hollow and arch shapes for 10 s; Shows consistent supported hand placement and exits; Completes apparatus-specific prerequisites without pain

Safety: Examples only; qualified coach must supervise, adjust equipment and determine spotting. Do not attempt advanced inversions or flight from this plan.

Visuals: NOT TECHNICALLY VALIDATED. No generic image should be presented as an approved sequence.

MAG — Parallel Bars

Discipline: MAG | Duration: 60 min

Session sequence: warm-up (10 min); basic shape preparation (10 min); skill progression stations (25 min); specific conditioning (10 min); cool down & feedback (5 min)

Skill stations: support hold with assistance — 2 sets x 3 reps; scapular depression — 2 sets x 3 reps; weight transfer in support — 2 sets x 3 reps; controlled swing shape preparation — 2 sets x 3 reps

Conditioning: Hollow hold / ■■■■■■■ ■■■■■■■ — 3 sets x 10–15 s; Incline plank / ■■■■■■■■ ■■■■■■■ — 3 sets x 15 s; Landing stick / ■■■■■■ ■■■■■■■ — 3 sets x 4

Assessment: Controls hollow and arch shapes for 10 s; Shows consistent supported hand placement and exits; Completes apparatus-specific prerequisites without pain

Safety: Examples only; qualified coach must supervise, adjust equipment and determine spotting. Do not attempt advanced inversions or flight from this plan.

Visuals: NOT TECHNICALLY VALIDATED. No generic image should be presented as an approved sequence.

MAG — High Bar

Discipline: MAG | Duration: 60 min

Session sequence: warm-up (10 min); basic shape preparation (10 min); skill progression stations (25 min); specific conditioning (10 min); cool down & feedback (5 min)

Skill stations: active hang — 2 sets x 3 reps; hollow/arch swing shapes — 2 sets x 3 reps; grip and shoulder engagement — 2 sets x 3 reps; safe dismount to landing surface — 2 sets x 3 reps

Conditioning: Hollow hold / ■■■■■■■ ■■■■■■■ — 3 sets x 10–15 s; Incline plank / ■■■■■■■■ ■■■■■■■ — 3 sets x 15 s; Landing stick / ■■■■■■ ■■■■■■■ — 3 sets x 4

Assessment: Controls hollow and arch shapes for 10 s; Shows consistent supported hand placement and exits; Completes apparatus-specific prerequisites without pain

Safety: Examples only; qualified coach must supervise, adjust equipment and determine spotting. Do not attempt advanced inversions or flight from this plan.

Visuals: NOT TECHNICALLY VALIDATED. No generic image should be presented as an approved sequence.

WAG — Vault

Discipline: WAG | Duration: 60 min

Session sequence: warm-up (10 min); basic shape preparation (10 min); skill progression stations (25 min); specific conditioning (10 min); cool down & feedback (5 min)

Skill stations: run-up rhythm markers — 2 sets x 3 reps; two-foot board approach without flight — 2 sets x 3 reps; arm swing and straight jump landing — 2 sets x 3 reps; landing mechanics on safe surface — 2 sets x 3 reps

Conditioning: Hollow hold / ■■■■■■■ ■■■■■■■ — 3 sets x 10–15 s; Incline plank / ■■■■■■■■ ■■■■■■■ — 3 sets x 15 s; Landing stick / ■■■■■■ ■■■■■■■ — 3 sets x 4

Assessment: Controls hollow and arch shapes for 10 s; Shows consistent supported hand placement and exits; Completes apparatus-specific prerequisites without pain

Safety: Examples only; qualified coach must supervise, adjust equipment and determine spotting. Do not attempt advanced inversions or flight from this plan.

Visuals: NOT TECHNICALLY VALIDATED. No generic image should be presented as an approved sequence.

WAG — Uneven Bars

Discipline: WAG | Duration: 60 min

Session sequence: warm-up (10 min); basic shape preparation (10 min); skill progression stations (25 min); specific conditioning (10 min); cool down & feedback (5 min)

Skill stations: active hang with safe grip — 2 sets x 3 reps; hollow/arch tension — 2 sets x 3 reps; supported front support — 2 sets x 3 reps; low-bar cast shape preparation — 2 sets x 3 reps

Conditioning: Hollow hold / ■■■■■■■ ■■■■■■■ — 3 sets x 10–15 s; Incline plank / ■■■■■■■■ ■■■■■■■ — 3 sets x 15 s; Landing stick / ■■■■■■ ■■■■■■■ — 3 sets x 4

Assessment: Controls hollow and arch shapes for 10 s; Shows consistent supported hand placement and exits; Completes apparatus-specific prerequisites without pain

Safety: Examples only; qualified coach must supervise, adjust equipment and determine spotting. Do not attempt advanced inversions or flight from this plan.

Visuals: NOT TECHNICALLY VALIDATED. No generic image should be presented as an approved sequence.

WAG — Beam

Discipline: WAG | Duration: 60 min

Session sequence: warm-up (10 min); basic shape preparation (10 min); skill progression stations (25 min); specific conditioning (10 min); cool down & feedback (5 min)

Skill stations: line walk and controlled turns — 2 sets x 3 reps; single-leg balance — 2 sets x 3 reps; low-beam posture — 2 sets x 3 reps; step-down landing control — 2 sets x 3 reps

Conditioning: Hollow hold / ■■■■■■■ ■■■■■■■ — 3 sets x 10–15 s; Incline plank / ■■■■■■■■ ■■■■■■■ — 3 sets x 15 s; Landing stick / ■■■■■■ ■■■■■■■ — 3 sets x 4

Assessment: Controls hollow and arch shapes for 10 s; Shows consistent supported hand placement and exits; Completes apparatus-specific prerequisites without pain

Safety: Examples only; qualified coach must supervise, adjust equipment and determine spotting. Do not attempt advanced inversions or flight from this plan.

Visuals: NOT TECHNICALLY VALIDATED. No generic image should be presented as an approved sequence.

WAG — Floor

Discipline: WAG | Duration: 60 min

Session sequence: warm-up (10 min); basic shape preparation (10 min); skill progression stations (25 min); specific conditioning (10 min); cool down & feedback (5 min)

Skill stations: hollow/arch shape holds — 2 sets x 3 reps; lunge-to-handstand line — 2 sets x 3 reps; controlled roll preparation — 2 sets x 3 reps; landing stick and posture — 2 sets x 3 reps

Conditioning: Hollow hold / ■■■■■■■ ■■■■■■■ — 3 sets x 10–15 s; Incline plank / ■■■■■■■■ ■■■■■■■ — 3 sets x 15 s; Landing stick / ■■■■■■ ■■■■■■■ — 3 sets x 4

Assessment: Controls hollow and arch shapes for 10 s; Shows consistent supported hand placement and exits; Completes apparatus-specific prerequisites without pain

Safety: Examples only; qualified coach must supervise, adjust equipment and determine spotting. Do not attempt advanced inversions or flight from this plan.

Visuals: NOT TECHNICALLY VALIDATED. No generic image should be presented as an approved sequence.

Intermediate | 10 apparatus session templates

MAG — Floor

Discipline: MAG | Duration: 90 min

Session sequence: warm-up (15 min); prerequisite review (10 min); skill stations (40 min); specific conditioning (15 min); cool down & feedback (10 min)

Skill stations: hollow/arch shape holds — 3 sets x 4 reps; lunge-to-handstand line — 3 sets x 4 reps; controlled roll preparation — 3 sets x 4 reps; landing stick and posture — 3 sets x 4 reps

Conditioning: Hollow hold / ■■■■■■■ ■■■■■■■ — 3 sets x 20 s; Active hang / ■■■■■■■ ■■■■■■ (■■■■ ■■■■■■ ■■■■■■■) — 3 sets x 10 s; Single-leg balance / ■■■■■■ ■■■■ ■■■■■■ — 3 sets x 15 s/side

Assessment: Performs prerequisites with consistent body line; Controls entry and exit across three supervised repetitions; Demonstrates safe apparatus awareness and appropriate strength

Safety: Examples only; qualified coach must supervise, adjust equipment and determine spotting. Do not attempt advanced inversions or flight from this plan.

Visuals: NOT TECHNICALLY VALIDATED. No generic image should be presented as an approved sequence.

MAG — Pommel / Mushroom

Discipline: MAG | Duration: 90 min

Session sequence: warm-up (15 min); prerequisite review (10 min); skill stations (40 min); specific conditioning (15 min); cool down & feedback (10 min)

Skill stations: front-support shoulder stability — 3 sets x 4 reps; weight-shift around supports — 3 sets x 4 reps; straight-body circle preparation on low mushroom — 3 sets x 4 reps; supported rhythm and safe exit — 3 sets x 4 reps

Conditioning: Hollow hold / ■■■■■■■ ■■■■■■■ — 3 sets x 20 s; Active hang / ■■■■■■■ ■■■■■■ (■■■■ ■■■■■■ ■■■■■■■) — 3 sets x 10 s; Single-leg balance / ■■■■■■ ■■■■ ■■■■■■ — 3 sets x 15 s/side

Assessment: Performs prerequisites with consistent body line; Controls entry and exit across three supervised repetitions; Demonstrates safe apparatus awareness and appropriate strength

Safety: Examples only; qualified coach must supervise, adjust equipment and determine spotting. Do not attempt advanced inversions or flight from this plan.

Visuals: NOT TECHNICALLY VALIDATED. No generic image should be presented as an approved sequence.

MAG — Rings

Discipline: MAG | Duration: 90 min

Session sequence: warm-up (15 min); prerequisite review (10 min); skill stations (40 min); specific conditioning (15 min); cool down & feedback (10 min)

Skill stations: supported hang with shoulder engagement — 3 sets x 4 reps; tuck hold under supervision — 3 sets x 4 reps; scapular control — 3 sets x 4 reps; controlled support preparation — 3 sets x 4 reps

Conditioning: Hollow hold / ■■■■■■■ ■■■■■■■ — 3 sets x 20 s; Active hang / ■■■■■■■ ■■■■■■ (■■■■ ■■■■■■ ■■■■■■■) — 3 sets x 10 s; Single-leg balance / ■■■■■■ ■■■■ ■■■■■■ — 3 sets x 15 s/side

Assessment: Performs prerequisites with consistent body line; Controls entry and exit across three supervised repetitions; Demonstrates safe apparatus awareness and appropriate strength

Safety: Examples only; qualified coach must supervise, adjust equipment and determine spotting. Do not attempt advanced inversions or flight from this plan.

Visuals: NOT TECHNICALLY VALIDATED. No generic image should be presented as an approved sequence.

MAG — Vault

Discipline: MAG | Duration: 90 min

Session sequence: warm-up (15 min); prerequisite review (10 min); skill stations (40 min); specific conditioning (15 min); cool down & feedback (10 min)

Skill stations: run-up rhythm markers — 3 sets x 4 reps; two-foot board approach without flight — 3 sets x 4 reps; arm swing and straight jump landing — 3 sets x 4 reps; landing mechanics on safe surface — 3 sets x 4 reps

Conditioning: Hollow hold / ■■■■■■■ ■■■■■■■ — 3 sets x 20 s; Active hang / ■■■■■■■ ■■■■■■ (■■■■ ■■■■■■ ■■■■■■■) — 3 sets x 10 s; Single-leg balance / ■■■■■■ ■■■■ ■■■■■■ — 3 sets x 15 s/side

Assessment: Performs prerequisites with consistent body line; Controls entry and exit across three supervised repetitions; Demonstrates safe apparatus awareness and appropriate strength

Safety: Examples only; qualified coach must supervise, adjust equipment and determine spotting. Do not attempt advanced inversions or flight from this plan.

Visuals: NOT TECHNICALLY VALIDATED. No generic image should be presented as an approved sequence.

MAG — Parallel Bars

Discipline: MAG | Duration: 90 min

Session sequence: warm-up (15 min); prerequisite review (10 min); skill stations (40 min); specific conditioning (15 min); cool down & feedback (10 min)

Skill stations: support hold with assistance — 3 sets x 4 reps; scapular depression — 3 sets x 4 reps; weight transfer in support — 3 sets x 4 reps; controlled swing shape preparation — 3 sets x 4 reps

Conditioning: Hollow hold / ■■■■■■ ■■■■■■ — 3 sets x 20 s; Active hang / ■■■■■■ ■■■■■ (■■■ ■■■■■ ■■■■■■) — 3 sets x 10 s; Single-leg balance / ■■■■■ ■■■ ■■■■■ — 3 sets x 15 s/side

Assessment: Performs prerequisites with consistent body line; Controls entry and exit across three supervised repetitions; Demonstrates safe apparatus awareness and appropriate strength

Safety: Examples only; qualified coach must supervise, adjust equipment and determine spotting. Do not attempt advanced inversions or flight from this plan.

Visuals: NOT TECHNICALLY VALIDATED. No generic image should be presented as an approved sequence.

MAG — High Bar

Discipline: MAG | Duration: 90 min

Session sequence: warm-up (15 min); prerequisite review (10 min); skill stations (40 min); specific conditioning (15 min); cool down & feedback (10 min)

Skill stations: active hang — 3 sets x 4 reps; hollow/arch swing shapes — 3 sets x 4 reps; grip and shoulder engagement — 3 sets x 4 reps; safe dismount to landing surface — 3 sets x 4 reps

Conditioning: Hollow hold / ■■■■■■ ■■■■■■ — 3 sets x 20 s; Active hang / ■■■■■■ ■■■■■ (■■■ ■■■■■ ■■■■■■) — 3 sets x 10 s; Single-leg balance / ■■■■■ ■■■ ■■■■■ — 3 sets x 15 s/side

Assessment: Performs prerequisites with consistent body line; Controls entry and exit across three supervised repetitions; Demonstrates safe apparatus awareness and appropriate strength

Safety: Examples only; qualified coach must supervise, adjust equipment and determine spotting. Do not attempt advanced inversions or flight from this plan.

Visuals: NOT TECHNICALLY VALIDATED. No generic image should be presented as an approved sequence.

WAG — Vault

Discipline: WAG | Duration: 90 min

Session sequence: warm-up (15 min); prerequisite review (10 min); skill stations (40 min); specific conditioning (15 min); cool down & feedback (10 min)

Skill stations: run-up rhythm markers — 3 sets x 4 reps; two-foot board approach without flight — 3 sets x 4 reps; arm swing and straight jump landing — 3 sets x 4 reps; landing mechanics on safe surface — 3 sets x 4 reps

Conditioning: Hollow hold / ■■■■■■ ■■■■■■ — 3 sets x 20 s; Active hang / ■■■■■■ ■■■■■ (■■■ ■■■■■ ■■■■■■) — 3 sets x 10 s; Single-leg balance / ■■■■■ ■■■ ■■■■■ — 3 sets x 15 s/side

Assessment: Performs prerequisites with consistent body line; Controls entry and exit across three supervised repetitions; Demonstrates safe apparatus awareness and appropriate strength

Safety: Examples only; qualified coach must supervise, adjust equipment and determine spotting. Do not attempt advanced inversions or flight from this plan.

Visuals: NOT TECHNICALLY VALIDATED. No generic image should be presented as an approved sequence.

WAG — Uneven Bars

Discipline: WAG | Duration: 90 min

Session sequence: warm-up (15 min); prerequisite review (10 min); skill stations (40 min); specific conditioning (15 min); cool down & feedback (10 min)

Skill stations: active hang with safe grip — 3 sets x 4 reps; hollow/arch tension — 3 sets x 4 reps; supported front support — 3 sets x 4 reps; low-bar cast shape preparation — 3 sets x 4 reps

Conditioning: Hollow hold / ■■■■■■ ■■■■■■ — 3 sets x 20 s; Active hang / ■■■■■■ ■■■■■ (■■■ ■■■■■ ■■■■■■) — 3 sets x 10 s; Single-leg balance / ■■■■■ ■■■ ■■■■■ — 3 sets x 15 s/side

Assessment: Performs prerequisites with consistent body line; Controls entry and exit across three supervised repetitions; Demonstrates safe apparatus awareness and appropriate strength

Safety: Examples only; qualified coach must supervise, adjust equipment and determine spotting. Do not attempt advanced inversions or flight from this plan.

Visuals: NOT TECHNICALLY VALIDATED. No generic image should be presented as an approved sequence.

WAG — Beam

Discipline: WAG | Duration: 90 min

Session sequence: warm-up (15 min); prerequisite review (10 min); skill stations (40 min); specific conditioning (15 min); cool down & feedback (10 min)

Skill stations: line walk and controlled turns — 3 sets x 4 reps; single-leg balance — 3 sets x 4 reps; low-beam posture — 3 sets x 4 reps; step-down landing control — 3 sets x 4 reps

Conditioning: Hollow hold / ■■■■■■ ■■■■■■ — 3 sets x 20 s; Active hang / ■■■■■■ ■■■■■ (■■■ ■■■■■ ■■■■■■) — 3 sets x 10 s; Single-leg balance / ■■■■■ ■■■ ■■■■■ — 3 sets x 15 s/side

Assessment: Performs prerequisites with consistent body line; Controls entry and exit across three supervised repetitions; Demonstrates safe apparatus awareness and appropriate strength

Safety: Examples only; qualified coach must supervise, adjust equipment and determine spotting. Do not attempt advanced inversions or flight from this plan.

Visuals: NOT TECHNICALLY VALIDATED. No generic image should be presented as an approved sequence.

WAG — Floor

Discipline: WAG | Duration: 90 min

Session sequence: warm-up (15 min); prerequisite review (10 min); skill stations (40 min); specific conditioning (15 min); cool down & feedback (10 min)

Skill stations: hollow/arch shape holds — 3 sets x 4 reps; lunge-to-handstand line — 3 sets x 4 reps; controlled roll preparation — 3 sets x 4 reps; landing stick and posture — 3 sets x 4 reps

Conditioning: Hollow hold / ■■■■■■ ■■■■■■ — 3 sets x 20 s; Active hang / ■■■■■■ ■■■■■ (■■■ ■■■■■ ■■■■■■) — 3 sets x 10 s; Single-leg balance / ■■■■■ ■■■ ■■■■■ — 3 sets x 15 s/side

Assessment: Performs prerequisites with consistent body line; Controls entry and exit across three supervised repetitions; Demonstrates safe apparatus awareness and appropriate strength

Safety: Examples only; qualified coach must supervise, adjust equipment and determine spotting. Do not attempt advanced inversions or flight from this plan.

Visuals: NOT TECHNICALLY VALIDATED. No generic image should be presented as an approved sequence.

Advanced | 10 apparatus session templates

MAG — Floor

Discipline: MAG | Duration: 105 min

Session sequence: warm-up (15 min); activation & shapes (15 min); technical progressions (50 min); specific conditioning (15 min); cool down & feedback (10 min)

Skill stations: hollow/arch shape holds — 3 sets x 4 reps; lunge-to-handstand line — 3 sets x 4 reps; controlled roll preparation — 3 sets x 4 reps; landing stick and posture — 3 sets x 4 reps

Conditioning: Hollow–arch transitions / ■■■■■■■■ ■■■ ■■■■■■■ — 3 sets x 6; Scapular control / ■■■■■■ ■■■■ ■■■■■ — 3 sets x 8; Landing mechanics / ■■■■■■■■ ■■■■■■ — 3 sets x 5

Assessment: Shows repeatable technical quality in 4/5 supervised trials; Maintains alignment under planned, moderate training load; Passes event-specific coach evaluation before skill progression

Safety: Examples only; qualified coach must supervise, adjust equipment and determine spotting. Do not attempt advanced inversions or flight from this plan.

Visuals: NOT TECHNICALLY VALIDATED. No generic image should be presented as an approved sequence.

MAG — Pommel / Mushroom

Discipline: MAG | Duration: 105 min

Session sequence: warm-up (15 min); activation & shapes (15 min); technical progressions (50 min); specific conditioning (15 min); cool down & feedback (10 min)

Skill stations: front-support shoulder stability — 3 sets x 4 reps; weight-shift around supports — 3 sets x 4 reps; straight-body circle preparation on low mushroom — 3 sets x 4 reps; supported rhythm and safe exit — 3 sets x 4 reps

Conditioning: Hollow–arch transitions / ■■■■■■■■ ■■■ ■■■■■■■ — 3 sets x 6; Scapular control / ■■■■■■ ■■■■ ■■■■■ — 3 sets x 8; Landing mechanics / ■■■■■■■■ ■■■■■■ — 3 sets x 5

Assessment: Shows repeatable technical quality in 4/5 supervised trials; Maintains alignment under planned, moderate training load; Passes event-specific coach evaluation before skill progression

Safety: Examples only; qualified coach must supervise, adjust equipment and determine spotting. Do not attempt advanced inversions or flight from this plan.

Visuals: NOT TECHNICALLY VALIDATED. No generic image should be presented as an approved sequence.

MAG — Rings

Discipline: MAG | Duration: 105 min

Session sequence: warm-up (15 min); activation & shapes (15 min); technical progressions (50 min); specific conditioning (15 min); cool down & feedback (10 min)

Skill stations: supported hang with shoulder engagement — 3 sets x 4 reps; tuck hold under supervision — 3 sets x 4 reps; scapular control — 3 sets x 4 reps; controlled support preparation — 3 sets x 4 reps

Conditioning: Hollow–arch transitions / ■■■■■■■■ ■■■ ■■■■■■■ — 3 sets x 6; Scapular control / ■■■■■■ ■■■■ ■■■■■ — 3 sets x 8; Landing mechanics / ■■■■■■■■ ■■■■■■ — 3 sets x 5

Assessment: Shows repeatable technical quality in 4/5 supervised trials; Maintains alignment under planned, moderate training load; Passes event-specific coach evaluation before skill progression

Safety: Examples only; qualified coach must supervise, adjust equipment and determine spotting. Do not attempt advanced inversions or flight from this plan.

Visuals: NOT TECHNICALLY VALIDATED. No generic image should be presented as an approved sequence.

MAG — Vault

Discipline: MAG | Duration: 105 min

Session sequence: warm-up (15 min); activation & shapes (15 min); technical progressions (50 min); specific conditioning (15 min); cool down & feedback (10 min)

Skill stations: run-up rhythm markers — 3 sets x 4 reps; two-foot board approach without flight — 3 sets x 4 reps; arm swing and straight jump landing — 3 sets x 4 reps; landing mechanics on safe surface — 3 sets x 4 reps

Conditioning: Hollow–arch transitions / ■■■■■■■■ ■■■ ■■■■■■■ — 3 sets x 6; Scapular control / ■■■■■■ ■■■■ ■■■■■ — 3 sets x 8; Landing mechanics / ■■■■■■■■ ■■■■■■ — 3 sets x 5

Assessment: Shows repeatable technical quality in 4/5 supervised trials; Maintains alignment under planned, moderate training load; Passes event-specific coach evaluation before skill progression

Safety: Examples only; qualified coach must supervise, adjust equipment and determine spotting. Do not attempt advanced inversions or flight from this plan.

Visuals: NOT TECHNICALLY VALIDATED. No generic image should be presented as an approved sequence.

MAG — Parallel Bars

Discipline: MAG | Duration: 105 min

Session sequence: warm-up (15 min); activation & shapes (15 min); technical progressions (50 min); specific conditioning (15 min); cool down & feedback (10 min)

Skill stations: support hold with assistance — 3 sets x 4 reps; scapular depression — 3 sets x 4 reps; weight transfer in support — 3 sets x 4 reps; controlled swing shape preparation — 3 sets x 4 reps

Conditioning: Hollow–arch transitions / ■■■■■■■■■ ■■■■ ■■■■■■■■ — 3 sets x 6; Scapular control / ■■■■■■■ ■■■■■ ■■■■■ — 3 sets x 8; Landing mechanics / ■■■■■■■■■ ■■■■■■■ — 3 sets x 5

Assessment: Shows repeatable technical quality in 4/5 supervised trials; Maintains alignment under planned, moderate training load; Passes event-specific coach evaluation before skill progression

Safety: Examples only; qualified coach must supervise, adjust equipment and determine spotting. Do not attempt advanced inversions or flight from this plan.

Visuals: NOT TECHNICALLY VALIDATED. No generic image should be presented as an approved sequence.

MAG — High Bar

Discipline: MAG | Duration: 105 min

Session sequence: warm-up (15 min); activation & shapes (15 min); technical progressions (50 min); specific conditioning (15 min); cool down & feedback (10 min)

Skill stations: active hang — 3 sets x 4 reps; hollow/arch swing shapes — 3 sets x 4 reps; grip and shoulder engagement — 3 sets x 4 reps; safe dismount to landing surface — 3 sets x 4 reps

Conditioning: Hollow–arch transitions / ■■■■■■■■■ ■■■■ ■■■■■■■■ — 3 sets x 6; Scapular control / ■■■■■■■ ■■■■■ ■■■■■ — 3 sets x 8; Landing mechanics / ■■■■■■■■■ ■■■■■■■ — 3 sets x 5

Assessment: Shows repeatable technical quality in 4/5 supervised trials; Maintains alignment under planned, moderate training load; Passes event-specific coach evaluation before skill progression

Safety: Examples only; qualified coach must supervise, adjust equipment and determine spotting. Do not attempt advanced inversions or flight from this plan.

Visuals: NOT TECHNICALLY VALIDATED. No generic image should be presented as an approved sequence.

WAG — Vault

Discipline: WAG | Duration: 105 min

Session sequence: warm-up (15 min); activation & shapes (15 min); technical progressions (50 min); specific conditioning (15 min); cool down & feedback (10 min)

Skill stations: run-up rhythm markers — 3 sets x 4 reps; two-foot board approach without flight — 3 sets x 4 reps; arm swing and straight jump landing — 3 sets x 4 reps; landing mechanics on safe surface — 3 sets x 4 reps

Conditioning: Hollow–arch transitions / ■■■■■■■■■ ■■■■ ■■■■■■■■ — 3 sets x 6; Scapular control / ■■■■■■■ ■■■■■ ■■■■■ — 3 sets x 8; Landing mechanics / ■■■■■■■■■ ■■■■■■■ — 3 sets x 5

Assessment: Shows repeatable technical quality in 4/5 supervised trials; Maintains alignment under planned, moderate training load; Passes event-specific coach evaluation before skill progression

Safety: Examples only; qualified coach must supervise, adjust equipment and determine spotting. Do not attempt advanced inversions or flight from this plan.

Visuals: NOT TECHNICALLY VALIDATED. No generic image should be presented as an approved sequence.

WAG — Uneven Bars

Discipline: WAG | Duration: 105 min

Session sequence: warm-up (15 min); activation & shapes (15 min); technical progressions (50 min); specific conditioning (15 min); cool down & feedback (10 min)

Skill stations: active hang with safe grip — 3 sets x 4 reps; hollow/arch tension — 3 sets x 4 reps; supported front support — 3 sets x 4 reps; low-bar cast shape preparation — 3 sets x 4 reps

Conditioning: Hollow–arch transitions / ■■■■■■■■ ■■■ ■■■■■■■ — 3 sets x 6; Scapular control / ■■■■■■ ■■■■ ■■■■■ — 3 sets x 8; Landing mechanics / ■■■■■■■■ ■■■■■■ — 3 sets x 5

Assessment: Shows repeatable technical quality in 4/5 supervised trials; Maintains alignment under planned, moderate training load; Passes event-specific coach evaluation before skill progression

Safety: Examples only; qualified coach must supervise, adjust equipment and determine spotting. Do not attempt advanced inversions or flight from this plan.

Visuals: NOT TECHNICALLY VALIDATED. No generic image should be presented as an approved sequence.

WAG — Beam

Discipline: WAG | Duration: 105 min

Session sequence: warm-up (15 min); activation & shapes (15 min); technical progressions (50 min); specific conditioning (15 min); cool down & feedback (10 min)

Skill stations: line walk and controlled turns — 3 sets x 4 reps; single-leg balance — 3 sets x 4 reps; low-beam posture — 3 sets x 4 reps; step-down landing control — 3 sets x 4 reps

Conditioning: Hollow–arch transitions / ■■■■■■■■ ■■■ ■■■■■■■ — 3 sets x 6; Scapular control / ■■■■■■ ■■■■ ■■■■■ — 3 sets x 8; Landing mechanics / ■■■■■■■■ ■■■■■■ — 3 sets x 5

Assessment: Shows repeatable technical quality in 4/5 supervised trials; Maintains alignment under planned, moderate training load; Passes event-specific coach evaluation before skill progression

Safety: Examples only; qualified coach must supervise, adjust equipment and determine spotting. Do not attempt advanced inversions or flight from this plan.

Visuals: NOT TECHNICALLY VALIDATED. No generic image should be presented as an approved sequence.

WAG — Floor

Discipline: WAG | Duration: 105 min

Session sequence: warm-up (15 min); activation & shapes (15 min); technical progressions (50 min); specific conditioning (15 min); cool down & feedback (10 min)

Skill stations: hollow/arch shape holds — 3 sets x 4 reps; lunge-to-handstand line — 3 sets x 4 reps; controlled roll preparation — 3 sets x 4 reps; landing stick and posture — 3 sets x 4 reps

Conditioning: Hollow–arch transitions / ■■■■■■■■ ■■■ ■■■■■■■ — 3 sets x 6; Scapular control / ■■■■■■ ■■■■ ■■■■■ — 3 sets x 8; Landing mechanics / ■■■■■■■■ ■■■■■■ — 3 sets x 5

Assessment: Shows repeatable technical quality in 4/5 supervised trials; Maintains alignment under planned, moderate training load; Passes event-specific coach evaluation before skill progression

Safety: Examples only; qualified coach must supervise, adjust equipment and determine spotting. Do not attempt advanced inversions or flight from this plan.

Visuals: NOT TECHNICALLY VALIDATED. No generic image should be presented as an approved sequence.

Elite | 10 apparatus session templates

MAG — Floor

Discipline: MAG | Duration: 120 min

Session sequence: warm-up (20 min); activation & readiness (15 min); routine elements & stations (55 min); physical preparation (20 min); cool down & review (10 min)

Skill stations: hollow/arch shape holds — 3 sets x 4 reps; lunge-to-handstand line — 3 sets x 4 reps; individual routine section review — 3 sets x 4 reps; technical consistency under monitored fatigue — 3 sets x 4 reps

Conditioning: Individual activation / ■■■■■ ■■■■ — 3 sets x 6–8; Controlled shape endurance / ■■■■ ■■■■■■■ — 3 sets x 20–30 s; Recovery mobility / ■■■■■ ■■■■■■■■■ — 2 sets x 30 s

Assessment: Demonstrates event-specific technical consistency under individual plan; Maintains performance and recovery log; Coach confirms competition readiness using applicable rules

Safety: Examples only; qualified coach must supervise, adjust equipment and determine spotting. Do not attempt advanced inversions or flight from this plan.

Visuals: NOT TECHNICALLY VALIDATED. No generic image should be presented as an approved sequence.

MAG — Pommel / Mushroom

Discipline: MAG | Duration: 120 min

Session sequence: warm-up (20 min); activation & readiness (15 min); routine elements & stations (55 min); physical preparation (20 min); cool down & review (10 min)

Skill stations: front-support shoulder stability — 3 sets x 4 reps; weight-shift around supports — 3 sets x 4 reps; individual routine section review — 3 sets x 4 reps; technical consistency under monitored fatigue — 3 sets x 4 reps

Conditioning: Individual activation / ■■■■■ ■■■■ — 3 sets x 6–8; Controlled shape endurance / ■■■■ ■■■■■■■ — 3 sets x 20–30 s; Recovery mobility / ■■■■■ ■■■■■■■■■ — 2 sets x 30 s

Assessment: Demonstrates event-specific technical consistency under individual plan; Maintains performance and recovery log; Coach confirms competition readiness using applicable rules

Safety: Examples only; qualified coach must supervise, adjust equipment and determine spotting. Do not attempt advanced inversions or flight from this plan.

Visuals: NOT TECHNICALLY VALIDATED. No generic image should be presented as an approved sequence.

MAG — Rings

Discipline: MAG | Duration: 120 min

Session sequence: warm-up (20 min); activation & readiness (15 min); routine elements & stations (55 min); physical preparation (20 min); cool down & review (10 min)

Skill stations: supported hang with shoulder engagement — 3 sets x 4 reps; tuck hold under supervision — 3 sets x 4 reps; individual routine section review — 3 sets x 4 reps; technical consistency under monitored fatigue — 3 sets x 4 reps

Conditioning: Individual activation / ■■■■■ ■■■■ — 3 sets x 6–8; Controlled shape endurance / ■■■■ ■■■■■■■ — 3 sets x 20–30 s; Recovery mobility / ■■■■■ ■■■■■■■■■ — 2 sets x 30 s

Assessment: Demonstrates event-specific technical consistency under individual plan; Maintains performance and recovery log; Coach confirms competition readiness using applicable rules

Safety: Examples only; qualified coach must supervise, adjust equipment and determine spotting. Do not attempt advanced inversions or flight from this plan.

Visuals: NOT TECHNICALLY VALIDATED. No generic image should be presented as an approved sequence.

MAG — Vault

Discipline: MAG | Duration: 120 min

Session sequence: warm-up (20 min); activation & readiness (15 min); routine elements & stations (55 min); physical preparation (20 min); cool down & review (10 min)

Skill stations: run-up rhythm markers — 3 sets x 4 reps; two-foot board approach without flight — 3 sets x 4 reps; individual routine section review — 3 sets x 4 reps; technical consistency under monitored fatigue — 3 sets x 4 reps

Conditioning: Individual activation / ■■■■■ ■■■■ — 3 sets x 6–8; Controlled shape endurance / ■■■■ ■■■■■■■ — 3 sets x 20–30 s; Recovery mobility / ■■■■■ ■■■■■■■■■ — 2 sets x 30 s

Assessment: Demonstrates event-specific technical consistency under individual plan; Maintains performance and recovery log; Coach confirms competition readiness using applicable rules

Safety: Examples only; qualified coach must supervise, adjust equipment and determine spotting. Do not attempt advanced inversions or flight from this plan.

Visuals: NOT TECHNICALLY VALIDATED. No generic image should be presented as an approved sequence.

MAG — Parallel Bars

Discipline: MAG | Duration: 120 min

Session sequence: warm-up (20 min); activation & readiness (15 min); routine elements & stations (55 min); physical preparation (20 min); cool down & review (10 min)

Skill stations: support hold with assistance — 3 sets x 4 reps; scapular depression — 3 sets x 4 reps; individual routine section review — 3 sets x 4 reps; technical consistency under monitored fatigue — 3 sets x 4 reps

Conditioning: Individual activation / ■■■■■ ■■■■ — 3 sets x 6–8; Controlled shape endurance / ■■■■ ■■■■■■■ — 3 sets x 20–30 s; Recovery mobility / ■■■■■ ■■■■■■■■■ — 2 sets x 30 s

Assessment: Demonstrates event-specific technical consistency under individual plan; Maintains performance and recovery log; Coach confirms competition readiness using applicable rules

Safety: Examples only; qualified coach must supervise, adjust equipment and determine spotting. Do not attempt advanced inversions or flight from this plan.

Visuals: NOT TECHNICALLY VALIDATED. No generic image should be presented as an approved sequence.

MAG — High Bar

Discipline: MAG | Duration: 120 min

Session sequence: warm-up (20 min); activation & readiness (15 min); routine elements & stations (55 min); physical preparation (20 min); cool down & review (10 min)

Skill stations: active hang — 3 sets x 4 reps; hollow/arch swing shapes — 3 sets x 4 reps; individual routine section review — 3 sets x 4 reps; technical consistency under monitored fatigue — 3 sets x 4 reps

Conditioning: Individual activation / ■■■■■ ■■■■ — 3 sets x 6–8; Controlled shape endurance / ■■■■ ■■■■■■■ — 3 sets x 20–30 s; Recovery mobility / ■■■■■ ■■■■■■■■■ — 2 sets x 30 s

Assessment: Demonstrates event-specific technical consistency under individual plan; Maintains performance and recovery log; Coach confirms competition readiness using applicable rules

Safety: Examples only; qualified coach must supervise, adjust equipment and determine spotting. Do not attempt advanced inversions or flight from this plan.

Visuals: NOT TECHNICALLY VALIDATED. No generic image should be presented as an approved sequence.

WAG — Vault

Discipline: WAG | Duration: 120 min

Session sequence: warm-up (20 min); activation & readiness (15 min); routine elements & stations (55 min); physical preparation (20 min); cool down & review (10 min)

Skill stations: run-up rhythm markers — 3 sets x 4 reps; two-foot board approach without flight — 3 sets x 4 reps; individual routine section review — 3 sets x 4 reps; technical consistency under monitored fatigue — 3 sets x 4 reps

Conditioning: Individual activation / ■■■■■ ■■■■ — 3 sets x 6–8; Controlled shape endurance / ■■■■ ■■■■■■■ — 3 sets x 20–30 s; Recovery mobility / ■■■■■ ■■■■■■■■■ — 2 sets x 30 s

Assessment: Demonstrates event-specific technical consistency under individual plan; Maintains performance and recovery log; Coach confirms competition readiness using applicable rules

Safety: Examples only; qualified coach must supervise, adjust equipment and determine spotting. Do not attempt advanced inversions or flight from this plan.

Visuals: NOT TECHNICALLY VALIDATED. No generic image should be presented as an approved sequence.

WAG — Uneven Bars

Discipline: WAG | Duration: 120 min

Session sequence: warm-up (20 min); activation & readiness (15 min); routine elements & stations (55 min); physical preparation (20 min); cool down & review (10 min)

Skill stations: active hang with safe grip — 3 sets x 4 reps; hollow/arch tension — 3 sets x 4 reps; individual routine section review — 3 sets x 4 reps; technical consistency under monitored fatigue — 3 sets x 4 reps

Conditioning: Individual activation / ■■■■■ ■■■■ — 3 sets x 6–8; Controlled shape endurance / ■■■■ ■■■■■■■ — 3 sets x 20–30 s; Recovery mobility / ■■■■■ ■■■■■■■■■ — 2 sets x 30 s

Assessment: Demonstrates event-specific technical consistency under individual plan; Maintains performance and recovery log; Coach confirms competition readiness using applicable rules

Safety: Examples only; qualified coach must supervise, adjust equipment and determine spotting. Do not attempt advanced inversions or flight from this plan.

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WAG — Beam

Discipline: WAG | Duration: 120 min

Session sequence: warm-up (20 min); activation & readiness (15 min); routine elements & stations (55 min); physical preparation (20 min); cool down & review (10 min)

Skill stations: line walk and controlled turns — 3 sets x 4 reps; single-leg balance — 3 sets x 4 reps; individual routine section review — 3 sets x 4 reps; technical consistency under monitored fatigue — 3 sets x 4 reps

Conditioning: Individual activation / ■■■■■ ■■■■ — 3 sets x 6–8; Controlled shape endurance / ■■■■ ■■■■■■■ — 3 sets x 20–30 s; Recovery mobility / ■■■■■ ■■■■■■■■■ — 2 sets x 30 s

Assessment: Demonstrates event-specific technical consistency under individual plan; Maintains performance and recovery log; Coach confirms competition readiness using applicable rules

Safety: Examples only; qualified coach must supervise, adjust equipment and determine spotting. Do not attempt advanced inversions or flight from this plan.

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WAG — Floor

Discipline: WAG | Duration: 120 min

Session sequence: warm-up (20 min); activation & readiness (15 min); routine elements & stations (55 min); physical preparation (20 min); cool down & review (10 min)

Skill stations: hollow/arch shape holds — 3 sets x 4 reps; lunge-to-handstand line — 3 sets x 4 reps; individual routine section review — 3 sets x 4 reps; technical consistency under monitored fatigue — 3 sets x 4 reps

Conditioning: Individual activation / ■■■■■ ■■■■ — 3 sets x 6–8; Controlled shape endurance / ■■■■ ■■■■■■■ — 3 sets x 20–30 s; Recovery mobility / ■■■■■ ■■■■■■■■■ — 2 sets x 30 s

Assessment: Demonstrates event-specific technical consistency under individual plan; Maintains performance and recovery log; Coach confirms competition readiness using applicable rules

Safety: Examples only; qualified coach must supervise, adjust equipment and determine spotting. Do not attempt advanced inversions or flight from this plan.

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