BAHER MAGDY
GYMNASTICS & PERFORMANCE

DISCIPLINE
PROGRESS
CONFIDENCE
EXCELLENCE

STRONGER BODIES
HIGHER SKILLS
BRIGHTER FUTURES

12-MONTH COMPETITIVE GYMNASTICS PERFORMANCE PROGRAM

STRENGTH | POWER | FLEXIBILITY | MOBILITY
SKILL SUPPORT | INJURY PREVENTION

FOR FEMALE ARTISTIC GYMNASTS

AGES 7–16 | COMPETITIVE LEVEL

52 WEEKS

156 SESSIONS

4 PERFORMANCE PHASES

COMPLETE EXERCISE LIBRARY WITH PHOTOS

Build Stronger Gymnasts

01 GENERAL PREPARATION
Build the foundation and correct weaknesses (Months 1–3)

02 SPECIFIC PREPARATION
Gymnastics-specific strength and power (Months 4–6)

03 PRE-COMPETITION & COMPETITION
Peak performance and routine capacity (Months 7–9)

04 MAINTENANCE, RECOVERY & TRANSITION
Maintain progress and prepare for the next cycle (Months 10–12)

BAHER MAGDY
GYMNASTICS COACH | PROGRAM DESIGNER | JUDGE
15+ YEARS EXPERIENCE

"DISCIPLINE TODAY
HIGHER SKILLS TOMORROW"

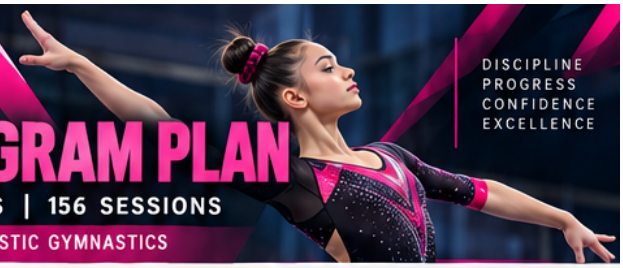
BAHER MAGDY
GYMNASTICS & PERFORMANCE

STRONGER BODIES
HIGHER SKILLS
BRIGHTER FUTURES

ANNUAL PROGRAM PLAN

12 MONTHS | 52 WEEKS | 156 SESSIONS

COMPETITIVE WOMEN'S ARTISTIC GYMNASTICS



DISCIPLINE
PROGRESS
CONFIDENCE
EXCELLENCE

1 PHASE 1 GENERAL PREPARATION

Months 1 – 3 (Weeks 1–13)



- Build base strength and overall fitness
- Improve mobility and flexibility
- Develop fundamental movement patterns
- Correct weaknesses and prevent injuries
- Establish good technique and body shapes

2 PHASE 2 SPECIFIC PREPARATION

Months 4 – 6 (Weeks 14–26)



- Develop gymnastics-specific strength
- Increase power, speed and endurance
- Enhance body shapes and positions
- Apparatus-specific preparation
- Increase skill difficulty and consistency

3 PHASE 3 PRE-COMPETITION & COMPETITION

Months 7 – 9 (Weeks 27–39)



- Peak strength and power
- Routine capacity and consistency
- Refine technique and execution
- Competition simulation and evaluation
- Reduce volume and maximize performance

4 PHASE 4 MAINTENANCE, RECOVERY & TRANSITION

Months 10 – 12 (Weeks 40–52)



- Maintain performance level
- Active recovery and injury prevention
- Correct remaining weaknesses
- Stability and consistency
- Prepare for next competitive cycle

12-MONTH MACRO CYCLE OVERVIEW

Month	Weeks	Phase	Main Focus	Physical Focus	Technical Focus	Volume	Intensity	Testing
1	1–4	Phase 1	General Preparation	Base strength, mobility, core	Basic shapes, drills	High	Low–Moderate	Baseline (Week 1)
2	5–8	Phase 1	General Preparation	Strength, flexibility	Handstands, leaps, landings	High	Moderate	–
3	9–13	Phase 1	General Preparation	Endurance, movement quality	Basic skills, connections	Moderate	Moderate	Q1 Test (Week 13)
4	14–17	Phase 2	Specific Preparation	Gymnastics strength	Apparatus conditioning	Moderate	Moderate–High	–
5	18–21	Phase 2	Specific Preparation	Power, body shapes	Skill development	High	Moderate–High	–
6	22–26	Phase 2	Specific Preparation	Intensity, routine parts	Routine construction	Moderate	High	Q2 Test (Week 26)
7	27–30	Phase 3	Pre-Competition	Peak strength & power	Full routines, difficulty	Moderate	High	–
8	31–34	Phase 3	Pre-Competition	Routine capacity	Execution, consistency	Moderate	High	–
9	35–39	Phase 3	Competition	Competition simulation	Routine refinement	Low	High	Q3 Test (Week 39)
10	40–43	Phase 4	Maintenance	Stability, recovery	Clean routines, corrections	Low	Moderate	–
11	44–47	Phase 4	Maintenance	Strength maintenance	Consistency, endurance	Low–Moderate	Moderate	–
12	48–52	Phase 4	Recovery & Transition	Active recovery, injury prevention	Review, testing, next goals	Low	Low	Final Test (Week 52)

WEEKLY TRAINING STRUCTURE

SESSION A Strength & Basics



- General & specific strength
- Core & body control
- Flexibility & mobility
- Basic skills and drills

120 minutes

SESSION B Apparatus & Power



- Apparatus conditioning
- Skill progressions
- Power & explosive work
- Connections and shapes

120 minutes

SESSION C Routine & Conditioning



- Routine construction
- Endurance & consistency
- Simulation & performance
- Cool down & recovery

120 minutes

TRAINING COMPONENTS (Per Session)

Warm-up & Mobility	15%
Strength & Conditioning	25%
Skill Technical Work	40%
Apparatus Specific	15%
Cool Down & Recovery	5%

TESTING POINTS (Every 13 Weeks)

Week 1	**Baseline Test** Strength, flexibility, basic skills
Week 13	**Test 1 (End of Phase 1)** Compare progress, adjust program
Week 26	**Test 2 (End of Phase 2)** Skill level, power, routine readiness
Week 39	**Test 3 (End of Phase 3)** Competition simulation, peak level
Week 52	**Final Test (End of Phase 4)** Full evaluation and next cycle planning

PROGRESSION TIMELINE



MONTHS 1–3 Foundation	MONTHS 4–6 Development	MONTHS 7–9 Peak Performance	MONTHS 10–12 Stability & Next Cycle
Build fitness base	Increase power	Maximize performance	Maintain level
Correct technique	Advance skill difficulty	Routine consistency	Active recovery
Improve mobility	Apparatus preparation	Competition readiness	Fix weaknesses
Develop strength	Build routine parts	Peak at right time	Prepare next cycle

HOW TO USE THIS COACH MANUAL

This 12-month system organizes 52 weeks into four progressive phases. Each week contains three physical-preparation sessions designed to support, not replace, apparatus and technical training. Coaches should individualize volume, resistance, range of motion and impact exposure according to maturity, training age, current skill level, competition schedule and recovery.

SESSION A	Upper-body strength + core/body-line control
SESSION B	Lower-body strength + balance/landing mechanics
SESSION C	Power + conditioning + recovery
EFFORT	Most developmental work uses RPE 5-8; technical quality always takes priority.
PROGRESSION	Add quality reps/time first, then leverage/resistance, then complexity.
DELOAD	Planned consolidation/recovery weeks reduce volume before the next build.
TESTING	Weeks 1, 13, 26, 39 and 52.

Safety: stop or modify work when pain, dizziness, loss of control or unusual symptoms occur. Advanced impact, loading and apparatus-specific conditioning require qualified supervision. This manual is educational and is not medical or rehabilitation advice.

ANNUAL TESTING & MONITORING

TEST	QUALITY	STANDARD
Strict Pull-Up / Assisted Equivalent	Relative pulling strength	Same grip and assistance every test
Push-Up Quality Test	Pushing endurance + trunk control	Stop when body line fails
Hollow Hold	Anterior body-line endurance	Use identical shape standard
Arch Hold	Posterior body-line endurance	Avoid excessive lumbar extension
Standing Broad Jump	Horizontal power	Best controlled attempt
Stick Landing Score	Landing control	Same rubric and surface
Shoulder Flexion Screen	Mobility/control	Pain-free range only
Single-Leg Balance	Postural control	Same surface and conditions

Checkpoints: Baseline (Week 1) -> End Phase 1 (Week 13) -> End Phase 2 (Week 26) -> End Phase 3 (Week 39) -> Final (Week 52). Record pain/readiness, session RPE and key coach observations throughout the year.

PHASE 1 EXERCISE LIBRARY

GENERAL PREPARATION

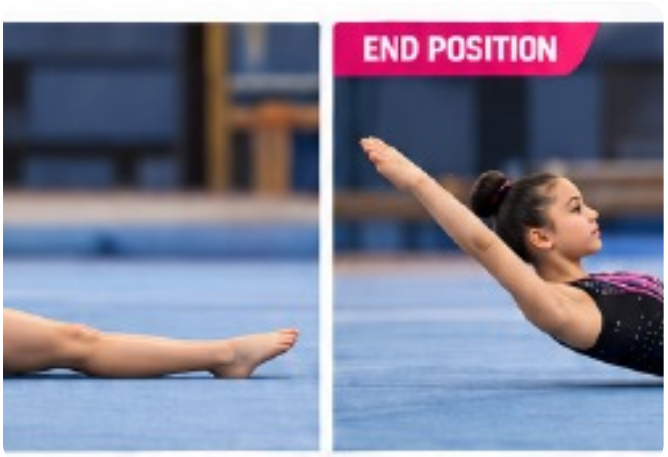
Weeks 1-13 | Foundation strength, mobility, body-line control, balance and safe landing mechanics.

LIBRARY 1/2

REAL-PHOTO MOVEMENT MODELS

Each photograph is kept in its natural form. The same image is reused only for the same movement family.

CORE / BODY LINE

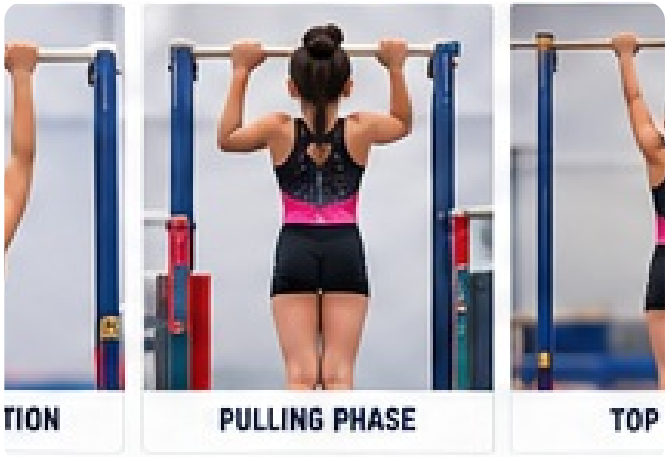


Hollow Body Hold

Quality first | controlled range | exact body line

Use in weekly plan according to phase prescription.

BARS / PULL

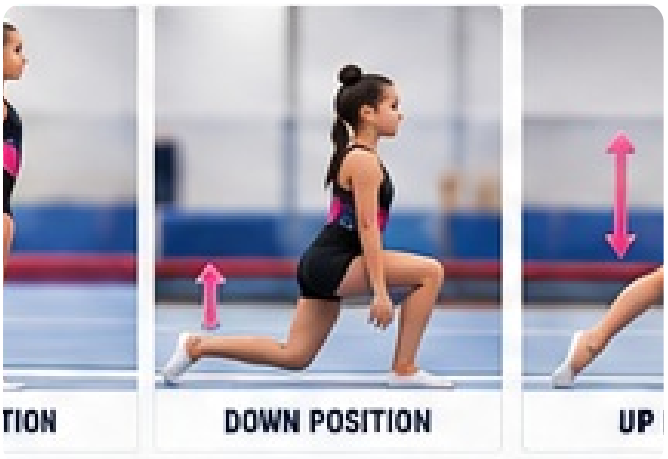


Strict / Assisted Pull-Up

Quality first | controlled range | exact body line

Use in weekly plan according to phase prescription.

LOWER BODY

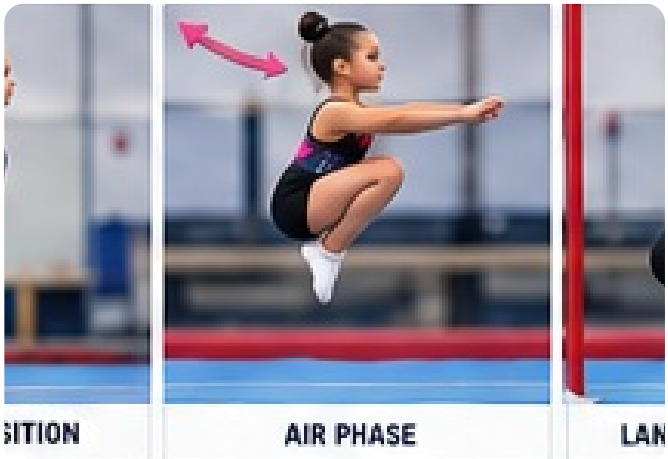


Split Squat

Quality first | controlled range | exact body line

Use in weekly plan according to phase prescription.

LANDING



Tuck Jump to Stick

Quality first | controlled range | exact body line

Use in weekly plan according to phase prescription.

PHASE 1 EXERCISE LIBRARY

GENERAL PREPARATION

Weeks 1-13 | Foundation strength, mobility, body-line control, balance and safe landing mechanics.

LIBRARY 2/2

REAL-PHOTO MOVEMENT MODELS

Each photograph is kept in its natural form. The same image is reused only for the same movement family.

FLEXIBILITY

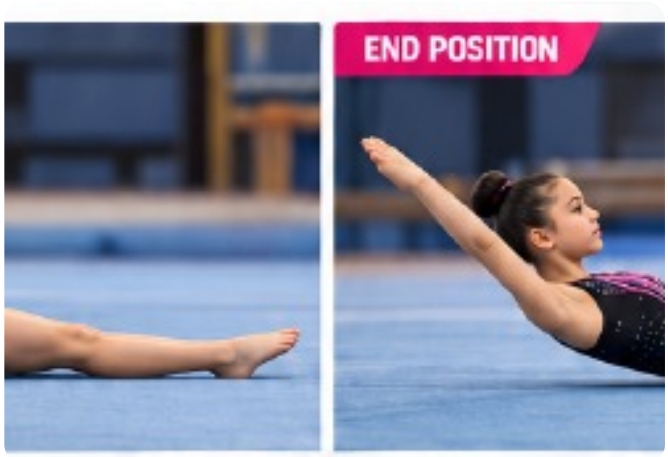


Front Split Stretch

Quality first | controlled range | exact body line

Use in weekly plan according to phase prescription.

CORE

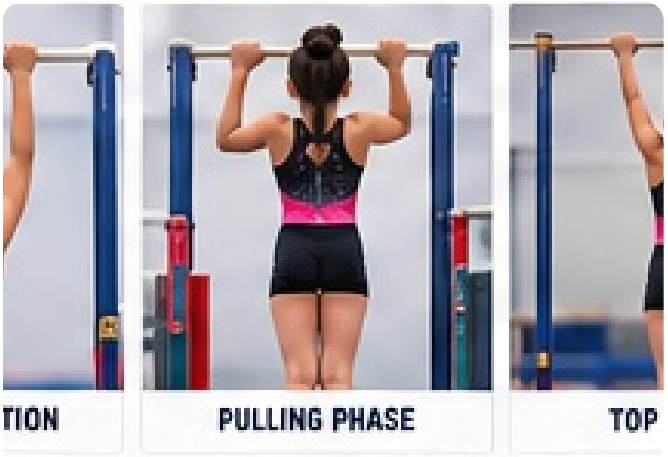


Hollow Body Tension

Quality first | controlled range | exact body line

Use in weekly plan according to phase prescription.

BARS

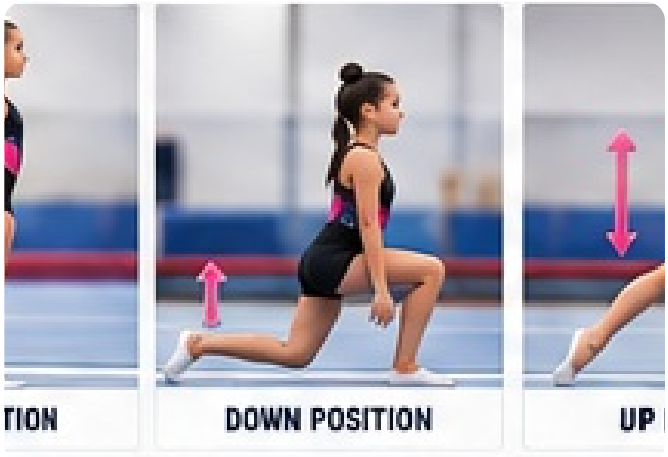


Pull-Up Control

Quality first | controlled range | exact body line

Use in weekly plan according to phase prescription.

BEAM SUPPORT



Split-Squat Balance

Quality first | controlled range | exact body line

Use in weekly plan according to phase prescription.

WEEK 1 | PHASE 1

GENERAL PREPARATION	**Focus:** Movement quality + baseline **Load:** BUILD 1

SESSION A - UPPER + CORE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Wrist + shoulder + trunk activation
Incline Push-Up	3 x 8-12	45-60 sec	5-7	Straight body line; controlled range
Strict Pull-Up	3 x 8-12	45-60 sec	5-7	Scapular control; no swinging
Side Plank	3 x 20-30 sec	45 sec	5-7	Shape quality before duration
Hanging Knee/Leg Raise	3 x 8-12	45 sec	5-7	Control pelvis and ribs
Mobility reset	5-7 min	-	3	Easy breathing; pain-free range

SESSION B - LOWER + BALANCE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Ankle + hip + landing preparation
Split Squat	3 x 8-12/leg	45-60 sec	5-7	Knee-foot alignment
Single-Leg RDL	3 x 8-12	45-60 sec	5-7	Stable pelvis; controlled tempo
Squat Jump to Stick	3-4 x 4-6	45-60 sec	5-7	Quiet landing; hold finish
Beam Line Walk	3 x 20-30 sec	30 sec	5-6	Stable foot and pelvis
Hip Flexor Mobility	2-3 x 30 sec	20 sec	3-4	No forced end range

SESSION C - POWER + CONDITIONING

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Dynamic prep	8-10 min	-	4	Prepare, do not fatigue
Squat Jump	3-4 x 4-8	60-90 sec	5-7	Explosive action; own the landing
Split Jump	3 x 4-6	60 sec	5-7	Stop when speed/quality drops
Low-Impact Aerobic Circuit	3-5 rounds	60-90 sec	5-7	Consistent technique
Pike Compression	2-3 x 20-30 sec	45 sec	5-7	Maintain body line under fatigue
Cool-down / recovery	5-8 min	-	2-3	Restore breathing and range

Coach note: Adjust or stop any exercise when technique deteriorates, pain appears, or the athlete cannot recover adequately around apparatus training.

MATCHED PHOTO MODELS

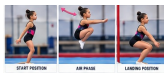
Hollow Body Model



Pull-Up Model



Split Squat Model



Tuck Jump / Stick



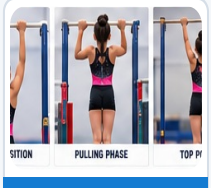
Front Split Mobility



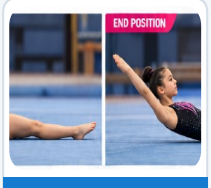
Photo names describe the image shown. Use only when the exercise matches the same movement family.

WEEK 1 | EXERCISE PHOTO REFERENCES

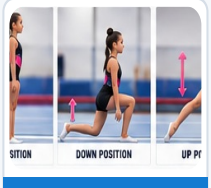
Real photographic models - no image placed over training text



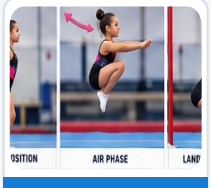
PULL



CORE



LOWER



POWER / LANDING



MOBILITY

Real photo movement references

WEEK 2 | PHASE 1

GENERAL PREPARATION	**Focus:** Movement quality + baseline **Load:** BUILD 1

SESSION A - UPPER + CORE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Wrist + shoulder + trunk activation
Pike Push-Up	3 x 8-12	45-60 sec	5-7	Straight body line; controlled range
Scapular Pull-Up	3 x 8-12	45-60 sec	5-7	Scapular control; no swinging
Hanging Knee/Leg Raise	3 x 20-30 sec	45 sec	5-7	Shape quality before duration
Pike Compression	3 x 8-12	45 sec	5-7	Control pelvis and ribs
Mobility reset	5-7 min	-	3	Easy breathing; pain-free range

SESSION B - LOWER + BALANCE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Ankle + hip + landing preparation
Step-Up	3 x 8-12/leg	45-60 sec	5-7	Knee-foot alignment
Hip Bridge	3 x 8-12	45-60 sec	5-7	Stable pelvis; controlled tempo
Lateral Stick Landing	3-4 x 4-6	45-60 sec	5-7	Quiet landing; hold finish
Single-Leg Balance	3 x 20-30 sec	30 sec	5-6	Stable foot and pelvis
Front Split Stretch	2-3 x 30 sec	20 sec	3-4	No forced end range

SESSION C - POWER + CONDITIONING

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Dynamic prep	8-10 min	-	4	Prepare, do not fatigue
Tuck Jump	3-4 x 4-8	60-90 sec	5-7	Explosive action; own the landing
Broad Jump	3 x 4-6	60 sec	5-7	Stop when speed/quality drops
Gymnastics Body-Line Circuit	3-5 rounds	60-90 sec	5-7	Consistent technique
Hollow Hold	2-3 x 20-30 sec	45 sec	5-7	Maintain body line under fatigue
Cool-down / recovery	5-8 min	-	2-3	Restore breathing and range

Coach note: Adjust or stop any exercise when technique deteriorates, pain appears, or the athlete cannot recover adequately around apparatus training.

MATCHED PHOTO MODELS

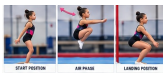
Hollow Body Model



Pull-Up Model



Split Squat Model



Tuck Jump / Stick



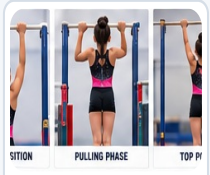
Front Split Mobility



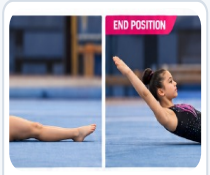
Photo names describe the image shown. Use only when the exercise matches the same movement family.

WEEK 2 | EXERCISE PHOTO REFERENCES

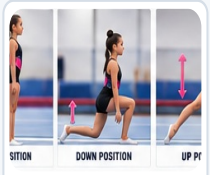
Real photographic models - no image placed over training text



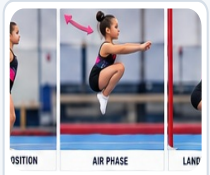
PULL



CORE



LOWER



POWER / LANDING



MOBILITY

Real-photo movement references

WEEK 3 | PHASE 1

GENERAL PREPARATION	**Focus:** Movement quality + baseline **Load:** BUILD 1

SESSION A - UPPER + CORE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Wrist + shoulder + trunk activation
Scapular Push-Up	3 x 8-12	45-60 sec	5-7	Straight body line; controlled range
Tempo Eccentric Pull-Up	3 x 8-12	45-60 sec	5-7	Scapular control; no swinging
Pike Compression	3 x 20-30 sec	45 sec	5-7	Shape quality before duration
Hollow Hold	3 x 8-12	45 sec	5-7	Control pelvis and ribs
Mobility reset	5-7 min	-	3	Easy breathing; pain-free range

SESSION B - LOWER + BALANCE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Ankle + hip + landing preparation
Single-Leg RDL	3 x 8-12/leg	45-60 sec	5-7	Knee-foot alignment
Calf Raise	3 x 8-12	45-60 sec	5-7	Stable pelvis; controlled tempo
Snap-Down to Stick	3-4 x 4-6	45-60 sec	5-7	Quiet landing; hold finish
Reach Matrix	3 x 20-30 sec	30 sec	5-6	Stable foot and pelvis
Ankle Mobility	2-3 x 30 sec	20 sec	3-4	No forced end range

SESSION C - POWER + CONDITIONING

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Dynamic prep	8-10 min	-	4	Prepare, do not fatigue
Split Jump	3-4 x 4-8	60-90 sec	5-7	Explosive action; own the landing
Pogo Jumps	3 x 4-6	60 sec	5-7	Stop when speed/quality drops
Routine Capacity Circuit	3-5 rounds	60-90 sec	5-7	Consistent technique
Arch Hold	2-3 x 20-30 sec	45 sec	5-7	Maintain body line under fatigue
Cool-down / recovery	5-8 min	-	2-3	Restore breathing and range

Coach note: Adjust or stop any exercise when technique deteriorates, pain appears, or the athlete cannot recover adequately around apparatus training.

MATCHED PHOTO MODELS

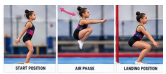
Hollow Body Model



Pull-Up Model



Split Squat Model



Tuck Jump / Stick



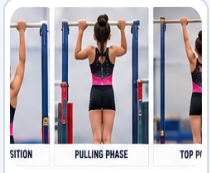
Front Split Mobility



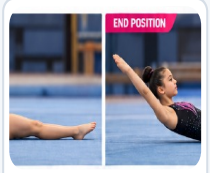
Photo names describe the image shown. Use only when the exercise matches the same movement family.

WEEK 3 | EXERCISE PHOTO REFERENCES

Real photographic models - no image placed over training text



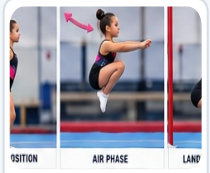
PULL



CORE



LOWER



POWER / LANDING



MOBILITY

Real-photo movement references

WEEK 4 | PHASE 1

GENERAL PREPARATION	**Focus:** Movement quality + baseline **Load:** CONSOLIDATE / REDUCED VOLUME

SESSION A - UPPER + CORE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Wrist + shoulder + trunk activation
Support Hold	2-3 x 8-12	45-60 sec	4-6	Straight body line; controlled range
Ring/TRX Row	2-3 x 8-12	45-60 sec	4-6	Scapular control; no swinging
Hollow Hold	2-3 x 20-30 sec	45 sec	4-6	Shape quality before duration
Arch Hold	2-3 x 8-12	45 sec	4-6	Control pelvis and ribs
Mobility reset	5-7 min	-	3	Easy breathing; pain-free range

SESSION B - LOWER + BALANCE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Ankle + hip + landing preparation
Hip Bridge	2-3 x 8-12/leg	45-60 sec	4-6	Knee-foot alignment
Squat	2-3 x 8-12	45-60 sec	4-6	Stable pelvis; controlled tempo
Low Drop to Stick	3-4 x 4-6	45-60 sec	4-6	Quiet landing; hold finish
Arabesque Hold	3 x 20-30 sec	30 sec	5-6	Stable foot and pelvis
Wrist Prep	2-3 x 30 sec	20 sec	3-4	No forced end range

SESSION C - POWER + CONDITIONING

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Dynamic prep	8-10 min	-	4	Prepare, do not fatigue
Broad Jump	3-4 x 4-8	60-90 sec	4-6	Explosive action; own the landing
Squat Jump	3 x 4-6	60 sec	4-6	Stop when speed/quality drops
Bear Crawl	3-5 rounds	60-90 sec	4-6	Consistent technique
Dead Bug	2-3 x 20-30 sec	45 sec	4-6	Maintain body line under fatigue
Cool-down / recovery	5-8 min	-	2-3	Restore breathing and range

Coach note: Adjust or stop any exercise when technique deteriorates, pain appears, or the athlete cannot recover adequately around apparatus training.

MATCHED PHOTO MODELS

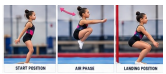
Hollow Body Model



Pull-Up Model



Split Squat Model



Tuck Jump / Stick



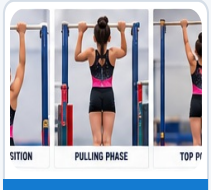
Front Split Mobility



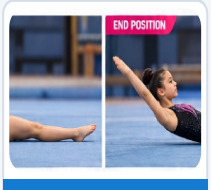
Photo names describe the image shown. Use only when the exercise matches the same movement family.

WEEK 4 | EXERCISE PHOTO REFERENCES

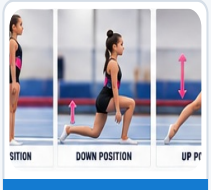
Real photographic models - no image placed over training text



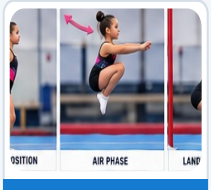
PULL



CORE



LOWER



POWER / LANDING



MOBILITY

Real-photo movement references

WEEK 5 | PHASE 1

GENERAL PREPARATION	**Focus:** Strength endurance + body line **Load:** BUILD 1

SESSION A - UPPER + CORE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Wrist + shoulder + trunk activation
Push-Up	3 x 8-12	45-60 sec	5-7	Straight body line; controlled range
Assisted Pull-Up	3 x 8-12	45-60 sec	5-7	Scapular control; no swinging
Arch Hold	3 x 20-30 sec	45 sec	5-7	Shape quality before duration
Dead Bug	3 x 8-12	45 sec	5-7	Control pelvis and ribs
Mobility reset	5-7 min	-	3	Easy breathing; pain-free range

SESSION B - LOWER + BALANCE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Ankle + hip + landing preparation
Calf Raise	3 x 8-12/leg	45-60 sec	5-7	Knee-foot alignment
Split Squat	3 x 8-12	45-60 sec	5-7	Stable pelvis; controlled tempo
Squat Jump to Stick	3-4 x 4-6	45-60 sec	5-7	Quiet landing; hold finish
Beam Line Walk	3 x 20-30 sec	30 sec	5-6	Stable foot and pelvis
Shoulder Flexion	2-3 x 30 sec	20 sec	3-4	No forced end range

SESSION C - POWER + CONDITIONING

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Dynamic prep	8-10 min	-	4	Prepare, do not fatigue
Pogo Jumps	3-4 x 4-8	60-90 sec	5-7	Explosive action; own the landing
Tuck Jump	3 x 4-6	60 sec	5-7	Stop when speed/quality drops
Mountain Climber	3-5 rounds	60-90 sec	5-7	Consistent technique
Side Plank	2-3 x 20-30 sec	45 sec	5-7	Maintain body line under fatigue
Cool-down / recovery	5-8 min	-	2-3	Restore breathing and range

Coach note: Adjust or stop any exercise when technique deteriorates, pain appears, or the athlete cannot recover adequately around apparatus training.

MATCHED PHOTO MODELS

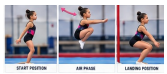
Hollow Body Model



Pull-Up Model



Split Squat Model



Tuck Jump / Stick



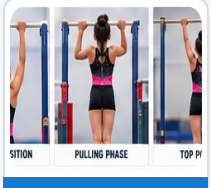
Front Split Mobility



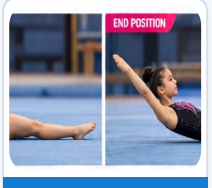
Photo names describe the image shown. Use only when the exercise matches the same movement family.

WEEK 5 | EXERCISE PHOTO REFERENCES

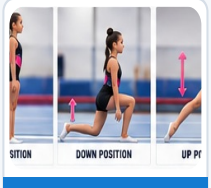
Real photographic models - no image placed over training text



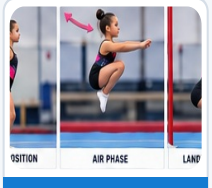
PULL



CORE



LOWER



POWER / LANDING



MOBILITY

Real-photo movement references

WEEK 6 | PHASE 1

GENERAL PREPARATION	**Focus:** Strength endurance + body line **Load:** BUILD 2

SESSION A - UPPER + CORE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Wrist + shoulder + trunk activation
Incline Push-Up	3 x 8-12	45-60 sec	5-7	Straight body line; controlled range
Strict Pull-Up	3 x 8-12	45-60 sec	5-7	Scapular control; no swinging
Dead Bug	3 x 20-30 sec	45 sec	5-7	Shape quality before duration
Side Plank	3 x 8-12	45 sec	5-7	Control pelvis and ribs
Mobility reset	5-7 min	-	3	Easy breathing; pain-free range

SESSION B - LOWER + BALANCE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Ankle + hip + landing preparation
Squat	3 x 8-12/leg	45-60 sec	5-7	Knee-foot alignment
Step-Up	3 x 8-12	45-60 sec	5-7	Stable pelvis; controlled tempo
Lateral Stick Landing	3-4 x 4-6	45-60 sec	5-7	Quiet landing; hold finish
Single-Leg Balance	3 x 20-30 sec	30 sec	5-6	Stable foot and pelvis
Thoracic Rotation	2-3 x 30 sec	20 sec	3-4	No forced end range

SESSION C - POWER + CONDITIONING

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Dynamic prep	8-10 min	-	4	Prepare, do not fatigue
Squat Jump	3-4 x 4-8	60-90 sec	5-7	Explosive action; own the landing
Split Jump	3 x 4-6	60 sec	5-7	Stop when speed/quality drops
Low-Impact Aerobic Circuit	3-5 rounds	60-90 sec	5-7	Consistent technique
Hanging Knee/Leg Raise	2-3 x 20-30 sec	45 sec	5-7	Maintain body line under fatigue
Cool-down / recovery	5-8 min	-	2-3	Restore breathing and range

Coach note: Adjust or stop any exercise when technique deteriorates, pain appears, or the athlete cannot recover adequately around apparatus training.

MATCHED PHOTO MODELS

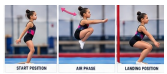
Hollow Body Model



Pull-Up Model



Split Squat Model



Tuck Jump / Stick



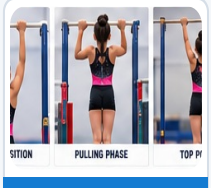
Front Split Mobility



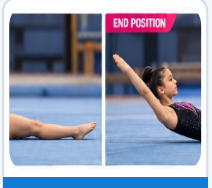
Photo names describe the image shown. Use only when the exercise matches the same movement family.

WEEK 6 | EXERCISE PHOTO REFERENCES

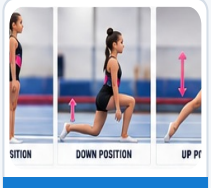
Real photographic models - no image placed over training text



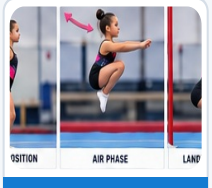
PULL



CORE



LOWER



POWER / LANDING



MOBILITY

Real-photo movement references

WEEK 7 | PHASE 1

GENERAL PREPARATION	**Focus:** Strength endurance + body line **Load:** BUILD 2

SESSION A - UPPER + CORE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Wrist + shoulder + trunk activation
Pike Push-Up	3 x 8-12	45-60 sec	5-7	Straight body line; controlled range
Scapular Pull-Up	3 x 8-12	45-60 sec	5-7	Scapular control; no swinging
Side Plank	3 x 20-30 sec	45 sec	5-7	Shape quality before duration
Hanging Knee/Leg Raise	3 x 8-12	45 sec	5-7	Control pelvis and ribs
Mobility reset	5-7 min	-	3	Easy breathing; pain-free range

SESSION B - LOWER + BALANCE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Ankle + hip + landing preparation
Split Squat	3 x 8-12/leg	45-60 sec	5-7	Knee-foot alignment
Single-Leg RDL	3 x 8-12	45-60 sec	5-7	Stable pelvis; controlled tempo
Snap-Down to Stick	3-4 x 4-6	45-60 sec	5-7	Quiet landing; hold finish
Reach Matrix	3 x 20-30 sec	30 sec	5-6	Stable foot and pelvis
Hip Flexor Mobility	2-3 x 30 sec	20 sec	3-4	No forced end range

SESSION C - POWER + CONDITIONING

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Dynamic prep	8-10 min	-	4	Prepare, do not fatigue
Tuck Jump	3-4 x 4-8	60-90 sec	5-7	Explosive action; own the landing
Broad Jump	3 x 4-6	60 sec	5-7	Stop when speed/quality drops
Gymnastics Body-Line Circuit	3-5 rounds	60-90 sec	5-7	Consistent technique
Pike Compression	2-3 x 20-30 sec	45 sec	5-7	Maintain body line under fatigue
Cool-down / recovery	5-8 min	-	2-3	Restore breathing and range

Coach note: Adjust or stop any exercise when technique deteriorates, pain appears, or the athlete cannot recover adequately around apparatus training.

MATCHED PHOTO MODELS

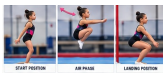
Hollow Body Model



Pull-Up Model



Split Squat Model



Tuck Jump / Stick



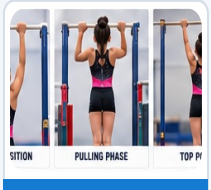
Front Split Mobility



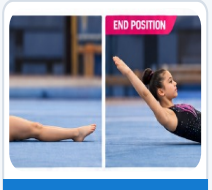
Photo names describe the image shown. Use only when the exercise matches the same movement family.

WEEK 7 | EXERCISE PHOTO REFERENCES

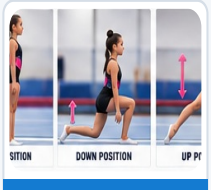
Real photographic models - no image placed over training text



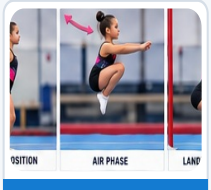
PULL



CORE



LOWER



POWER / LANDING



MOBILITY

Real-photo movement references

WEEK 8 | PHASE 1

GENERAL PREPARATION	**Focus:** General strength + unilateral control **Load:** CONSOLIDATE / REDUCED VOLUME

SESSION A - UPPER + CORE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Wrist + shoulder + trunk activation
Scapular Push-Up	2-3 x 8-12	45-60 sec	4-6	Straight body line; controlled range
Tempo Eccentric Pull-Up	2-3 x 8-12	45-60 sec	4-6	Scapular control; no swinging
Hanging Knee/Leg Raise	2-3 x 20-30 sec	45 sec	4-6	Shape quality before duration
Pike Compression	2-3 x 8-12	45 sec	4-6	Control pelvis and ribs
Mobility reset	5-7 min	-	3	Easy breathing; pain-free range

SESSION B - LOWER + BALANCE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Ankle + hip + landing preparation
Step-Up	2-3 x 8-12/leg	45-60 sec	4-6	Knee-foot alignment
Hip Bridge	2-3 x 8-12	45-60 sec	4-6	Stable pelvis; controlled tempo
Low Drop to Stick	3-4 x 4-6	45-60 sec	4-6	Quiet landing; hold finish
Arabesque Hold	3 x 20-30 sec	30 sec	5-6	Stable foot and pelvis
Front Split Stretch	2-3 x 30 sec	20 sec	3-4	No forced end range

SESSION C - POWER + CONDITIONING

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Dynamic prep	8-10 min	-	4	Prepare, do not fatigue
Split Jump	3-4 x 4-8	60-90 sec	4-6	Explosive action; own the landing
Pogo Jumps	3 x 4-6	60 sec	4-6	Stop when speed/quality drops
Routine Capacity Circuit	3-5 rounds	60-90 sec	4-6	Consistent technique
Hollow Hold	2-3 x 20-30 sec	45 sec	4-6	Maintain body line under fatigue
Cool-down / recovery	5-8 min	-	2-3	Restore breathing and range

Coach note: Adjust or stop any exercise when technique deteriorates, pain appears, or the athlete cannot recover adequately around apparatus training.

MATCHED PHOTO MODELS

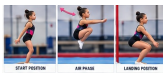
Hollow Body Model



Pull-Up Model



Split Squat Model



Tuck Jump / Stick



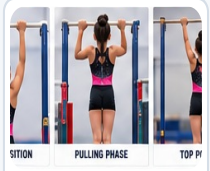
Front Split Mobility



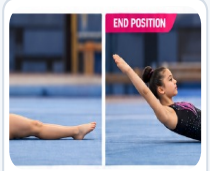
Photo names describe the image shown. Use only when the exercise matches the same movement family.

WEEK 8 | EXERCISE PHOTO REFERENCES

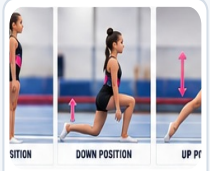
Real photographic models - no image placed over training text



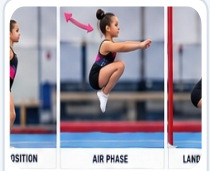
PULL



CORE



LOWER



POWER / LANDING



MOBILITY

Real-photo movement references

WEEK 9 | PHASE 1

GENERAL PREPARATION	**Focus:** General strength + unilateral control **Load:** BUILD 2

SESSION A - UPPER + CORE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Wrist + shoulder + trunk activation
Support Hold	3 x 8-12	45-60 sec	5-7	Straight body line; controlled range
Ring/TRX Row	3 x 8-12	45-60 sec	5-7	Scapular control; no swinging
Pike Compression	3 x 20-30 sec	45 sec	5-7	Shape quality before duration
Hollow Hold	3 x 8-12	45 sec	5-7	Control pelvis and ribs
Mobility reset	5-7 min	-	3	Easy breathing; pain-free range

SESSION B - LOWER + BALANCE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Ankle + hip + landing preparation
Single-Leg RDL	3 x 8-12/leg	45-60 sec	5-7	Knee-foot alignment
Calf Raise	3 x 8-12	45-60 sec	5-7	Stable pelvis; controlled tempo
Squat Jump to Stick	3-4 x 4-6	45-60 sec	5-7	Quiet landing; hold finish
Beam Line Walk	3 x 20-30 sec	30 sec	5-6	Stable foot and pelvis
Ankle Mobility	2-3 x 30 sec	20 sec	3-4	No forced end range

SESSION C - POWER + CONDITIONING

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Dynamic prep	8-10 min	-	4	Prepare, do not fatigue
Broad Jump	3-4 x 4-8	60-90 sec	5-7	Explosive action; own the landing
Squat Jump	3 x 4-6	60 sec	5-7	Stop when speed/quality drops
Bear Crawl	3-5 rounds	60-90 sec	5-7	Consistent technique
Arch Hold	2-3 x 20-30 sec	45 sec	5-7	Maintain body line under fatigue
Cool-down / recovery	5-8 min	-	2-3	Restore breathing and range

Coach note: Adjust or stop any exercise when technique deteriorates, pain appears, or the athlete cannot recover adequately around apparatus training.

MATCHED PHOTO MODELS

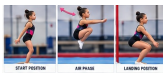
Hollow Body Model



Pull-Up Model



Split Squat Model



Tuck Jump / Stick



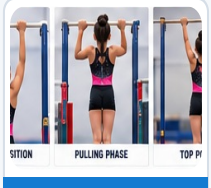
Front Split Mobility



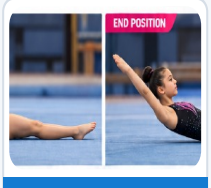
Photo names describe the image shown. Use only when the exercise matches the same movement family.

WEEK 9 | EXERCISE PHOTO REFERENCES

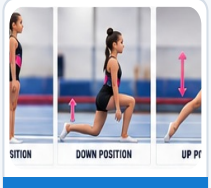
Real photographic models - no image placed over training text



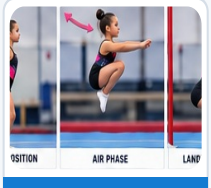
PULL



CORE



LOWER



POWER / LANDING



MOBILITY

Real-photo movement references

WEEK 10 | PHASE 1

GENERAL PREPARATION	**Focus:** General strength + unilateral control **Load:** BUILD 3

SESSION A - UPPER + CORE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Wrist + shoulder + trunk activation
Push-Up	3 x 8-12	45-60 sec	5-7	Straight body line; controlled range
Assisted Pull-Up	3 x 8-12	45-60 sec	5-7	Scapular control; no swinging
Hollow Hold	3 x 20-30 sec	45 sec	5-7	Shape quality before duration
Arch Hold	3 x 8-12	45 sec	5-7	Control pelvis and ribs
Mobility reset	5-7 min	-	3	Easy breathing; pain-free range

SESSION B - LOWER + BALANCE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Ankle + hip + landing preparation
Hip Bridge	3 x 8-12/leg	45-60 sec	5-7	Knee-foot alignment
Squat	3 x 8-12	45-60 sec	5-7	Stable pelvis; controlled tempo
Lateral Stick Landing	3-4 x 4-6	45-60 sec	5-7	Quiet landing; hold finish
Single-Leg Balance	3 x 20-30 sec	30 sec	5-6	Stable foot and pelvis
Wrist Prep	2-3 x 30 sec	20 sec	3-4	No forced end range

SESSION C - POWER + CONDITIONING

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Dynamic prep	8-10 min	-	4	Prepare, do not fatigue
Pogo Jumps	3-4 x 4-8	60-90 sec	5-7	Explosive action; own the landing
Tuck Jump	3 x 4-6	60 sec	5-7	Stop when speed/quality drops
Mountain Climber	3-5 rounds	60-90 sec	5-7	Consistent technique
Dead Bug	2-3 x 20-30 sec	45 sec	5-7	Maintain body line under fatigue
Cool-down / recovery	5-8 min	-	2-3	Restore breathing and range

Coach note: Adjust or stop any exercise when technique deteriorates, pain appears, or the athlete cannot recover adequately around apparatus training.

MATCHED PHOTO MODELS

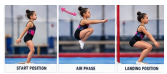
Hollow Body Model



Pull-Up Model



Split Squat Model



Tuck Jump / Stick



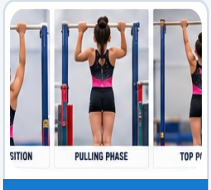
Front Split Mobility



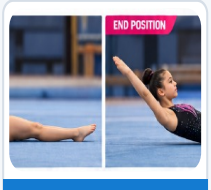
Photo names describe the image shown. Use only when the exercise matches the same movement family.

WEEK 10 | EXERCISE PHOTO REFERENCES

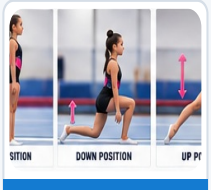
Real photographic models - no image placed over training text



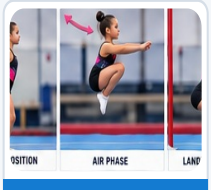
PULL



CORE



LOWER



POWER / LANDING



MOBILITY

Real-photo movement references

WEEK 11 | PHASE 1

GENERAL PREPARATION	**Focus:** Consolidation + test **Load:** BUILD 3

SESSION A - UPPER + CORE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Wrist + shoulder + trunk activation
Incline Push-Up	3 x 8-12	45-60 sec	5-7	Straight body line; controlled range
Strict Pull-Up	3 x 8-12	45-60 sec	5-7	Scapular control; no swinging
Arch Hold	3 x 20-30 sec	45 sec	5-7	Shape quality before duration
Dead Bug	3 x 8-12	45 sec	5-7	Control pelvis and ribs
Mobility reset	5-7 min	-	3	Easy breathing; pain-free range

SESSION B - LOWER + BALANCE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Ankle + hip + landing preparation
Calf Raise	3 x 8-12/leg	45-60 sec	5-7	Knee-foot alignment
Split Squat	3 x 8-12	45-60 sec	5-7	Stable pelvis; controlled tempo
Snap-Down to Stick	3-4 x 4-6	45-60 sec	5-7	Quiet landing; hold finish
Reach Matrix	3 x 20-30 sec	30 sec	5-6	Stable foot and pelvis
Shoulder Flexion	2-3 x 30 sec	20 sec	3-4	No forced end range

SESSION C - POWER + CONDITIONING

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Dynamic prep	8-10 min	-	4	Prepare, do not fatigue
Squat Jump	3-4 x 4-8	60-90 sec	5-7	Explosive action; own the landing
Split Jump	3 x 4-6	60 sec	5-7	Stop when speed/quality drops
Low-Impact Aerobic Circuit	3-5 rounds	60-90 sec	5-7	Consistent technique
Side Plank	2-3 x 20-30 sec	45 sec	5-7	Maintain body line under fatigue
Cool-down / recovery	5-8 min	-	2-3	Restore breathing and range

Coach note: Adjust or stop any exercise when technique deteriorates, pain appears, or the athlete cannot recover adequately around apparatus training.

MATCHED PHOTO MODELS

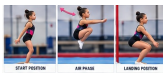
Hollow Body Model



Pull-Up Model



Split Squat Model



Tuck Jump / Stick



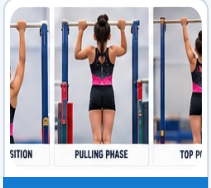
Front Split Mobility



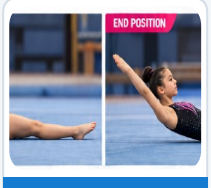
Photo names describe the image shown. Use only when the exercise matches the same movement family.

WEEK 11 | EXERCISE PHOTO REFERENCES

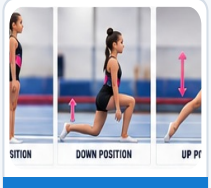
Real photographic models - no image placed over training text



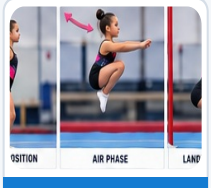
PULL



CORE



LOWER



POWER / LANDING



MOBILITY

Real-photo movement references

WEEK 12 | PHASE 1

GENERAL PREPARATION	**Focus:** Consolidation + test **Load:** CONSOLIDATE / REDUCED VOLUME

SESSION A - UPPER + CORE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Wrist + shoulder + trunk activation
Pike Push-Up	2-3 x 8-12	45-60 sec	4-6	Straight body line; controlled range
Scapular Pull-Up	2-3 x 8-12	45-60 sec	4-6	Scapular control; no swinging
Dead Bug	2-3 x 20-30 sec	45 sec	4-6	Shape quality before duration
Side Plank	2-3 x 8-12	45 sec	4-6	Control pelvis and ribs
Mobility reset	5-7 min	-	3	Easy breathing; pain-free range

SESSION B - LOWER + BALANCE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Ankle + hip + landing preparation
Squat	2-3 x 8-12/leg	45-60 sec	4-6	Knee-foot alignment
Step-Up	2-3 x 8-12	45-60 sec	4-6	Stable pelvis; controlled tempo
Low Drop to Stick	3-4 x 4-6	45-60 sec	4-6	Quiet landing; hold finish
Arabesque Hold	3 x 20-30 sec	30 sec	5-6	Stable foot and pelvis
Thoracic Rotation	2-3 x 30 sec	20 sec	3-4	No forced end range

SESSION C - POWER + CONDITIONING

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Dynamic prep	8-10 min	-	4	Prepare, do not fatigue
Tuck Jump	3-4 x 4-8	60-90 sec	4-6	Explosive action; own the landing
Broad Jump	3 x 4-6	60 sec	4-6	Stop when speed/quality drops
Gymnastics Body-Line Circuit	3-5 rounds	60-90 sec	4-6	Consistent technique
Hanging Knee/Leg Raise	2-3 x 20-30 sec	45 sec	4-6	Maintain body line under fatigue
Cool-down / recovery	5-8 min	-	2-3	Restore breathing and range

Coach note: Adjust or stop any exercise when technique deteriorates, pain appears, or the athlete cannot recover adequately around apparatus training.

MATCHED PHOTO MODELS

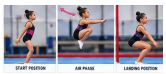
Hollow Body Model



Pull-Up Model



Split Squat Model



Tuck Jump / Stick



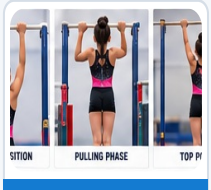
Front Split Mobility



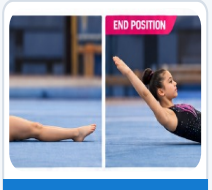
Photo names describe the image shown. Use only when the exercise matches the same movement family.

WEEK 12 | EXERCISE PHOTO REFERENCES

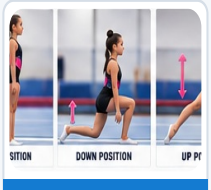
Real photographic models - no image placed over training text



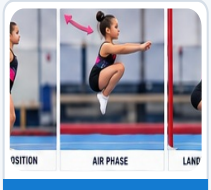
PULL



CORE



LOWER



POWER / LANDING



MOBILITY

Real-photo movement references

WEEK 13 | PHASE 1

GENERAL PREPARATION	**Focus:** Consolidation + test **Load:** ASSESSMENT / TRANSITION

SESSION A - UPPER + CORE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Wrist + shoulder + trunk activation
Scapular Push-Up	2-3 x 8-12	45-60 sec	4-6	Straight body line; controlled range
Tempo Eccentric Pull-Up	2-3 x 8-12	45-60 sec	4-6	Scapular control; no swinging
Side Plank	2-3 x 20-30 sec	45 sec	4-6	Shape quality before duration
Hanging Knee/Leg Raise	2-3 x 8-12	45 sec	4-6	Control pelvis and ribs
Mobility reset	5-7 min	-	3	Easy breathing; pain-free range

SESSION B - LOWER + BALANCE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Ankle + hip + landing preparation
Split Squat	2-3 x 8-12/leg	45-60 sec	4-6	Knee-foot alignment
Single-Leg RDL	2-3 x 8-12	45-60 sec	4-6	Stable pelvis; controlled tempo
Squat Jump to Stick	3-4 x 4-6	45-60 sec	4-6	Quiet landing; hold finish
Beam Line Walk	3 x 20-30 sec	30 sec	5-6	Stable foot and pelvis
Hip Flexor Mobility	2-3 x 30 sec	20 sec	3-4	No forced end range

SESSION C - POWER + CONDITIONING

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Dynamic prep	8-10 min	-	4	Prepare, do not fatigue
Split Jump	3-4 x 4-8	60-90 sec	4-6	Explosive action; own the landing
Pogo Jumps	3 x 4-6	60 sec	4-6	Stop when speed/quality drops
Routine Capacity Circuit	3-5 rounds	60-90 sec	4-6	Consistent technique
Pike Compression	2-3 x 20-30 sec	45 sec	4-6	Maintain body line under fatigue
Cool-down / recovery	5-8 min	-	2-3	Restore breathing and range

Coach note: Adjust or stop any exercise when technique deteriorates, pain appears, or the athlete cannot recover adequately around apparatus training.

MATCHED PHOTO MODELS

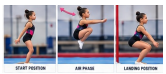
Hollow Body Model



Pull-Up Model



Split Squat Model



Tuck Jump / Stick



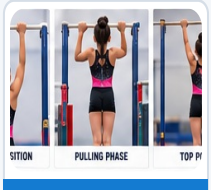
Front Split Mobility



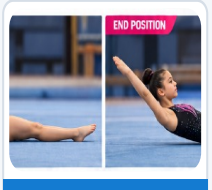
Photo names describe the image shown. Use only when the exercise matches the same movement family.

WEEK 13 | EXERCISE PHOTO REFERENCES

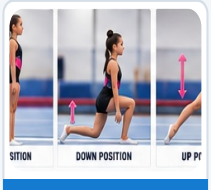
Real photographic models - no image placed over training text



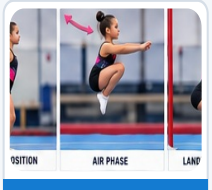
PULL



CORE



LOWER



POWER / LANDING



MOBILITY

Real-photo movement references

PHASE 2 EXERCISE LIBRARY

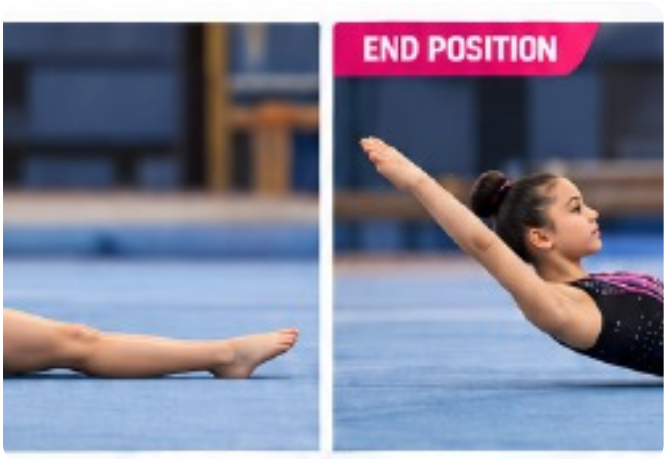
SPECIFIC PREPARATION

Weeks 14-26 | Gymnastics-specific strength, resistance, compression, power and apparatus support.

REAL-PHOTO MOVEMENT MODELS

Each photograph is kept in its natural form. The same image is reused only for the same movement family.

BODY LINE

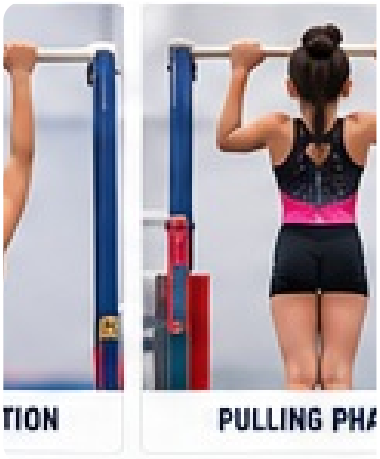


Hollow Shape Progression

Quality first | controlled range | exact body line

Use in weekly plan according to phase prescription.

BARS

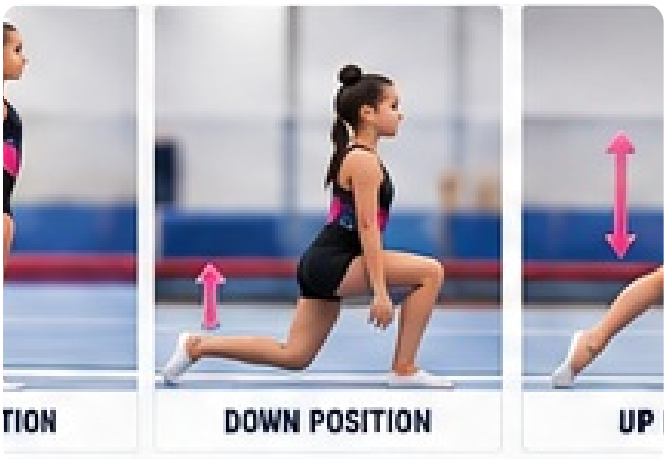


Strict Pull-Up Progression

Quality first | controlled range | exact body lir

Use in weekly plan according to phase presc

STRENGTH

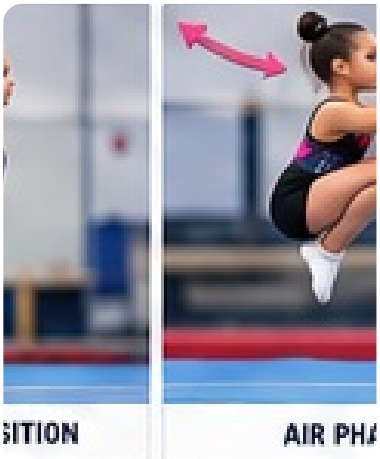


Unilateral Split Squat

Quality first | controlled range | exact body line

Use in weekly plan according to phase prescription.

POWER



Reactive Tuck Jump

Quality first | controlled range | exact body lir

Use in weekly plan according to phase prescription.

MATCHED PHOTO MODELS

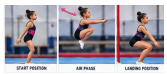
Hollow Body Model



Pull-Up Model



Split Squat Model



Tuck Jump / Stick



Front Split Mobility



Photo names describe the image shown. Use only when the exercise matches the same movement family.

PHASE 2 EXERCISE LIBRARY

SPECIFIC PREPARATION

Weeks 14-26 | Gymnastics-specific strength, resistance, compression, power and apparatus support.

REAL-PHOTO MOVEMENT MODELS

Each photograph is kept in its natural form. The same image is reused only for the same movement family.

FLEXIBILITY

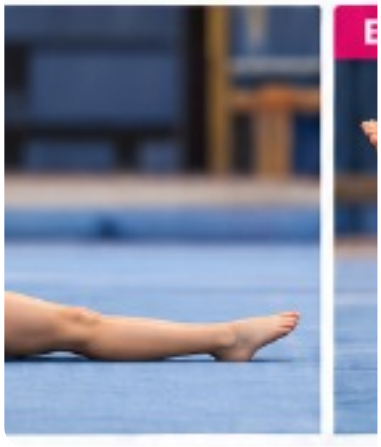


Split Range / Lines

Quality first | controlled range | exact body line

Use in weekly plan according to phase prescription.

CORE

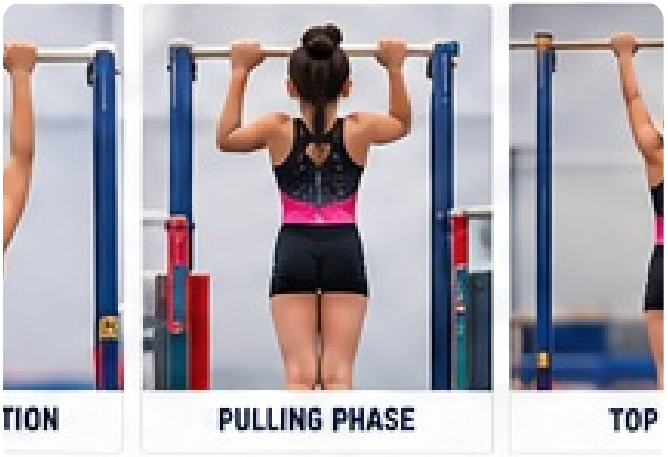


Hollow-to-Apparatus Transfe

Quality first | controlled range | exact body lir

Use in weekly plan according to phase presc

BARS

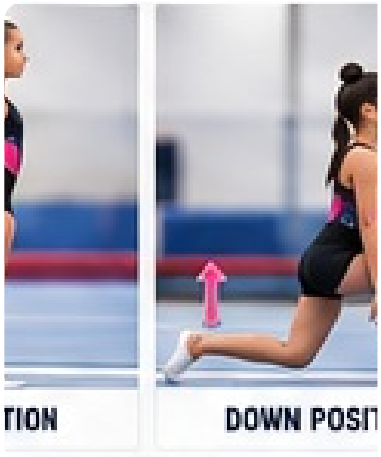


Pulling Capacity

Quality first | controlled range | exact body line

Use in weekly plan according to phase prescription.

BEAM



Single-Leg Strength

Quality first | controlled range | exact body lir

Use in weekly plan according to phase prescription.

MATCHED PHOTO MODELS

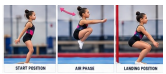
Hollow Body Model



Pull-Up Model



Split Squat Model



Tuck Jump / Stick



Front Split Mobility



Photo names describe the image shown. Use only when the exercise matches the same movement family.

WEEK 14 | PHASE 2

SPECIFIC PREPARATION	**Focus:** Gymnastics-specific shapes **Load:** BUILD 1

SESSION A - UPPER + CORE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Wrist + shoulder + trunk activation
Support Hold	3-4 x 6-10	60-75 sec	6-8	Straight body line; controlled range
Ring/TRX Row	3-4 x 6-10	60-75 sec	6-8	Scapular control; no swinging
Hanging Knee/Leg Raise	3-4 x 20-35 sec	45 sec	6-8	Shape quality before duration
Pike Compression	3-4 x 6-10	45 sec	6-8	Control pelvis and ribs
Mobility reset	5-7 min	-	3	Easy breathing; pain-free range

SESSION B - LOWER + BALANCE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Ankle + hip + landing preparation
Step-Up	3-4 x 6-10/leg	60-75 sec	6-8	Knee-foot alignment
Hip Bridge	3-4 x 6-10	60-75 sec	6-8	Stable pelvis; controlled tempo
Lateral Stick Landing	3-4 x 4-6	45-60 sec	6-8	Quiet landing; hold finish
Single-Leg Balance	3 x 20-30 sec	30 sec	5-6	Stable foot and pelvis
Front Split Stretch	2-3 x 30 sec	20 sec	3-4	No forced end range

SESSION C - POWER + CONDITIONING

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Dynamic prep	8-10 min	-	4	Prepare, do not fatigue
Broad Jump	3-4 x 4-8	60-90 sec	6-8	Explosive action; own the landing
Squat Jump	3 x 4-6	60 sec	6-8	Stop when speed/quality drops
Bear Crawl	3-5 rounds	60-90 sec	6-8	Consistent technique
Hollow Hold	2-3 x 20-35 sec	45 sec	6-8	Maintain body line under fatigue
Cool-down / recovery	5-8 min	-	2-3	Restore breathing and range

Coach note: Adjust or stop any exercise when technique deteriorates, pain appears, or the athlete cannot recover adequately around apparatus training.

MATCHED PHOTO MODELS

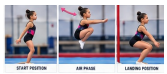
Hollow Body Model



Pull-Up Model



Split Squat Model



Tuck Jump / Stick



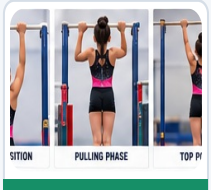
Front Split Mobility



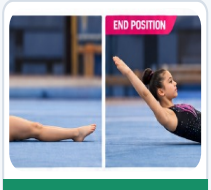
Photo names describe the image shown. Use only when the exercise matches the same movement family.

WEEK 14 | EXERCISE PHOTO REFERENCES

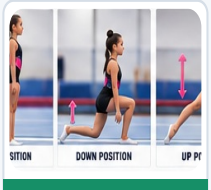
Real photographic models - no image placed over training text



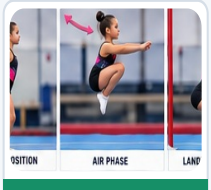
PULL



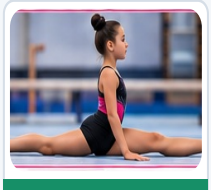
CORE



LOWER



POWER / LANDING



MOBILITY

Real-photo movement references

WEEK 15 | PHASE 2

SPECIFIC PREPARATION	**Focus:** Gymnastics-specific shapes **Load:** BUILD 1

SESSION A - UPPER + CORE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Wrist + shoulder + trunk activation
Push-Up	3-4 x 6-10	60-75 sec	6-8	Straight body line; controlled range
Assisted Pull-Up	3-4 x 6-10	60-75 sec	6-8	Scapular control; no swinging
Pike Compression	3-4 x 20-35 sec	45 sec	6-8	Shape quality before duration
Hollow Hold	3-4 x 6-10	45 sec	6-8	Control pelvis and ribs
Mobility reset	5-7 min	-	3	Easy breathing; pain-free range

SESSION B - LOWER + BALANCE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Ankle + hip + landing preparation
Single-Leg RDL	3-4 x 6-10/leg	60-75 sec	6-8	Knee-foot alignment
Calf Raise	3-4 x 6-10	60-75 sec	6-8	Stable pelvis; controlled tempo
Snap-Down to Stick	3-4 x 4-6	45-60 sec	6-8	Quiet landing; hold finish
Reach Matrix	3 x 20-30 sec	30 sec	5-6	Stable foot and pelvis
Ankle Mobility	2-3 x 30 sec	20 sec	3-4	No forced end range

SESSION C - POWER + CONDITIONING

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Dynamic prep	8-10 min	-	4	Prepare, do not fatigue
Pogo Jumps	3-4 x 4-8	60-90 sec	6-8	Explosive action; own the landing
Tuck Jump	3 x 4-6	60 sec	6-8	Stop when speed/quality drops
Mountain Climber	3-5 rounds	60-90 sec	6-8	Consistent technique
Arch Hold	2-3 x 20-35 sec	45 sec	6-8	Maintain body line under fatigue
Cool-down / recovery	5-8 min	-	2-3	Restore breathing and range

Coach note: Adjust or stop any exercise when technique deteriorates, pain appears, or the athlete cannot recover adequately around apparatus training.

MATCHED PHOTO MODELS

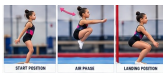
Hollow Body Model



Pull-Up Model



Split Squat Model



Tuck Jump / Stick



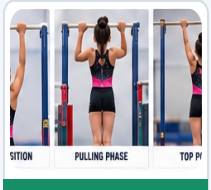
Front Split Mobility



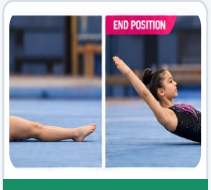
Photo names describe the image shown. Use only when the exercise matches the same movement family.

WEEK 15 | EXERCISE PHOTO REFERENCES

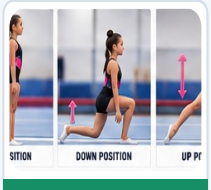
Real photographic models - no image placed over training text



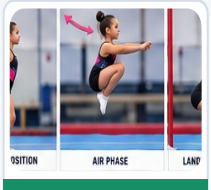
PULL



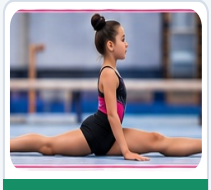
CORE



LOWER



POWER / LANDING



MOBILITY

Real-photo movement references

WEEK 16 | PHASE 2

SPECIFIC PREPARATION	**Focus:** Gymnastics-specific shapes **Load:** BUILD 1

SESSION A - UPPER + CORE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Wrist + shoulder + trunk activation
Incline Push-Up	3-4 x 6-10	60-75 sec	6-8	Straight body line; controlled range
Strict Pull-Up	3-4 x 6-10	60-75 sec	6-8	Scapular control; no swinging
Hollow Hold	3-4 x 20-35 sec	45 sec	6-8	Shape quality before duration
Arch Hold	3-4 x 6-10	45 sec	6-8	Control pelvis and ribs
Mobility reset	5-7 min	-	3	Easy breathing; pain-free range

SESSION B - LOWER + BALANCE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Ankle + hip + landing preparation
Hip Bridge	3-4 x 6-10/leg	60-75 sec	6-8	Knee-foot alignment
Squat	3-4 x 6-10	60-75 sec	6-8	Stable pelvis; controlled tempo
Low Drop to Stick	3-4 x 4-6	45-60 sec	6-8	Quiet landing; hold finish
Arabesque Hold	3 x 20-30 sec	30 sec	5-6	Stable foot and pelvis
Wrist Prep	2-3 x 30 sec	20 sec	3-4	No forced end range

SESSION C - POWER + CONDITIONING

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Dynamic prep	8-10 min	-	4	Prepare, do not fatigue
Squat Jump	3-4 x 4-8	60-90 sec	6-8	Explosive action; own the landing
Split Jump	3 x 4-6	60 sec	6-8	Stop when speed/quality drops
Low-Impact Aerobic Circuit	3-5 rounds	60-90 sec	6-8	Consistent technique
Dead Bug	2-3 x 20-35 sec	45 sec	6-8	Maintain body line under fatigue
Cool-down / recovery	5-8 min	-	2-3	Restore breathing and range

Coach note: Adjust or stop any exercise when technique deteriorates, pain appears, or the athlete cannot recover adequately around apparatus training.

MATCHED PHOTO MODELS

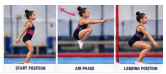
Hollow Body Model



Pull-Up Model



Split Squat Model



Tuck Jump / Stick



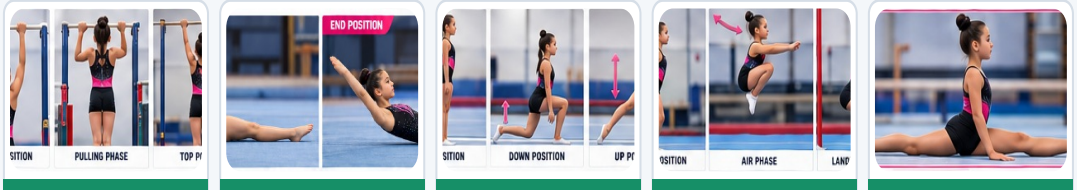
Front Split Mobility



Photo names describe the image shown. Use only when the exercise matches the same movement family.

WEEK 16 | EXERCISE PHOTO REFERENCES

Real photographic models - no image placed over training text



Real-photo movement references

WEEK 17 | PHASE 2

SPECIFIC PREPARATION	**Focus:** Gymnastics-specific shapes **Load:** CONSOLIDATE / REDUCED VOLUME

SESSION A - UPPER + CORE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Wrist + shoulder + trunk activation
Pike Push-Up	2-3 x 6-10	60-75 sec	4-6	Straight body line; controlled range
Scapular Pull-Up	2-3 x 6-10	60-75 sec	4-6	Scapular control; no swinging
Arch Hold	2-3 x 20-35 sec	45 sec	4-6	Shape quality before duration
Dead Bug	2-3 x 6-10	45 sec	4-6	Control pelvis and ribs
Mobility reset	5-7 min	-	3	Easy breathing; pain-free range

SESSION B - LOWER + BALANCE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Ankle + hip + landing preparation
Calf Raise	2-3 x 6-10/leg	60-75 sec	4-6	Knee-foot alignment
Split Squat	2-3 x 6-10	60-75 sec	4-6	Stable pelvis; controlled tempo
Squat Jump to Stick	3-4 x 4-6	45-60 sec	4-6	Quiet landing; hold finish
Beam Line Walk	3 x 20-30 sec	30 sec	5-6	Stable foot and pelvis
Shoulder Flexion	2-3 x 30 sec	20 sec	3-4	No forced end range

SESSION C - POWER + CONDITIONING

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Dynamic prep	8-10 min	-	4	Prepare, do not fatigue
Tuck Jump	3-4 x 4-8	60-90 sec	4-6	Explosive action; own the landing
Broad Jump	3 x 4-6	60 sec	4-6	Stop when speed/quality drops
Gymnastics Body-Line Circuit	3-5 rounds	60-90 sec	4-6	Consistent technique
Side Plank	2-3 x 20-35 sec	45 sec	4-6	Maintain body line under fatigue
Cool-down / recovery	5-8 min	-	2-3	Restore breathing and range

Coach note: Adjust or stop any exercise when technique deteriorates, pain appears, or the athlete cannot recover adequately around apparatus training.

MATCHED PHOTO MODELS

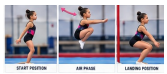
Hollow Body Model



Pull-Up Model



Split Squat Model



Tuck Jump / Stick



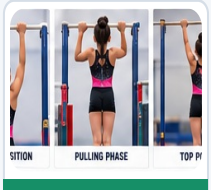
Front Split Mobility



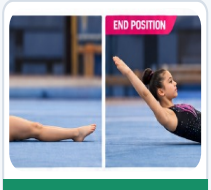
Photo names describe the image shown. Use only when the exercise matches the same movement family.

WEEK 17 | EXERCISE PHOTO REFERENCES

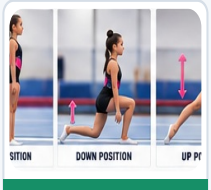
Real photographic models - no image placed over training text



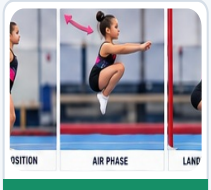
PULL



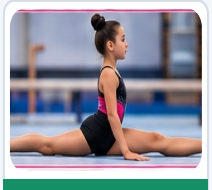
CORE



LOWER



POWER / LANDING



MOBILITY

Real-photo movement references

WEEK 18 | PHASE 2

SPECIFIC PREPARATION	**Focus:** Push/pull + support strength **Load:** BUILD 1

SESSION A - UPPER + CORE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Wrist + shoulder + trunk activation
Scapular Push-Up	3-4 x 6-10	60-75 sec	6-8	Straight body line; controlled range
Tempo Eccentric Pull-Up	3-4 x 6-10	60-75 sec	6-8	Scapular control; no swinging
Dead Bug	3-4 x 20-35 sec	45 sec	6-8	Shape quality before duration
Side Plank	3-4 x 6-10	45 sec	6-8	Control pelvis and ribs
Mobility reset	5-7 min	-	3	Easy breathing; pain-free range

SESSION B - LOWER + BALANCE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Ankle + hip + landing preparation
Squat	3-4 x 6-10/leg	60-75 sec	6-8	Knee-foot alignment
Step-Up	3-4 x 6-10	60-75 sec	6-8	Stable pelvis; controlled tempo
Lateral Stick Landing	3-4 x 4-6	45-60 sec	6-8	Quiet landing; hold finish
Single-Leg Balance	3 x 20-30 sec	30 sec	5-6	Stable foot and pelvis
Thoracic Rotation	2-3 x 30 sec	20 sec	3-4	No forced end range

SESSION C - POWER + CONDITIONING

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Dynamic prep	8-10 min	-	4	Prepare, do not fatigue
Split Jump	3-4 x 4-8	60-90 sec	6-8	Explosive action; own the landing
Pogo Jumps	3 x 4-6	60 sec	6-8	Stop when speed/quality drops
Routine Capacity Circuit	3-5 rounds	60-90 sec	6-8	Consistent technique
Hanging Knee/Leg Raise	2-3 x 20-35 sec	45 sec	6-8	Maintain body line under fatigue
Cool-down / recovery	5-8 min	-	2-3	Restore breathing and range

Coach note: Adjust or stop any exercise when technique deteriorates, pain appears, or the athlete cannot recover adequately around apparatus training.

MATCHED PHOTO MODELS

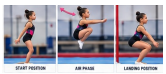
Hollow Body Model



Pull-Up Model



Split Squat Model



Tuck Jump / Stick



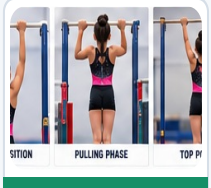
Front Split Mobility



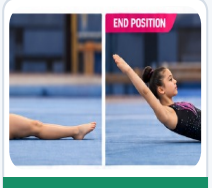
Photo names describe the image shown. Use only when the exercise matches the same movement family.

WEEK 18 | EXERCISE PHOTO REFERENCES

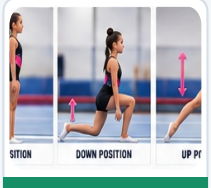
Real photographic models - no image placed over training text



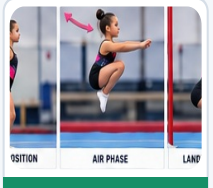
PULL



CORE



LOWER



POWER / LANDING



MOBILITY

Real-photo movement references

WEEK 19 | PHASE 2

SPECIFIC PREPARATION	**Focus:** Push/pull + support strength **Load:** BUILD 2

SESSION A - UPPER + CORE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Wrist + shoulder + trunk activation
Support Hold	3-4 x 6-10	60-75 sec	6-8	Straight body line; controlled range
Ring/TRX Row	3-4 x 6-10	60-75 sec	6-8	Scapular control; no swinging
Side Plank	3-4 x 20-35 sec	45 sec	6-8	Shape quality before duration
Hanging Knee/Leg Raise	3-4 x 6-10	45 sec	6-8	Control pelvis and ribs
Mobility reset	5-7 min	-	3	Easy breathing; pain-free range

SESSION B - LOWER + BALANCE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Ankle + hip + landing preparation
Split Squat	3-4 x 6-10/leg	60-75 sec	6-8	Knee-foot alignment
Single-Leg RDL	3-4 x 6-10	60-75 sec	6-8	Stable pelvis; controlled tempo
Snap-Down to Stick	3-4 x 4-6	45-60 sec	6-8	Quiet landing; hold finish
Reach Matrix	3 x 20-30 sec	30 sec	5-6	Stable foot and pelvis
Hip Flexor Mobility	2-3 x 30 sec	20 sec	3-4	No forced end range

SESSION C - POWER + CONDITIONING

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Dynamic prep	8-10 min	-	4	Prepare, do not fatigue
Broad Jump	3-4 x 4-8	60-90 sec	6-8	Explosive action; own the landing
Squat Jump	3 x 4-6	60 sec	6-8	Stop when speed/quality drops
Bear Crawl	3-5 rounds	60-90 sec	6-8	Consistent technique
Pike Compression	2-3 x 20-35 sec	45 sec	6-8	Maintain body line under fatigue
Cool-down / recovery	5-8 min	-	2-3	Restore breathing and range

Coach note: Adjust or stop any exercise when technique deteriorates, pain appears, or the athlete cannot recover adequately around apparatus training.

MATCHED PHOTO MODELS

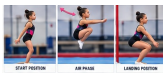
Hollow Body Model



Pull-Up Model



Split Squat Model



Tuck Jump / Stick



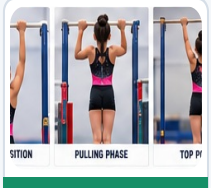
Front Split Mobility



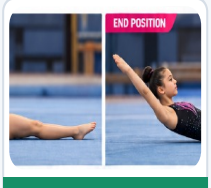
Photo names describe the image shown. Use only when the exercise matches the same movement family.

WEEK 19 | EXERCISE PHOTO REFERENCES

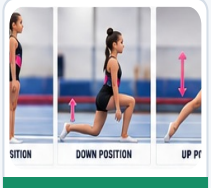
Real photographic models - no image placed over training text



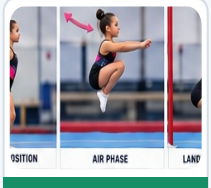
PULL



CORE



LOWER



POWER / LANDING



MOBILITY

Real-photo movement references

WEEK 20 | PHASE 2

SPECIFIC PREPARATION	**Focus:** Push/pull + support strength **Load:** BUILD 2

SESSION A - UPPER + CORE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Wrist + shoulder + trunk activation
Push-Up	3-4 x 6-10	60-75 sec	6-8	Straight body line; controlled range
Assisted Pull-Up	3-4 x 6-10	60-75 sec	6-8	Scapular control; no swinging
Hanging Knee/Leg Raise	3-4 x 20-35 sec	45 sec	6-8	Shape quality before duration
Pike Compression	3-4 x 6-10	45 sec	6-8	Control pelvis and ribs
Mobility reset	5-7 min	-	3	Easy breathing; pain-free range

SESSION B - LOWER + BALANCE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Ankle + hip + landing preparation
Step-Up	3-4 x 6-10/leg	60-75 sec	6-8	Knee-foot alignment
Hip Bridge	3-4 x 6-10	60-75 sec	6-8	Stable pelvis; controlled tempo
Low Drop to Stick	3-4 x 4-6	45-60 sec	6-8	Quiet landing; hold finish
Arabesque Hold	3 x 20-30 sec	30 sec	5-6	Stable foot and pelvis
Front Split Stretch	2-3 x 30 sec	20 sec	3-4	No forced end range

SESSION C - POWER + CONDITIONING

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Dynamic prep	8-10 min	-	4	Prepare, do not fatigue
Pogo Jumps	3-4 x 4-8	60-90 sec	6-8	Explosive action; own the landing
Tuck Jump	3 x 4-6	60 sec	6-8	Stop when speed/quality drops
Mountain Climber	3-5 rounds	60-90 sec	6-8	Consistent technique
Hollow Hold	2-3 x 20-35 sec	45 sec	6-8	Maintain body line under fatigue
Cool-down / recovery	5-8 min	-	2-3	Restore breathing and range

Coach note: Adjust or stop any exercise when technique deteriorates, pain appears, or the athlete cannot recover adequately around apparatus training.

MATCHED PHOTO MODELS

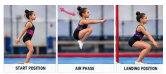
Hollow Body Model



Pull-Up Model



Split Squat Model



Tuck Jump / Stick



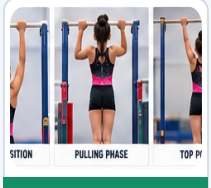
Front Split Mobility



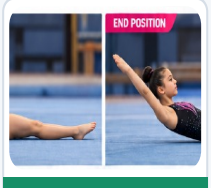
Photo names describe the image shown. Use only when the exercise matches the same movement family.

WEEK 20 | EXERCISE PHOTO REFERENCES

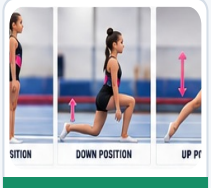
Real photographic models - no image placed over training text



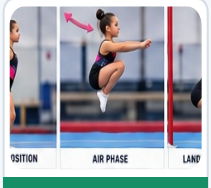
PULL



CORE



LOWER



POWER / LANDING



MOBILITY

Real-photo movement references

WEEK 21 | PHASE 2

SPECIFIC PREPARATION	**Focus:** Power foundations **Load:** CONSOLIDATE / REDUCED VOLUME

SESSION A - UPPER + CORE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Wrist + shoulder + trunk activation
Incline Push-Up	2-3 x 6-10	60-75 sec	4-6	Straight body line; controlled range
Strict Pull-Up	2-3 x 6-10	60-75 sec	4-6	Scapular control; no swinging
Pike Compression	2-3 x 20-35 sec	45 sec	4-6	Shape quality before duration
Hollow Hold	2-3 x 6-10	45 sec	4-6	Control pelvis and ribs
Mobility reset	5-7 min	-	3	Easy breathing; pain-free range

SESSION B - LOWER + BALANCE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Ankle + hip + landing preparation
Single-Leg RDL	2-3 x 6-10/leg	60-75 sec	4-6	Knee-foot alignment
Calf Raise	2-3 x 6-10	60-75 sec	4-6	Stable pelvis; controlled tempo
Squat Jump to Stick	3-4 x 4-6	45-60 sec	4-6	Quiet landing; hold finish
Beam Line Walk	3 x 20-30 sec	30 sec	5-6	Stable foot and pelvis
Ankle Mobility	2-3 x 30 sec	20 sec	3-4	No forced end range

SESSION C - POWER + CONDITIONING

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Dynamic prep	8-10 min	-	4	Prepare, do not fatigue
Squat Jump	3-4 x 4-8	60-90 sec	4-6	Explosive action; own the landing
Split Jump	3 x 4-6	60 sec	4-6	Stop when speed/quality drops
Low-Impact Aerobic Circuit	3-5 rounds	60-90 sec	4-6	Consistent technique
Arch Hold	2-3 x 20-35 sec	45 sec	4-6	Maintain body line under fatigue
Cool-down / recovery	5-8 min	-	2-3	Restore breathing and range

Coach note: Adjust or stop any exercise when technique deteriorates, pain appears, or the athlete cannot recover adequately around apparatus training.

MATCHED PHOTO MODELS

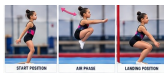
Hollow Body Model



Pull-Up Model



Split Squat Model



Tuck Jump / Stick



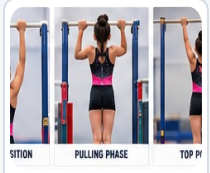
Front Split Mobility



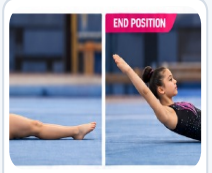
Photo names describe the image shown. Use only when the exercise matches the same movement family.

WEEK 21 | EXERCISE PHOTO REFERENCES

Real photographic models - no image placed over training text



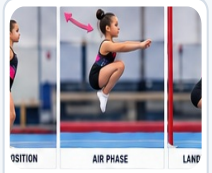
PULL



CORE



LOWER



POWER / LANDING



MOBILITY

Real-photo movement references

WEEK 22 | PHASE 2

SPECIFIC PREPARATION	**Focus:** Power foundations **Load:** BUILD 2

SESSION A - UPPER + CORE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Wrist + shoulder + trunk activation
Pike Push-Up	3-4 x 6-10	60-75 sec	6-8	Straight body line; controlled range
Scapular Pull-Up	3-4 x 6-10	60-75 sec	6-8	Scapular control; no swinging
Hollow Hold	3-4 x 20-35 sec	45 sec	6-8	Shape quality before duration
Arch Hold	3-4 x 6-10	45 sec	6-8	Control pelvis and ribs
Mobility reset	5-7 min	-	3	Easy breathing; pain-free range

SESSION B - LOWER + BALANCE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Ankle + hip + landing preparation
Hip Bridge	3-4 x 6-10/leg	60-75 sec	6-8	Knee-foot alignment
Squat	3-4 x 6-10	60-75 sec	6-8	Stable pelvis; controlled tempo
Lateral Stick Landing	3-4 x 4-6	45-60 sec	6-8	Quiet landing; hold finish
Single-Leg Balance	3 x 20-30 sec	30 sec	5-6	Stable foot and pelvis
Wrist Prep	2-3 x 30 sec	20 sec	3-4	No forced end range

SESSION C - POWER + CONDITIONING

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Dynamic prep	8-10 min	-	4	Prepare, do not fatigue
Tuck Jump	3-4 x 4-8	60-90 sec	6-8	Explosive action; own the landing
Broad Jump	3 x 4-6	60 sec	6-8	Stop when speed/quality drops
Gymnastics Body-Line Circuit	3-5 rounds	60-90 sec	6-8	Consistent technique
Dead Bug	2-3 x 20-35 sec	45 sec	6-8	Maintain body line under fatigue
Cool-down / recovery	5-8 min	-	2-3	Restore breathing and range

Coach note: Adjust or stop any exercise when technique deteriorates, pain appears, or the athlete cannot recover adequately around apparatus training.

MATCHED PHOTO MODELS

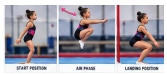
Hollow Body Model



Pull-Up Model



Split Squat Model



Tuck Jump / Stick



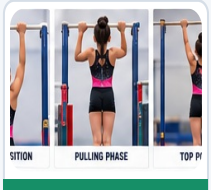
Front Split Mobility



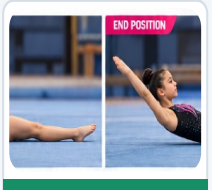
Photo names describe the image shown. Use only when the exercise matches the same movement family.

WEEK 22 | EXERCISE PHOTO REFERENCES

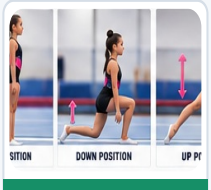
Real photographic models - no image placed over training text



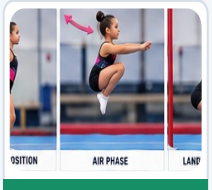
PULL



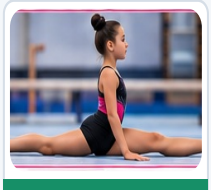
CORE



LOWER



POWER / LANDING



MOBILITY

Real-photo movement references

WEEK 23 | PHASE 2

SPECIFIC PREPARATION	**Focus:** Power foundations **Load:** BUILD 3

SESSION A - UPPER + CORE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Wrist + shoulder + trunk activation
Scapular Push-Up	3-4 x 6-10	60-75 sec	6-8	Straight body line; controlled range
Tempo Eccentric Pull-Up	3-4 x 6-10	60-75 sec	6-8	Scapular control; no swinging
Arch Hold	3-4 x 20-35 sec	45 sec	6-8	Shape quality before duration
Dead Bug	3-4 x 6-10	45 sec	6-8	Control pelvis and ribs
Mobility reset	5-7 min	-	3	Easy breathing; pain-free range

SESSION B - LOWER + BALANCE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Ankle + hip + landing preparation
Calf Raise	3-4 x 6-10/leg	60-75 sec	6-8	Knee-foot alignment
Split Squat	3-4 x 6-10	60-75 sec	6-8	Stable pelvis; controlled tempo
Snap-Down to Stick	3-4 x 4-6	45-60 sec	6-8	Quiet landing; hold finish
Reach Matrix	3 x 20-30 sec	30 sec	5-6	Stable foot and pelvis
Shoulder Flexion	2-3 x 30 sec	20 sec	3-4	No forced end range

SESSION C - POWER + CONDITIONING

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Dynamic prep	8-10 min	-	4	Prepare, do not fatigue
Split Jump	3-4 x 4-8	60-90 sec	6-8	Explosive action; own the landing
Pogo Jumps	3 x 4-6	60 sec	6-8	Stop when speed/quality drops
Routine Capacity Circuit	3-5 rounds	60-90 sec	6-8	Consistent technique
Side Plank	2-3 x 20-35 sec	45 sec	6-8	Maintain body line under fatigue
Cool-down / recovery	5-8 min	-	2-3	Restore breathing and range

Coach note: Adjust or stop any exercise when technique deteriorates, pain appears, or the athlete cannot recover adequately around apparatus training.

MATCHED PHOTO MODELS

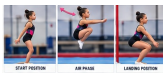
Hollow Body Model



Pull-Up Model



Split Squat Model



Tuck Jump / Stick



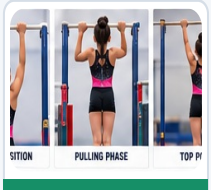
Front Split Mobility



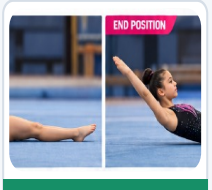
Photo names describe the image shown. Use only when the exercise matches the same movement family.

WEEK 23 | EXERCISE PHOTO REFERENCES

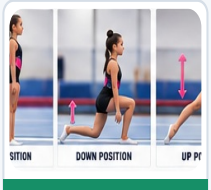
Real photographic models - no image placed over training text



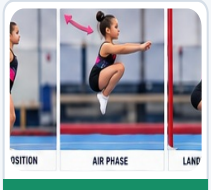
PULL



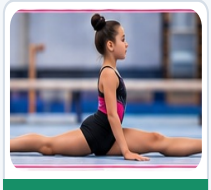
CORE



LOWER



POWER / LANDING



MOBILITY

Real-photo movement references

WEEK 24 | PHASE 2

SPECIFIC PREPARATION	**Focus:** Specific consolidation + test **Load:** BUILD 3

SESSION A - UPPER + CORE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Wrist + shoulder + trunk activation
Support Hold	3-4 x 6-10	60-75 sec	6-8	Straight body line; controlled range
Ring/TRX Row	3-4 x 6-10	60-75 sec	6-8	Scapular control; no swinging
Dead Bug	3-4 x 20-35 sec	45 sec	6-8	Shape quality before duration
Side Plank	3-4 x 6-10	45 sec	6-8	Control pelvis and ribs
Mobility reset	5-7 min	-	3	Easy breathing; pain-free range

SESSION B - LOWER + BALANCE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Ankle + hip + landing preparation
Squat	3-4 x 6-10/leg	60-75 sec	6-8	Knee-foot alignment
Step-Up	3-4 x 6-10	60-75 sec	6-8	Stable pelvis; controlled tempo
Low Drop to Stick	3-4 x 4-6	45-60 sec	6-8	Quiet landing; hold finish
Arabesque Hold	3 x 20-30 sec	30 sec	5-6	Stable foot and pelvis
Thoracic Rotation	2-3 x 30 sec	20 sec	3-4	No forced end range

SESSION C - POWER + CONDITIONING

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Dynamic prep	8-10 min	-	4	Prepare, do not fatigue
Broad Jump	3-4 x 4-8	60-90 sec	6-8	Explosive action; own the landing
Squat Jump	3 x 4-6	60 sec	6-8	Stop when speed/quality drops
Bear Crawl	3-5 rounds	60-90 sec	6-8	Consistent technique
Hanging Knee/Leg Raise	2-3 x 20-35 sec	45 sec	6-8	Maintain body line under fatigue
Cool-down / recovery	5-8 min	-	2-3	Restore breathing and range

Coach note: Adjust or stop any exercise when technique deteriorates, pain appears, or the athlete cannot recover adequately around apparatus training.

MATCHED PHOTO MODELS

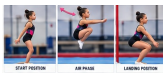
Hollow Body Model



Pull-Up Model



Split Squat Model



Tuck Jump / Stick



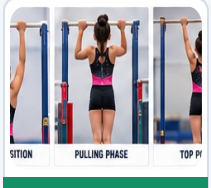
Front Split Mobility



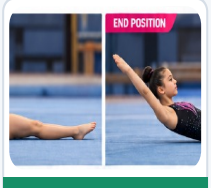
Photo names describe the image shown. Use only when the exercise matches the same movement family.

WEEK 24 | EXERCISE PHOTO REFERENCES

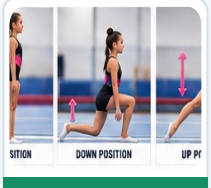
Real photographic models - no image placed over training text



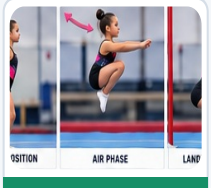
PULL



CORE



LOWER



POWER / LANDING



MOBILITY

Real-photo movement references

WEEK 25 | PHASE 2

SPECIFIC PREPARATION	**Focus:** Specific consolidation + test **Load:** CONSOLIDATE / REDUCED VOLUME

SESSION A - UPPER + CORE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Wrist + shoulder + trunk activation
Push-Up	2-3 x 6-10	60-75 sec	4-6	Straight body line; controlled range
Assisted Pull-Up	2-3 x 6-10	60-75 sec	4-6	Scapular control; no swinging
Side Plank	2-3 x 20-35 sec	45 sec	4-6	Shape quality before duration
Hanging Knee/Leg Raise	2-3 x 6-10	45 sec	4-6	Control pelvis and ribs
Mobility reset	5-7 min	-	3	Easy breathing; pain-free range

SESSION B - LOWER + BALANCE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Ankle + hip + landing preparation
Split Squat	2-3 x 6-10/leg	60-75 sec	4-6	Knee-foot alignment
Single-Leg RDL	2-3 x 6-10	60-75 sec	4-6	Stable pelvis; controlled tempo
Squat Jump to Stick	3-4 x 4-6	45-60 sec	4-6	Quiet landing; hold finish
Beam Line Walk	3 x 20-30 sec	30 sec	5-6	Stable foot and pelvis
Hip Flexor Mobility	2-3 x 30 sec	20 sec	3-4	No forced end range

SESSION C - POWER + CONDITIONING

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Dynamic prep	8-10 min	-	4	Prepare, do not fatigue
Pogo Jumps	3-4 x 4-8	60-90 sec	4-6	Explosive action; own the landing
Tuck Jump	3 x 4-6	60 sec	4-6	Stop when speed/quality drops
Mountain Climber	3-5 rounds	60-90 sec	4-6	Consistent technique
Pike Compression	2-3 x 20-35 sec	45 sec	4-6	Maintain body line under fatigue
Cool-down / recovery	5-8 min	-	2-3	Restore breathing and range

Coach note: Adjust or stop any exercise when technique deteriorates, pain appears, or the athlete cannot recover adequately around apparatus training.

MATCHED PHOTO MODELS

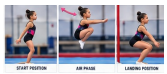
Hollow Body Model



Pull-Up Model



Split Squat Model



Tuck Jump / Stick



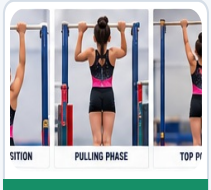
Front Split Mobility



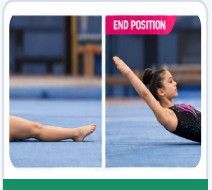
Photo names describe the image shown. Use only when the exercise matches the same movement family.

WEEK 25 | EXERCISE PHOTO REFERENCES

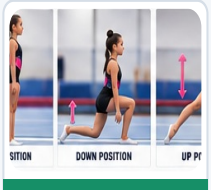
Real photographic models - no image placed over training text



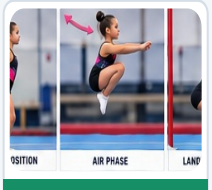
PULL



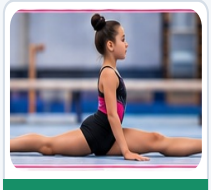
CORE



LOWER



POWER / LANDING



MOBILITY

Real-photo movement references

WEEK 26 | PHASE 2

SPECIFIC PREPARATION	**Focus:** Specific consolidation + test **Load:** ASSESSMENT / TRANSITION

SESSION A - UPPER + CORE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Wrist + shoulder + trunk activation
Incline Push-Up	2-3 x 6-10	60-75 sec	4-6	Straight body line; controlled range
Strict Pull-Up	2-3 x 6-10	60-75 sec	4-6	Scapular control; no swinging
Hanging Knee/Leg Raise	2-3 x 20-35 sec	45 sec	4-6	Shape quality before duration
Pike Compression	2-3 x 6-10	45 sec	4-6	Control pelvis and ribs
Mobility reset	5-7 min	-	3	Easy breathing; pain-free range

SESSION B - LOWER + BALANCE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Ankle + hip + landing preparation
Step-Up	2-3 x 6-10/leg	60-75 sec	4-6	Knee-foot alignment
Hip Bridge	2-3 x 6-10	60-75 sec	4-6	Stable pelvis; controlled tempo
Lateral Stick Landing	3-4 x 4-6	45-60 sec	4-6	Quiet landing; hold finish
Single-Leg Balance	3 x 20-30 sec	30 sec	5-6	Stable foot and pelvis
Front Split Stretch	2-3 x 30 sec	20 sec	3-4	No forced end range

SESSION C - POWER + CONDITIONING

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Dynamic prep	8-10 min	-	4	Prepare, do not fatigue
Squat Jump	3-4 x 4-8	60-90 sec	4-6	Explosive action; own the landing
Split Jump	3 x 4-6	60 sec	4-6	Stop when speed/quality drops
Low-Impact Aerobic Circuit	3-5 rounds	60-90 sec	4-6	Consistent technique
Hollow Hold	2-3 x 20-35 sec	45 sec	4-6	Maintain body line under fatigue
Cool-down / recovery	5-8 min	-	2-3	Restore breathing and range

Coach note: Adjust or stop any exercise when technique deteriorates, pain appears, or the athlete cannot recover adequately around apparatus training.

MATCHED PHOTO MODELS

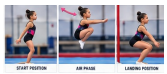
Hollow Body Model



Pull-Up Model



Split Squat Model



Tuck Jump / Stick



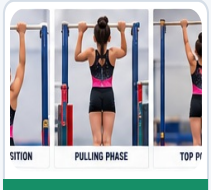
Front Split Mobility



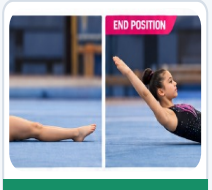
Photo names describe the image shown. Use only when the exercise matches the same movement family.

WEEK 26 | EXERCISE PHOTO REFERENCES

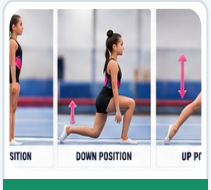
Real photographic models - no image placed over training text



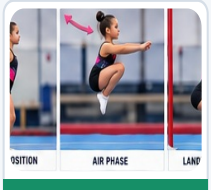
PULL



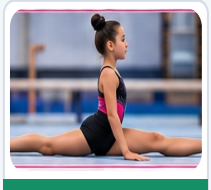
CORE



LOWER



POWER / LANDING



MOBILITY

Real-photo movement references

PHASE 3 EXERCISE LIBRARY

PRE-COMPETITION

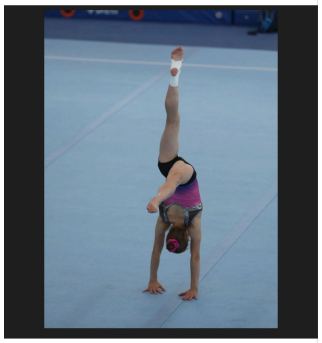
Weeks 27-39 | Explosive power, technical assistance, connections, routine capacity and landing quality.

LIBRARY 1/2

REAL-PHOTO MOVEMENT MODELS

Each photograph is kept in its natural form. The same image is reused only for the same movement family.

FLOOR



Floor Handstand Alignment

Technical movement reference - apparatus matched.

Use only with the named apparatus / movement family.

BARS

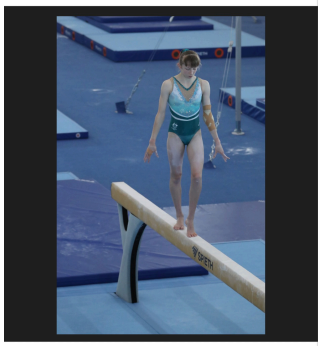


Bars Handstand / Support Line

Technical movement reference - apparatus matched.

Use only with the named apparatus / movement family.

BEAM

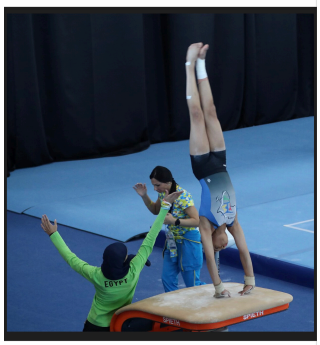


Beam Balance / Single-Leg Control

Technical movement reference - apparatus matched.

Use only with the named apparatus / movement family.

VAULT



Vault Hand Support / Block Position

Technical movement reference - apparatus matched.

Use only with the named apparatus / movement family.

PHASE 3 EXERCISE LIBRARY

PRE-COMPETITION

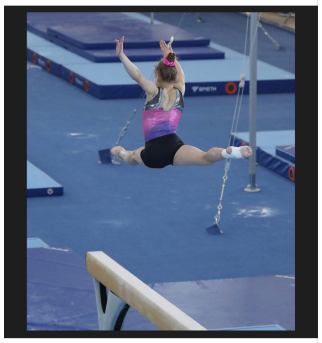
Weeks 27-39 | Explosive power, technical assistance, connections, routine capacity and landing quality.

LIBRARY 2/2

REAL-PHOTO MOVEMENT MODELS

Each photograph is kept in its natural form. The same image is reused only for the same movement family.

BEAM

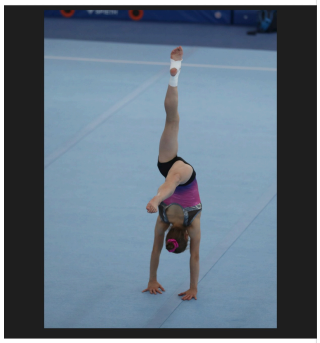


Beam Split-Leap Line

Technical movement reference - apparatus matched.

Use only with the named apparatus / movement family.

FLOOR



Floor Handstand / Acro Line

Technical movement reference - apparatus matched.

Use only with the named apparatus / movement family.

BARS

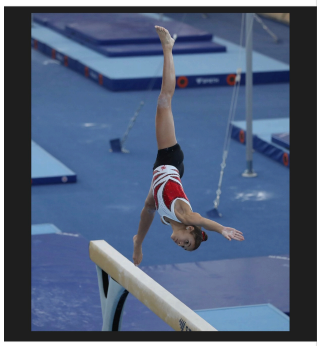


Bars Hang / Swing Body Line

Technical movement reference - apparatus matched.

Use only with the named apparatus / movement family.

BEAM



Beam Acro Hand-Support Line

Technical movement reference - apparatus matched.

Use only with the named apparatus / movement family.

WEEK 27 | PHASE 3

PRE-COMPETITION & COMPETITION

Focus: Power + routine capacity
Load: BUILD 1

SESSION A - UPPER + CORE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Wrist + shoulder + trunk activation
Pike Push-Up	2-4 x 4-8	60-90 sec	6-8	Straight body line; controlled range
Scapular Pull-Up	2-4 x 4-8	60-90 sec	6-8	Scapular control; no swinging
Pike Compression	2-4 x 15-30 sec	45 sec	6-8	Shape quality before duration
Hollow Hold	2-4 x 4-8	45 sec	6-8	Control pelvis and ribs
Mobility reset	5-7 min	-	3	Easy breathing; pain-free range

SESSION B - LOWER + BALANCE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Ankle + hip + landing preparation
Single-Leg RDL	2-4 x 4-8/leg	60-90 sec	6-8	Knee-foot alignment
Calf Raise	2-4 x 4-8	60-90 sec	6-8	Stable pelvis; controlled tempo
Snap-Down to Stick	3-4 x 4-6	45-60 sec	6-8	Quiet landing; hold finish
Reach Matrix	3 x 20-30 sec	30 sec	5-6	Stable foot and pelvis
Ankle Mobility	2-3 x 30 sec	20 sec	3-4	No forced end range

SESSION C - POWER + CONDITIONING

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Dynamic prep	8-10 min	-	4	Prepare, do not fatigue
Tuck Jump	3-4 x 4-8	60-90 sec	6-8	Explosive action; own the landing
Broad Jump	3 x 4-6	60 sec	6-8	Stop when speed/quality drops
Gymnastics Body-Line Circuit	3-5 rounds	60-90 sec	6-8	Consistent technique
Arch Hold	2-3 x 15-30 sec	45 sec	6-8	Maintain body line under fatigue
Cool-down / recovery	5-8 min	-	2-3	Restore breathing and range

Coach note: Adjust or stop any exercise when technique deteriorates, pain appears, or the athlete cannot recover adequately around apparatus training.

MATCHED PHOTO MODELS

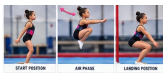
Hollow Body Model



Pull-Up Model



Split Squat Model



Tuck Jump / Stick



Front Split Mobility

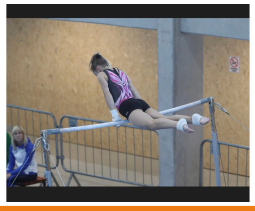


Photo names describe the image shown. Use only when the exercise matches the same movement family.

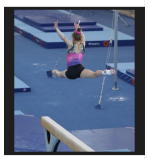
TECHNICAL APPARATUS REFERENCES



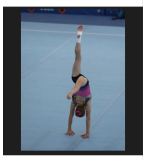
VAULT



BARS



BEAM



FLOOR

Real-photo movement references

WEEK 28 | PHASE 3

PRE-COMPETITION & COMPETITION

Focus: Power + routine capacity
Load: BUILD 1

SESSION A - UPPER + CORE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Wrist + shoulder + trunk activation
Scapular Push-Up	2-4 x 4-8	60-90 sec	6-8	Straight body line; controlled range
Tempo Eccentric Pull-Up	2-4 x 4-8	60-90 sec	6-8	Scapular control; no swinging
Hollow Hold	2-4 x 15-30 sec	45 sec	6-8	Shape quality before duration
Arch Hold	2-4 x 4-8	45 sec	6-8	Control pelvis and ribs
Mobility reset	5-7 min	-	3	Easy breathing; pain-free range

SESSION B - LOWER + BALANCE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Ankle + hip + landing preparation
Hip Bridge	2-4 x 4-8/leg	60-90 sec	6-8	Knee-foot alignment
Squat	2-4 x 4-8	60-90 sec	6-8	Stable pelvis; controlled tempo
Low Drop to Stick	3-4 x 4-6	45-60 sec	6-8	Quiet landing; hold finish
Arabesque Hold	3 x 20-30 sec	30 sec	5-6	Stable foot and pelvis
Wrist Prep	2-3 x 30 sec	20 sec	3-4	No forced end range

SESSION C - POWER + CONDITIONING

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Dynamic prep	8-10 min	-	4	Prepare, do not fatigue
Split Jump	3-4 x 4-8	60-90 sec	6-8	Explosive action; own the landing
Pogo Jumps	3 x 4-6	60 sec	6-8	Stop when speed/quality drops
Routine Capacity Circuit	3-5 rounds	60-90 sec	6-8	Consistent technique
Dead Bug	2-3 x 15-30 sec	45 sec	6-8	Maintain body line under fatigue
Cool-down / recovery	5-8 min	-	2-3	Restore breathing and range

Coach note: Adjust or stop any exercise when technique deteriorates, pain appears, or the athlete cannot recover adequately around apparatus training.

MATCHED PHOTO MODELS

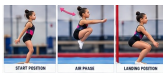
Hollow Body Model



Pull-Up Model



Split Squat Model



Tuck Jump / Stick



Front Split Mobility

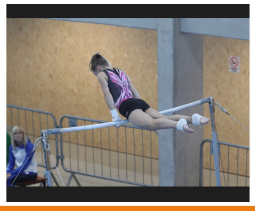


Photo names describe the image shown. Use only when the exercise matches the same movement family.

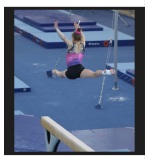
TECHNICAL APPARATUS REFERENCES



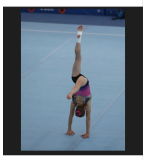
VAULT



BARS



BEAM



FLOOR

Real-photo movement references

WEEK 29 | PHASE 3

PRE-COMPETITION & COMPETITION

Focus: Power + routine capacity
Load: BUILD 1

SESSION A - UPPER + CORE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Wrist + shoulder + trunk activation
Support Hold	2-4 x 4-8	60-90 sec	6-8	Straight body line; controlled range
Ring/TRX Row	2-4 x 4-8	60-90 sec	6-8	Scapular control; no swinging
Arch Hold	2-4 x 15-30 sec	45 sec	6-8	Shape quality before duration
Dead Bug	2-4 x 4-8	45 sec	6-8	Control pelvis and ribs
Mobility reset	5-7 min	-	3	Easy breathing; pain-free range

SESSION B - LOWER + BALANCE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Ankle + hip + landing preparation
Calf Raise	2-4 x 4-8/leg	60-90 sec	6-8	Knee-foot alignment
Split Squat	2-4 x 4-8	60-90 sec	6-8	Stable pelvis; controlled tempo
Squat Jump to Stick	3-4 x 4-6	45-60 sec	6-8	Quiet landing; hold finish
Beam Line Walk	3 x 20-30 sec	30 sec	5-6	Stable foot and pelvis
Shoulder Flexion	2-3 x 30 sec	20 sec	3-4	No forced end range

SESSION C - POWER + CONDITIONING

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Dynamic prep	8-10 min	-	4	Prepare, do not fatigue
Broad Jump	3-4 x 4-8	60-90 sec	6-8	Explosive action; own the landing
Squat Jump	3 x 4-6	60 sec	6-8	Stop when speed/quality drops
Bear Crawl	3-5 rounds	60-90 sec	6-8	Consistent technique
Side Plank	2-3 x 15-30 sec	45 sec	6-8	Maintain body line under fatigue
Cool-down / recovery	5-8 min	-	2-3	Restore breathing and range

Coach note: Adjust or stop any exercise when technique deteriorates, pain appears, or the athlete cannot recover adequately around apparatus training.

MATCHED PHOTO MODELS

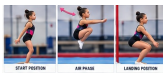
Hollow Body Model



Pull-Up Model



Split Squat Model



Tuck Jump / Stick



Front Split Mobility

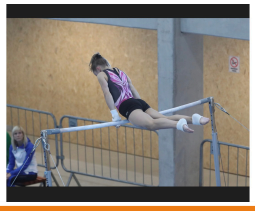


Photo names describe the image shown. Use only when the exercise matches the same movement family.

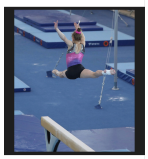
TECHNICAL APPARATUS REFERENCES



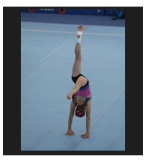
VAULT



BARS



BEAM



FLOOR

Real-photo movement references

WEEK 30 | PHASE 3

PRE-COMPETITION & COMPETITION

Focus: Power + routine capacity
Load: CONSOLIDATE / REDUCED VOLUME

SESSION A - UPPER + CORE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Wrist + shoulder + trunk activation
Push-Up	2-3 x 4-8	60-90 sec	4-6	Straight body line; controlled range
Assisted Pull-Up	2-3 x 4-8	60-90 sec	4-6	Scapular control; no swinging
Dead Bug	2-3 x 15-30 sec	45 sec	4-6	Shape quality before duration
Side Plank	2-3 x 4-8	45 sec	4-6	Control pelvis and ribs
Mobility reset	5-7 min	-	3	Easy breathing; pain-free range

SESSION B - LOWER + BALANCE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Ankle + hip + landing preparation
Squat	2-3 x 4-8/leg	60-90 sec	4-6	Knee-foot alignment
Step-Up	2-3 x 4-8	60-90 sec	4-6	Stable pelvis; controlled tempo
Lateral Stick Landing	3-4 x 4-6	45-60 sec	4-6	Quiet landing; hold finish
Single-Leg Balance	3 x 20-30 sec	30 sec	5-6	Stable foot and pelvis
Thoracic Rotation	2-3 x 30 sec	20 sec	3-4	No forced end range

SESSION C - POWER + CONDITIONING

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Dynamic prep	8-10 min	-	4	Prepare, do not fatigue
Pogo Jumps	3-4 x 4-8	60-90 sec	4-6	Explosive action; own the landing
Tuck Jump	3 x 4-6	60 sec	4-6	Stop when speed/quality drops
Mountain Climber	3-5 rounds	60-90 sec	4-6	Consistent technique
Hanging Knee/Leg Raise	2-3 x 15-30 sec	45 sec	4-6	Maintain body line under fatigue
Cool-down / recovery	5-8 min	-	2-3	Restore breathing and range

Coach note: Adjust or stop any exercise when technique deteriorates, pain appears, or the athlete cannot recover adequately around apparatus training.

MATCHED PHOTO MODELS

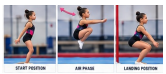
Hollow Body Model



Pull-Up Model



Split Squat Model



Tuck Jump / Stick



Front Split Mobility

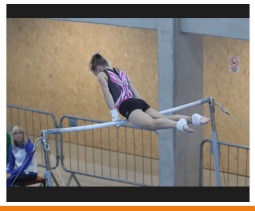


Photo names describe the image shown. Use only when the exercise matches the same movement family.

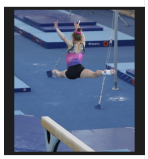
TECHNICAL APPARATUS REFERENCES



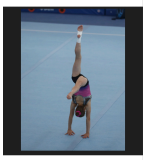
VAULT



BARS



BEAM



FLOOR

Real-photo movement references

WEEK 31 | PHASE 3

PRE-COMPETITION & COMPETITION

Focus: Competition-specific conditioning
Load: BUILD 1

SESSION A - UPPER + CORE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Wrist + shoulder + trunk activation
Incline Push-Up	2-4 x 4-8	60-90 sec	6-8	Straight body line; controlled range
Strict Pull-Up	2-4 x 4-8	60-90 sec	6-8	Scapular control; no swinging
Side Plank	2-4 x 15-30 sec	45 sec	6-8	Shape quality before duration
Hanging Knee/Leg Raise	2-4 x 4-8	45 sec	6-8	Control pelvis and ribs
Mobility reset	5-7 min	-	3	Easy breathing; pain-free range

SESSION B - LOWER + BALANCE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Ankle + hip + landing preparation
Split Squat	2-4 x 4-8/leg	60-90 sec	6-8	Knee-foot alignment
Single-Leg RDL	2-4 x 4-8	60-90 sec	6-8	Stable pelvis; controlled tempo
Snap-Down to Stick	3-4 x 4-6	45-60 sec	6-8	Quiet landing; hold finish
Reach Matrix	3 x 20-30 sec	30 sec	5-6	Stable foot and pelvis
Hip Flexor Mobility	2-3 x 30 sec	20 sec	3-4	No forced end range

SESSION C - POWER + CONDITIONING

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Dynamic prep	8-10 min	-	4	Prepare, do not fatigue
Squat Jump	3-4 x 4-8	60-90 sec	6-8	Explosive action; own the landing
Split Jump	3 x 4-6	60 sec	6-8	Stop when speed/quality drops
Low-Impact Aerobic Circuit	3-5 rounds	60-90 sec	6-8	Consistent technique
Pike Compression	2-3 x 15-30 sec	45 sec	6-8	Maintain body line under fatigue
Cool-down / recovery	5-8 min	-	2-3	Restore breathing and range

Coach note: Adjust or stop any exercise when technique deteriorates, pain appears, or the athlete cannot recover adequately around apparatus training.

MATCHED PHOTO MODELS

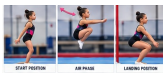
Hollow Body Model



Pull-Up Model



Split Squat Model



Tuck Jump / Stick



Front Split Mobility

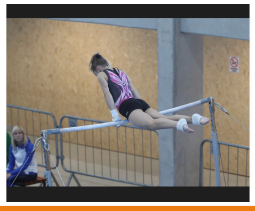


Photo names describe the image shown. Use only when the exercise matches the same movement family.

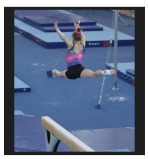
TECHNICAL APPARATUS REFERENCES



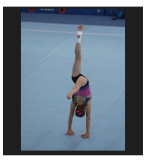
VAULT



BARS



BEAM



FLOOR

Real-photo movement references

WEEK 32 | PHASE 3

PRE-COMPETITION & COMPETITION

Focus: Competition-specific conditioning
Load: BUILD 2

SESSION A - UPPER + CORE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Wrist + shoulder + trunk activation
Pike Push-Up	2-4 x 4-8	60-90 sec	6-8	Straight body line; controlled range
Scapular Pull-Up	2-4 x 4-8	60-90 sec	6-8	Scapular control; no swinging
Hanging Knee/Leg Raise	2-4 x 15-30 sec	45 sec	6-8	Shape quality before duration
Pike Compression	2-4 x 4-8	45 sec	6-8	Control pelvis and ribs
Mobility reset	5-7 min	-	3	Easy breathing; pain-free range

SESSION B - LOWER + BALANCE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Ankle + hip + landing preparation
Step-Up	2-4 x 4-8/leg	60-90 sec	6-8	Knee-foot alignment
Hip Bridge	2-4 x 4-8	60-90 sec	6-8	Stable pelvis; controlled tempo
Low Drop to Stick	3-4 x 4-6	45-60 sec	6-8	Quiet landing; hold finish
Arabesque Hold	3 x 20-30 sec	30 sec	5-6	Stable foot and pelvis
Front Split Stretch	2-3 x 30 sec	20 sec	3-4	No forced end range

SESSION C - POWER + CONDITIONING

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Dynamic prep	8-10 min	-	4	Prepare, do not fatigue
Tuck Jump	3-4 x 4-8	60-90 sec	6-8	Explosive action; own the landing
Broad Jump	3 x 4-6	60 sec	6-8	Stop when speed/quality drops
Gymnastics Body-Line Circuit	3-5 rounds	60-90 sec	6-8	Consistent technique
Hollow Hold	2-3 x 15-30 sec	45 sec	6-8	Maintain body line under fatigue
Cool-down / recovery	5-8 min	-	2-3	Restore breathing and range

Coach note: Adjust or stop any exercise when technique deteriorates, pain appears, or the athlete cannot recover adequately around apparatus training.

MATCHED PHOTO MODELS

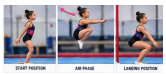
Hollow Body Model



Pull-Up Model



Split Squat Model



Tuck Jump / Stick



Front Split Mobility

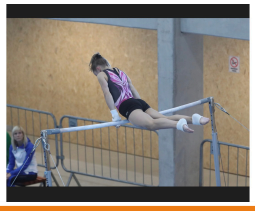


Photo names describe the image shown. Use only when the exercise matches the same movement family.

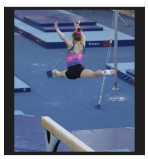
TECHNICAL APPARATUS REFERENCES



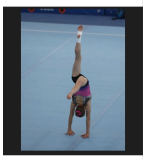
VAULT



BARS



BEAM



FLOOR

Real-photo movement references

WEEK 33 | PHASE 3

PRE-COMPETITION & COMPETITION

Focus: Competition-specific conditioning
Load: BUILD 2

SESSION A - UPPER + CORE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Wrist + shoulder + trunk activation
Scapular Push-Up	2-4 x 4-8	60-90 sec	6-8	Straight body line; controlled range
Tempo Eccentric Pull-Up	2-4 x 4-8	60-90 sec	6-8	Scapular control; no swinging
Pike Compression	2-4 x 15-30 sec	45 sec	6-8	Shape quality before duration
Hollow Hold	2-4 x 4-8	45 sec	6-8	Control pelvis and ribs
Mobility reset	5-7 min	-	3	Easy breathing; pain-free range

SESSION B - LOWER + BALANCE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Ankle + hip + landing preparation
Single-Leg RDL	2-4 x 4-8/leg	60-90 sec	6-8	Knee-foot alignment
Calf Raise	2-4 x 4-8	60-90 sec	6-8	Stable pelvis; controlled tempo
Squat Jump to Stick	3-4 x 4-6	45-60 sec	6-8	Quiet landing; hold finish
Beam Line Walk	3 x 20-30 sec	30 sec	5-6	Stable foot and pelvis
Ankle Mobility	2-3 x 30 sec	20 sec	3-4	No forced end range

SESSION C - POWER + CONDITIONING

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Dynamic prep	8-10 min	-	4	Prepare, do not fatigue
Split Jump	3-4 x 4-8	60-90 sec	6-8	Explosive action; own the landing
Pogo Jumps	3 x 4-6	60 sec	6-8	Stop when speed/quality drops
Routine Capacity Circuit	3-5 rounds	60-90 sec	6-8	Consistent technique
Arch Hold	2-3 x 15-30 sec	45 sec	6-8	Maintain body line under fatigue
Cool-down / recovery	5-8 min	-	2-3	Restore breathing and range

Coach note: Adjust or stop any exercise when technique deteriorates, pain appears, or the athlete cannot recover adequately around apparatus training.

MATCHED PHOTO MODELS

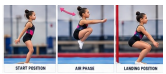
Hollow Body Model



Pull-Up Model



Split Squat Model



Tuck Jump / Stick



Front Split Mobility

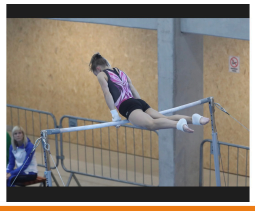


Photo names describe the image shown. Use only when the exercise matches the same movement family.

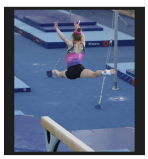
TECHNICAL APPARATUS REFERENCES



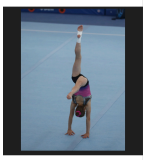
VAULT



BARS



BEAM



FLOOR

Real-photo movement references

WEEK 34 | PHASE 3

PRE-COMPETITION & COMPETITION

Focus: Peak quality + taper
Load: CONSOLIDATE / REDUCED VOLUME

SESSION A - UPPER + CORE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Wrist + shoulder + trunk activation
Support Hold	2-3 x 4-8	60-90 sec	4-6	Straight body line; controlled range
Ring/TRX Row	2-3 x 4-8	60-90 sec	4-6	Scapular control; no swinging
Hollow Hold	2-3 x 15-30 sec	45 sec	4-6	Shape quality before duration
Arch Hold	2-3 x 4-8	45 sec	4-6	Control pelvis and ribs
Mobility reset	5-7 min	-	3	Easy breathing; pain-free range

SESSION B - LOWER + BALANCE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Ankle + hip + landing preparation
Hip Bridge	2-3 x 4-8/leg	60-90 sec	4-6	Knee-foot alignment
Squat	2-3 x 4-8	60-90 sec	4-6	Stable pelvis; controlled tempo
Lateral Stick Landing	3-4 x 4-6	45-60 sec	4-6	Quiet landing; hold finish
Single-Leg Balance	3 x 20-30 sec	30 sec	5-6	Stable foot and pelvis
Wrist Prep	2-3 x 30 sec	20 sec	3-4	No forced end range

SESSION C - POWER + CONDITIONING

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Dynamic prep	8-10 min	-	4	Prepare, do not fatigue
Broad Jump	3-4 x 4-8	60-90 sec	4-6	Explosive action; own the landing
Squat Jump	3 x 4-6	60 sec	4-6	Stop when speed/quality drops
Bear Crawl	3-5 rounds	60-90 sec	4-6	Consistent technique
Dead Bug	2-3 x 15-30 sec	45 sec	4-6	Maintain body line under fatigue
Cool-down / recovery	5-8 min	-	2-3	Restore breathing and range

Coach note: Adjust or stop any exercise when technique deteriorates, pain appears, or the athlete cannot recover adequately around apparatus training.

MATCHED PHOTO MODELS

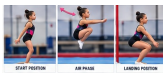
Hollow Body Model



Pull-Up Model



Split Squat Model



Tuck Jump / Stick



Front Split Mobility

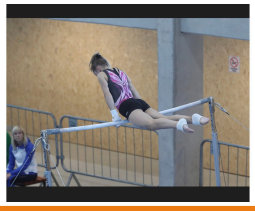


Photo names describe the image shown. Use only when the exercise matches the same movement family.

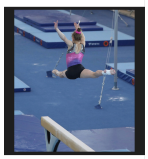
TECHNICAL APPARATUS REFERENCES



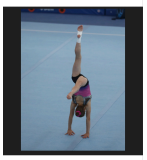
VAULT



BARS



BEAM



FLOOR

Real-photo movement references

WEEK 35 | PHASE 3

PRE-COMPETITION & COMPETITION	**Focus:** Peak quality + taper **Load:** BUILD 2

SESSION A - UPPER + CORE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Wrist + shoulder + trunk activation
Push-Up	2-4 x 4-8	60-90 sec	6-8	Straight body line; controlled range
Assisted Pull-Up	2-4 x 4-8	60-90 sec	6-8	Scapular control; no swinging
Arch Hold	2-4 x 15-30 sec	45 sec	6-8	Shape quality before duration
Dead Bug	2-4 x 4-8	45 sec	6-8	Control pelvis and ribs
Mobility reset	5-7 min	-	3	Easy breathing; pain-free range

SESSION B - LOWER + BALANCE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Ankle + hip + landing preparation
Calf Raise	2-4 x 4-8/leg	60-90 sec	6-8	Knee-foot alignment
Split Squat	2-4 x 4-8	60-90 sec	6-8	Stable pelvis; controlled tempo
Snap-Down to Stick	3-4 x 4-6	45-60 sec	6-8	Quiet landing; hold finish
Reach Matrix	3 x 20-30 sec	30 sec	5-6	Stable foot and pelvis
Shoulder Flexion	2-3 x 30 sec	20 sec	3-4	No forced end range

SESSION C - POWER + CONDITIONING

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Dynamic prep	8-10 min	-	4	Prepare, do not fatigue
Pogo Jumps	3-4 x 4-8	60-90 sec	6-8	Explosive action; own the landing
Tuck Jump	3 x 4-6	60 sec	6-8	Stop when speed/quality drops
Mountain Climber	3-5 rounds	60-90 sec	6-8	Consistent technique
Side Plank	2-3 x 15-30 sec	45 sec	6-8	Maintain body line under fatigue
Cool-down / recovery	5-8 min	-	2-3	Restore breathing and range

Coach note: Adjust or stop any exercise when technique deteriorates, pain appears, or the athlete cannot recover adequately around apparatus training.

MATCHED PHOTO MODELS

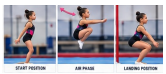
Hollow Body Model



Pull-Up Model



Split Squat Model



Tuck Jump / Stick



Front Split Mobility

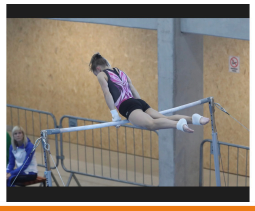


Photo names describe the image shown. Use only when the exercise matches the same movement family.

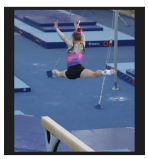
TECHNICAL APPARATUS REFERENCES



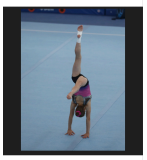
VAULT



BARS



BEAM



FLOOR

Real-photo movement references

WEEK 36 | PHASE 3

PRE-COMPETITION & COMPETITION

Focus: Peak quality + taper
Load: BUILD 3

SESSION A - UPPER + CORE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Wrist + shoulder + trunk activation
Incline Push-Up	2-4 x 4-8	60-90 sec	6-8	Straight body line; controlled range
Strict Pull-Up	2-4 x 4-8	60-90 sec	6-8	Scapular control; no swinging
Dead Bug	2-4 x 15-30 sec	45 sec	6-8	Shape quality before duration
Side Plank	2-4 x 4-8	45 sec	6-8	Control pelvis and ribs
Mobility reset	5-7 min	-	3	Easy breathing; pain-free range

SESSION B - LOWER + BALANCE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Ankle + hip + landing preparation
Squat	2-4 x 4-8/leg	60-90 sec	6-8	Knee-foot alignment
Step-Up	2-4 x 4-8	60-90 sec	6-8	Stable pelvis; controlled tempo
Low Drop to Stick	3-4 x 4-6	45-60 sec	6-8	Quiet landing; hold finish
Arabesque Hold	3 x 20-30 sec	30 sec	5-6	Stable foot and pelvis
Thoracic Rotation	2-3 x 30 sec	20 sec	3-4	No forced end range

SESSION C - POWER + CONDITIONING

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Dynamic prep	8-10 min	-	4	Prepare, do not fatigue
Squat Jump	3-4 x 4-8	60-90 sec	6-8	Explosive action; own the landing
Split Jump	3 x 4-6	60 sec	6-8	Stop when speed/quality drops
Low-Impact Aerobic Circuit	3-5 rounds	60-90 sec	6-8	Consistent technique
Hanging Knee/Leg Raise	2-3 x 15-30 sec	45 sec	6-8	Maintain body line under fatigue
Cool-down / recovery	5-8 min	-	2-3	Restore breathing and range

Coach note: Adjust or stop any exercise when technique deteriorates, pain appears, or the athlete cannot recover adequately around apparatus training.

MATCHED PHOTO MODELS

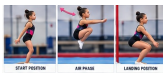
Hollow Body Model



Pull-Up Model



Split Squat Model



Tuck Jump / Stick



Front Split Mobility

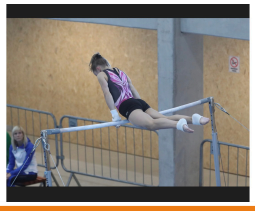


Photo names describe the image shown. Use only when the exercise matches the same movement family.

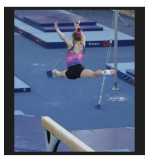
TECHNICAL APPARATUS REFERENCES



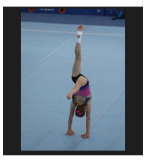
VAULT



BARS



BEAM



FLOOR

Real-photo movement references

WEEK 37 | PHASE 3

PRE-COMPETITION & COMPETITION

Focus: Competition review
Load: BUILD 3

SESSION A - UPPER + CORE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Wrist + shoulder + trunk activation
Pike Push-Up	2-4 x 4-8	60-90 sec	6-8	Straight body line; controlled range
Scapular Pull-Up	2-4 x 4-8	60-90 sec	6-8	Scapular control; no swinging
Side Plank	2-4 x 15-30 sec	45 sec	6-8	Shape quality before duration
Hanging Knee/Leg Raise	2-4 x 4-8	45 sec	6-8	Control pelvis and ribs
Mobility reset	5-7 min	-	3	Easy breathing; pain-free range

SESSION B - LOWER + BALANCE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Ankle + hip + landing preparation
Split Squat	2-4 x 4-8/leg	60-90 sec	6-8	Knee-foot alignment
Single-Leg RDL	2-4 x 4-8	60-90 sec	6-8	Stable pelvis; controlled tempo
Squat Jump to Stick	3-4 x 4-6	45-60 sec	6-8	Quiet landing; hold finish
Beam Line Walk	3 x 20-30 sec	30 sec	5-6	Stable foot and pelvis
Hip Flexor Mobility	2-3 x 30 sec	20 sec	3-4	No forced end range

SESSION C - POWER + CONDITIONING

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Dynamic prep	8-10 min	-	4	Prepare, do not fatigue
Tuck Jump	3-4 x 4-8	60-90 sec	6-8	Explosive action; own the landing
Broad Jump	3 x 4-6	60 sec	6-8	Stop when speed/quality drops
Gymnastics Body-Line Circuit	3-5 rounds	60-90 sec	6-8	Consistent technique
Pike Compression	2-3 x 15-30 sec	45 sec	6-8	Maintain body line under fatigue
Cool-down / recovery	5-8 min	-	2-3	Restore breathing and range

Coach note: Adjust or stop any exercise when technique deteriorates, pain appears, or the athlete cannot recover adequately around apparatus training.

MATCHED PHOTO MODELS

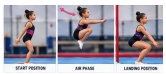
Hollow Body Model



Pull-Up Model



Split Squat Model



Tuck Jump / Stick



Front Split Mobility

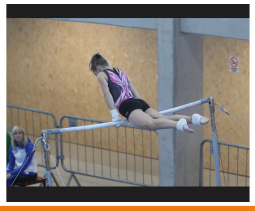


Photo names describe the image shown. Use only when the exercise matches the same movement family.

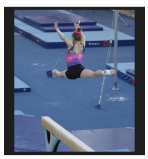
TECHNICAL APPARATUS REFERENCES



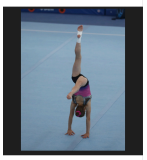
VAULT



BARS



BEAM



FLOOR

Real-photo movement references

WEEK 38 | PHASE 3

PRE-COMPETITION & COMPETITION

Focus: Competition review
Load: CONSOLIDATE / REDUCED VOLUME

SESSION A - UPPER + CORE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Wrist + shoulder + trunk activation
Scapular Push-Up	2-3 x 4-8	60-90 sec	4-6	Straight body line; controlled range
Tempo Eccentric Pull-Up	2-3 x 4-8	60-90 sec	4-6	Scapular control; no swinging
Hanging Knee/Leg Raise	2-3 x 15-30 sec	45 sec	4-6	Shape quality before duration
Pike Compression	2-3 x 4-8	45 sec	4-6	Control pelvis and ribs
Mobility reset	5-7 min	-	3	Easy breathing; pain-free range

SESSION B - LOWER + BALANCE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Ankle + hip + landing preparation
Step-Up	2-3 x 4-8/leg	60-90 sec	4-6	Knee-foot alignment
Hip Bridge	2-3 x 4-8	60-90 sec	4-6	Stable pelvis; controlled tempo
Lateral Stick Landing	3-4 x 4-6	45-60 sec	4-6	Quiet landing; hold finish
Single-Leg Balance	3 x 20-30 sec	30 sec	5-6	Stable foot and pelvis
Front Split Stretch	2-3 x 30 sec	20 sec	3-4	No forced end range

SESSION C - POWER + CONDITIONING

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Dynamic prep	8-10 min	-	4	Prepare, do not fatigue
Split Jump	3-4 x 4-8	60-90 sec	4-6	Explosive action; own the landing
Pogo Jumps	3 x 4-6	60 sec	4-6	Stop when speed/quality drops
Routine Capacity Circuit	3-5 rounds	60-90 sec	4-6	Consistent technique
Hollow Hold	2-3 x 15-30 sec	45 sec	4-6	Maintain body line under fatigue
Cool-down / recovery	5-8 min	-	2-3	Restore breathing and range

Coach note: Adjust or stop any exercise when technique deteriorates, pain appears, or the athlete cannot recover adequately around apparatus training.

MATCHED PHOTO MODELS

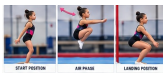
Hollow Body Model



Pull-Up Model



Split Squat Model



Tuck Jump / Stick



Front Split Mobility

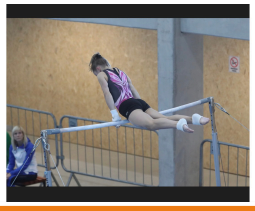


Photo names describe the image shown. Use only when the exercise matches the same movement family.

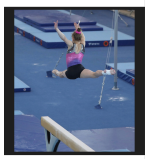
TECHNICAL APPARATUS REFERENCES



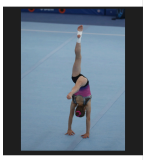
VAULT



BARS



BEAM



FLOOR

Real-photo movement references

WEEK 39 | PHASE 3

PRE-COMPETITION & COMPETITION

Focus: Competition review
Load: ASSESSMENT / TRANSITION

SESSION A - UPPER + CORE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Wrist + shoulder + trunk activation
Support Hold	2-3 x 4-8	60-90 sec	4-6	Straight body line; controlled range
Ring/TRX Row	2-3 x 4-8	60-90 sec	4-6	Scapular control; no swinging
Pike Compression	2-3 x 15-30 sec	45 sec	4-6	Shape quality before duration
Hollow Hold	2-3 x 4-8	45 sec	4-6	Control pelvis and ribs
Mobility reset	5-7 min	-	3	Easy breathing; pain-free range

SESSION B - LOWER + BALANCE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Ankle + hip + landing preparation
Single-Leg RDL	2-3 x 4-8/leg	60-90 sec	4-6	Knee-foot alignment
Calf Raise	2-3 x 4-8	60-90 sec	4-6	Stable pelvis; controlled tempo
Snap-Down to Stick	3-4 x 4-6	45-60 sec	4-6	Quiet landing; hold finish
Reach Matrix	3 x 20-30 sec	30 sec	5-6	Stable foot and pelvis
Ankle Mobility	2-3 x 30 sec	20 sec	3-4	No forced end range

SESSION C - POWER + CONDITIONING

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Dynamic prep	8-10 min	-	4	Prepare, do not fatigue
Broad Jump	3-4 x 4-8	60-90 sec	4-6	Explosive action; own the landing
Squat Jump	3 x 4-6	60 sec	4-6	Stop when speed/quality drops
Bear Crawl	3-5 rounds	60-90 sec	4-6	Consistent technique
Arch Hold	2-3 x 15-30 sec	45 sec	4-6	Maintain body line under fatigue
Cool-down / recovery	5-8 min	-	2-3	Restore breathing and range

Coach note: Adjust or stop any exercise when technique deteriorates, pain appears, or the athlete cannot recover adequately around apparatus training.

MATCHED PHOTO MODELS

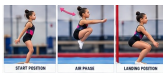
Hollow Body Model



Pull-Up Model



Split Squat Model



Tuck Jump / Stick



Front Split Mobility

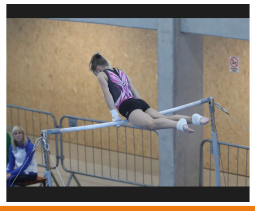


Photo names describe the image shown. Use only when the exercise matches the same movement family.

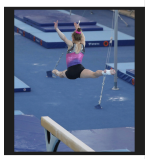
TECHNICAL APPARATUS REFERENCES



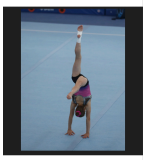
VAULT



BARS



BEAM



FLOOR

Real-photo movement references

PHASE 4 EXERCISE LIBRARY

COMPETITION / MAINTENANCE

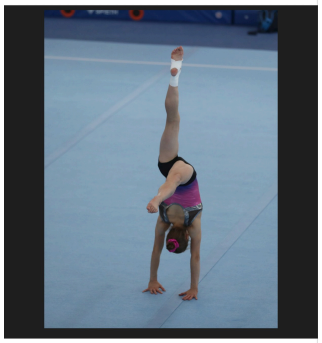
Weeks 40-52 | Maintain strength and power while prioritizing execution, consistency, recovery and injury prevention.

LIBRARY 1/2

REAL-PHOTO MOVEMENT MODELS

Each photograph is kept in its natural form. The same image is reused only for the same movement family.

FLOOR



Floor Handstand Alignment

Technical movement reference - apparatus matched.

Use only with the named apparatus / movement family.

BARS

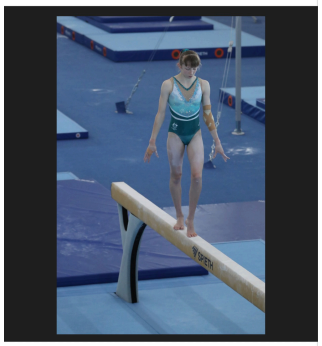


Bars Handstand / Support Line

Technical movement reference - apparatus matched.

Use only with the named apparatus / movement family.

BEAM

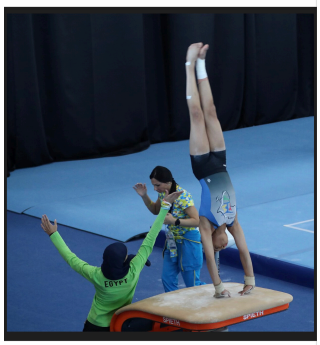


Beam Balance / Single-Leg Control

Technical movement reference - apparatus matched.

Use only with the named apparatus / movement family.

VAULT



Vault Hand Support / Block Position

Technical movement reference - apparatus matched.

Use only with the named apparatus / movement family.

PHASE 4 EXERCISE LIBRARY

COMPETITION / MAINTENANCE

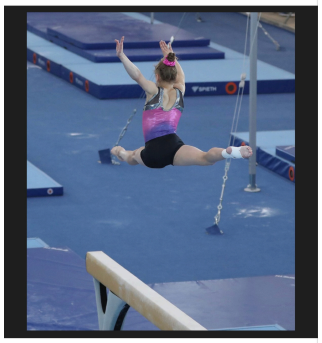
Weeks 40-52 | Maintain strength and power while prioritizing execution, consistency, recovery and injury prevention.

LIBRARY 2/2

REAL-PHOTO MOVEMENT MODELS

Each photograph is kept in its natural form. The same image is reused only for the same movement family.

BEAM

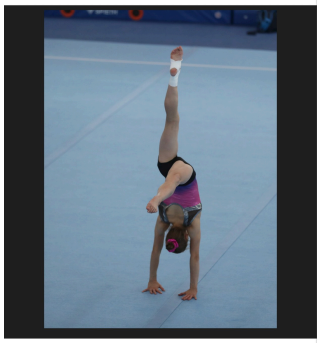


Beam Split-Leap Line

Technical movement reference - apparatus matched.

Use only with the named apparatus / movement family.

FLOOR



Floor Handstand / Acro Line

Technical movement reference - apparatus matched.

Use only with the named apparatus / movement family.

BARS

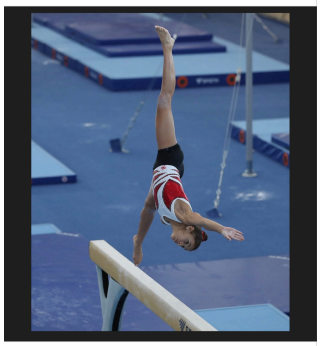


Bars Hang / Swing Body Line

Technical movement reference - apparatus matched.

Use only with the named apparatus / movement family.

BEAM



Beam Acro Hand-Support Line

Technical movement reference - apparatus matched.

Use only with the named apparatus / movement family.

WEEK 40 | PHASE 4

MAINTENANCE, RECOVERY & TRANSITION	**Focus:** Maintenance **Load:** BUILD 1

SESSION A - UPPER + CORE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Wrist + shoulder + trunk activation
Push-Up	2-3 x 6-10	45-75 sec	4-7	Straight body line; controlled range
Assisted Pull-Up	2-3 x 6-10	45-75 sec	4-7	Scapular control; no swinging
Hollow Hold	2-3 x 15-30 sec	45 sec	4-7	Shape quality before duration
Arch Hold	2-3 x 6-10	45 sec	4-7	Control pelvis and ribs
Mobility reset	5-7 min	-	3	Easy breathing; pain-free range

SESSION B - LOWER + BALANCE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Ankle + hip + landing preparation
Hip Bridge	2-3 x 6-10/leg	45-75 sec	4-7	Knee-foot alignment
Squat	2-3 x 6-10	45-75 sec	4-7	Stable pelvis; controlled tempo
Low Drop to Stick	3-4 x 4-6	45-60 sec	4-7	Quiet landing; hold finish
Arabesque Hold	3 x 20-30 sec	30 sec	5-6	Stable foot and pelvis
Wrist Prep	2-3 x 30 sec	20 sec	3-4	No forced end range

SESSION C - POWER + CONDITIONING

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Dynamic prep	8-10 min	-	4	Prepare, do not fatigue
Pogo Jumps	3-4 x 4-8	60-90 sec	4-7	Explosive action; own the landing
Tuck Jump	3 x 4-6	60 sec	4-7	Stop when speed/quality drops
Mountain Climber	3-5 rounds	60-90 sec	4-7	Consistent technique
Dead Bug	2-3 x 15-30 sec	45 sec	4-7	Maintain body line under fatigue
Cool-down / recovery	5-8 min	-	2-3	Restore breathing and range

Coach note: Adjust or stop any exercise when technique deteriorates, pain appears, or the athlete cannot recover adequately around apparatus training.

MATCHED PHOTO MODELS

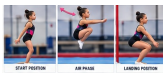
Hollow Body Model



Pull-Up Model



Split Squat Model



Tuck Jump / Stick



Front Split Mobility

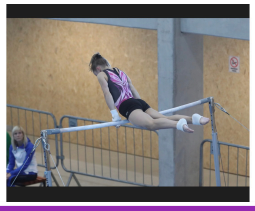


Photo names describe the image shown. Use only when the exercise matches the same movement family.

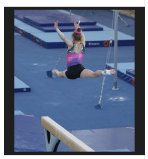
TECHNICAL APPARATUS REFERENCES



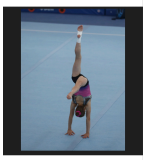
VAULT



BARS



BEAM



FLOOR

Real-photo movement references

WEEK 41 | PHASE 4

MAINTENANCE, RECOVERY & TRANSITION	**Focus:** Maintenance **Load:** BUILD 1

SESSION A - UPPER + CORE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Wrist + shoulder + trunk activation
Incline Push-Up	2-3 x 6-10	45-75 sec	4-7	Straight body line; controlled range
Strict Pull-Up	2-3 x 6-10	45-75 sec	4-7	Scapular control; no swinging
Arch Hold	2-3 x 15-30 sec	45 sec	4-7	Shape quality before duration
Dead Bug	2-3 x 6-10	45 sec	4-7	Control pelvis and ribs
Mobility reset	5-7 min	-	3	Easy breathing; pain-free range

SESSION B - LOWER + BALANCE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Ankle + hip + landing preparation
Calf Raise	2-3 x 6-10/leg	45-75 sec	4-7	Knee-foot alignment
Split Squat	2-3 x 6-10	45-75 sec	4-7	Stable pelvis; controlled tempo
Squat Jump to Stick	3-4 x 4-6	45-60 sec	4-7	Quiet landing; hold finish
Beam Line Walk	3 x 20-30 sec	30 sec	5-6	Stable foot and pelvis
Shoulder Flexion	2-3 x 30 sec	20 sec	3-4	No forced end range

SESSION C - POWER + CONDITIONING

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Dynamic prep	8-10 min	-	4	Prepare, do not fatigue
Squat Jump	3-4 x 4-8	60-90 sec	4-7	Explosive action; own the landing
Split Jump	3 x 4-6	60 sec	4-7	Stop when speed/quality drops
Low-Impact Aerobic Circuit	3-5 rounds	60-90 sec	4-7	Consistent technique
Side Plank	2-3 x 15-30 sec	45 sec	4-7	Maintain body line under fatigue
Cool-down / recovery	5-8 min	-	2-3	Restore breathing and range

Coach note: Adjust or stop any exercise when technique deteriorates, pain appears, or the athlete cannot recover adequately around apparatus training.

MATCHED PHOTO MODELS

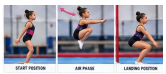
Hollow Body Model



Pull-Up Model



Split Squat Model



Tuck Jump / Stick



Front Split Mobility

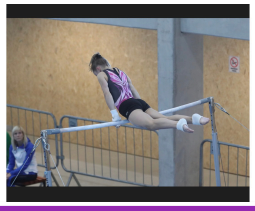


Photo names describe the image shown. Use only when the exercise matches the same movement family.

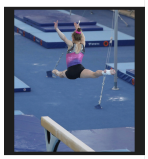
TECHNICAL APPARATUS REFERENCES



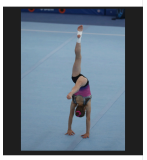
VAULT



BARS



BEAM



FLOOR

Real-photo movement references

WEEK 42 | PHASE 4

MAINTENANCE, RECOVERY & TRANSITION	**Focus:** Maintenance **Load:** BUILD 1

SESSION A - UPPER + CORE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Wrist + shoulder + trunk activation
Pike Push-Up	2-3 x 6-10	45-75 sec	4-7	Straight body line; controlled range
Scapular Pull-Up	2-3 x 6-10	45-75 sec	4-7	Scapular control; no swinging
Dead Bug	2-3 x 15-30 sec	45 sec	4-7	Shape quality before duration
Side Plank	2-3 x 6-10	45 sec	4-7	Control pelvis and ribs
Mobility reset	5-7 min	-	3	Easy breathing; pain-free range

SESSION B - LOWER + BALANCE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Ankle + hip + landing preparation
Squat	2-3 x 6-10/leg	45-75 sec	4-7	Knee-foot alignment
Step-Up	2-3 x 6-10	45-75 sec	4-7	Stable pelvis; controlled tempo
Lateral Stick Landing	3-4 x 4-6	45-60 sec	4-7	Quiet landing; hold finish
Single-Leg Balance	3 x 20-30 sec	30 sec	5-6	Stable foot and pelvis
Thoracic Rotation	2-3 x 30 sec	20 sec	3-4	No forced end range

SESSION C - POWER + CONDITIONING

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Dynamic prep	8-10 min	-	4	Prepare, do not fatigue
Tuck Jump	3-4 x 4-8	60-90 sec	4-7	Explosive action; own the landing
Broad Jump	3 x 4-6	60 sec	4-7	Stop when speed/quality drops
Gymnastics Body-Line Circuit	3-5 rounds	60-90 sec	4-7	Consistent technique
Hanging Knee/Leg Raise	2-3 x 15-30 sec	45 sec	4-7	Maintain body line under fatigue
Cool-down / recovery	5-8 min	-	2-3	Restore breathing and range

Coach note: Adjust or stop any exercise when technique deteriorates, pain appears, or the athlete cannot recover adequately around apparatus training.

MATCHED PHOTO MODELS

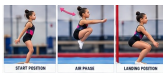
Hollow Body Model



Pull-Up Model



Split Squat Model



Tuck Jump / Stick



Front Split Mobility

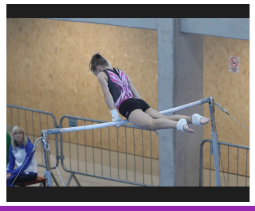


Photo names describe the image shown. Use only when the exercise matches the same movement family.

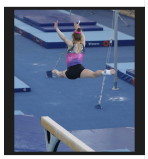
TECHNICAL APPARATUS REFERENCES



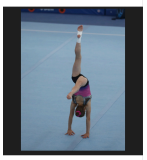
VAULT



BARS



BEAM



FLOOR

Real-photo movement references

WEEK 43 | PHASE 4

MAINTENANCE, RECOVERY & TRANSITION	**Focus:** Maintenance **Load:** CONSOLIDATE / REDUCED VOLUME

SESSION A - UPPER + CORE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Wrist + shoulder + trunk activation
Scapular Push-Up	2-3 x 6-10	45-75 sec	4-6	Straight body line; controlled range
Tempo Eccentric Pull-Up	2-3 x 6-10	45-75 sec	4-6	Scapular control; no swinging
Side Plank	2-3 x 15-30 sec	45 sec	4-6	Shape quality before duration
Hanging Knee/Leg Raise	2-3 x 6-10	45 sec	4-6	Control pelvis and ribs
Mobility reset	5-7 min	-	3	Easy breathing; pain-free range

SESSION B - LOWER + BALANCE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Ankle + hip + landing preparation
Split Squat	2-3 x 6-10/leg	45-75 sec	4-6	Knee-foot alignment
Single-Leg RDL	2-3 x 6-10	45-75 sec	4-6	Stable pelvis; controlled tempo
Snap-Down to Stick	3-4 x 4-6	45-60 sec	4-6	Quiet landing; hold finish
Reach Matrix	3 x 20-30 sec	30 sec	5-6	Stable foot and pelvis
Hip Flexor Mobility	2-3 x 30 sec	20 sec	3-4	No forced end range

SESSION C - POWER + CONDITIONING

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Dynamic prep	8-10 min	-	4	Prepare, do not fatigue
Split Jump	3-4 x 4-8	60-90 sec	4-6	Explosive action; own the landing
Pogo Jumps	3 x 4-6	60 sec	4-6	Stop when speed/quality drops
Routine Capacity Circuit	3-5 rounds	60-90 sec	4-6	Consistent technique
Pike Compression	2-3 x 15-30 sec	45 sec	4-6	Maintain body line under fatigue
Cool-down / recovery	5-8 min	-	2-3	Restore breathing and range

Coach note: Adjust or stop any exercise when technique deteriorates, pain appears, or the athlete cannot recover adequately around apparatus training.

MATCHED PHOTO MODELS

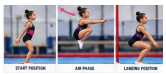
Hollow Body Model



Pull-Up Model



Split Squat Model



Tuck Jump / Stick



Front Split Mobility

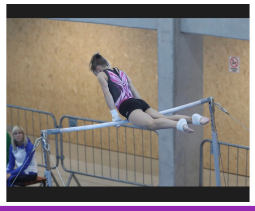


Photo names describe the image shown. Use only when the exercise matches the same movement family.

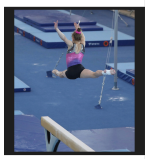
TECHNICAL APPARATUS REFERENCES



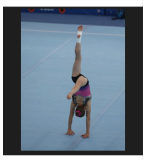
VAULT



BARS



BEAM



FLOOR

Real-photo movement references

WEEK 44 | PHASE 4

MAINTENANCE, RECOVERY & TRANSITION	**Focus:** Active recovery **Load:** BUILD 1

SESSION A - UPPER + CORE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Wrist + shoulder + trunk activation
Support Hold	2-3 x 6-10	45-75 sec	4-7	Straight body line; controlled range
Ring/TRX Row	2-3 x 6-10	45-75 sec	4-7	Scapular control; no swinging
Hanging Knee/Leg Raise	2-3 x 15-30 sec	45 sec	4-7	Shape quality before duration
Pike Compression	2-3 x 6-10	45 sec	4-7	Control pelvis and ribs
Mobility reset	5-7 min	-	3	Easy breathing; pain-free range

SESSION B - LOWER + BALANCE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Ankle + hip + landing preparation
Step-Up	2-3 x 6-10/leg	45-75 sec	4-7	Knee-foot alignment
Hip Bridge	2-3 x 6-10	45-75 sec	4-7	Stable pelvis; controlled tempo
Low Drop to Stick	3-4 x 4-6	45-60 sec	4-7	Quiet landing; hold finish
Arabesque Hold	3 x 20-30 sec	30 sec	5-6	Stable foot and pelvis
Front Split Stretch	2-3 x 30 sec	20 sec	3-4	No forced end range

SESSION C - POWER + CONDITIONING

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Dynamic prep	8-10 min	-	4	Prepare, do not fatigue
Broad Jump	3-4 x 4-8	60-90 sec	4-7	Explosive action; own the landing
Squat Jump	3 x 4-6	60 sec	4-7	Stop when speed/quality drops
Bear Crawl	3-5 rounds	60-90 sec	4-7	Consistent technique
Hollow Hold	2-3 x 15-30 sec	45 sec	4-7	Maintain body line under fatigue
Cool-down / recovery	5-8 min	-	2-3	Restore breathing and range

Coach note: Adjust or stop any exercise when technique deteriorates, pain appears, or the athlete cannot recover adequately around apparatus training.

MATCHED PHOTO MODELS

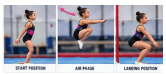
Hollow Body Model



Pull-Up Model



Split Squat Model



Tuck Jump / Stick



Front Split Mobility

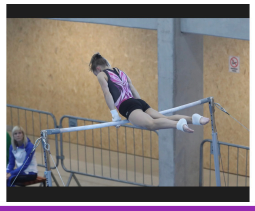


Photo names describe the image shown. Use only when the exercise matches the same movement family.

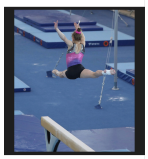
TECHNICAL APPARATUS REFERENCES



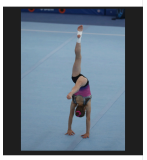
VAULT



BARS



BEAM



FLOOR

Real-photo movement references

WEEK 45 | PHASE 4

MAINTENANCE, RECOVERY & TRANSITION	**Focus:** Active recovery **Load:** BUILD 2

SESSION A - UPPER + CORE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Wrist + shoulder + trunk activation
Push-Up	2-3 x 6-10	45-75 sec	4-7	Straight body line; controlled range
Assisted Pull-Up	2-3 x 6-10	45-75 sec	4-7	Scapular control; no swinging
Pike Compression	2-3 x 15-30 sec	45 sec	4-7	Shape quality before duration
Hollow Hold	2-3 x 6-10	45 sec	4-7	Control pelvis and ribs
Mobility reset	5-7 min	-	3	Easy breathing; pain-free range

SESSION B - LOWER + BALANCE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Ankle + hip + landing preparation
Single-Leg RDL	2-3 x 6-10/leg	45-75 sec	4-7	Knee-foot alignment
Calf Raise	2-3 x 6-10	45-75 sec	4-7	Stable pelvis; controlled tempo
Squat Jump to Stick	3-4 x 4-6	45-60 sec	4-7	Quiet landing; hold finish
Beam Line Walk	3 x 20-30 sec	30 sec	5-6	Stable foot and pelvis
Ankle Mobility	2-3 x 30 sec	20 sec	3-4	No forced end range

SESSION C - POWER + CONDITIONING

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Dynamic prep	8-10 min	-	4	Prepare, do not fatigue
Pogo Jumps	3-4 x 4-8	60-90 sec	4-7	Explosive action; own the landing
Tuck Jump	3 x 4-6	60 sec	4-7	Stop when speed/quality drops
Mountain Climber	3-5 rounds	60-90 sec	4-7	Consistent technique
Arch Hold	2-3 x 15-30 sec	45 sec	4-7	Maintain body line under fatigue
Cool-down / recovery	5-8 min	-	2-3	Restore breathing and range

Coach note: Adjust or stop any exercise when technique deteriorates, pain appears, or the athlete cannot recover adequately around apparatus training.

MATCHED PHOTO MODELS

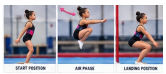
Hollow Body Model



Pull-Up Model



Split Squat Model



Tuck Jump / Stick



Front Split Mobility

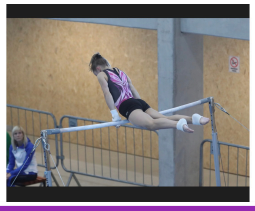


Photo names describe the image shown. Use only when the exercise matches the same movement family.

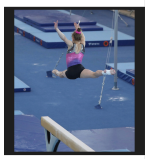
TECHNICAL APPARATUS REFERENCES



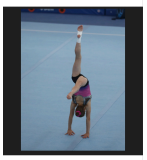
VAULT



BARS



BEAM



FLOOR

Real-photo movement references

WEEK 46 | PHASE 4

MAINTENANCE, RECOVERY & TRANSITION	**Focus:** Active recovery **Load:** BUILD 2

SESSION A - UPPER + CORE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Wrist + shoulder + trunk activation
Incline Push-Up	2-3 x 6-10	45-75 sec	4-7	Straight body line; controlled range
Strict Pull-Up	2-3 x 6-10	45-75 sec	4-7	Scapular control; no swinging
Hollow Hold	2-3 x 15-30 sec	45 sec	4-7	Shape quality before duration
Arch Hold	2-3 x 6-10	45 sec	4-7	Control pelvis and ribs
Mobility reset	5-7 min	-	3	Easy breathing; pain-free range

SESSION B - LOWER + BALANCE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Ankle + hip + landing preparation
Hip Bridge	2-3 x 6-10/leg	45-75 sec	4-7	Knee-foot alignment
Squat	2-3 x 6-10	45-75 sec	4-7	Stable pelvis; controlled tempo
Lateral Stick Landing	3-4 x 4-6	45-60 sec	4-7	Quiet landing; hold finish
Single-Leg Balance	3 x 20-30 sec	30 sec	5-6	Stable foot and pelvis
Wrist Prep	2-3 x 30 sec	20 sec	3-4	No forced end range

SESSION C - POWER + CONDITIONING

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Dynamic prep	8-10 min	-	4	Prepare, do not fatigue
Squat Jump	3-4 x 4-8	60-90 sec	4-7	Explosive action; own the landing
Split Jump	3 x 4-6	60 sec	4-7	Stop when speed/quality drops
Low-Impact Aerobic Circuit	3-5 rounds	60-90 sec	4-7	Consistent technique
Dead Bug	2-3 x 15-30 sec	45 sec	4-7	Maintain body line under fatigue
Cool-down / recovery	5-8 min	-	2-3	Restore breathing and range

Coach note: Adjust or stop any exercise when technique deteriorates, pain appears, or the athlete cannot recover adequately around apparatus training.

MATCHED PHOTO MODELS

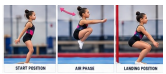
Hollow Body Model



Pull-Up Model



Split Squat Model



Tuck Jump / Stick



Front Split Mobility

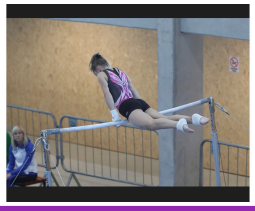


Photo names describe the image shown. Use only when the exercise matches the same movement family.

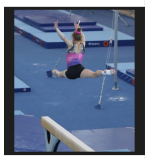
TECHNICAL APPARATUS REFERENCES



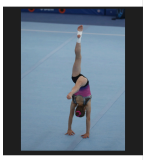
VAULT



BARS



BEAM



FLOOR

Real-photo movement references

WEEK 47 | PHASE 4

MAINTENANCE, RECOVERY & TRANSITION	**Focus:** Weakness correction **Load:** CONSOLIDATE / REDUCED VOLUME

SESSION A - UPPER + CORE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Wrist + shoulder + trunk activation
Pike Push-Up	2-3 x 6-10	45-75 sec	4-6	Straight body line; controlled range
Scapular Pull-Up	2-3 x 6-10	45-75 sec	4-6	Scapular control; no swinging
Arch Hold	2-3 x 15-30 sec	45 sec	4-6	Shape quality before duration
Dead Bug	2-3 x 6-10	45 sec	4-6	Control pelvis and ribs
Mobility reset	5-7 min	-	3	Easy breathing; pain-free range

SESSION B - LOWER + BALANCE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Ankle + hip + landing preparation
Calf Raise	2-3 x 6-10/leg	45-75 sec	4-6	Knee-foot alignment
Split Squat	2-3 x 6-10	45-75 sec	4-6	Stable pelvis; controlled tempo
Snap-Down to Stick	3-4 x 4-6	45-60 sec	4-6	Quiet landing; hold finish
Reach Matrix	3 x 20-30 sec	30 sec	5-6	Stable foot and pelvis
Shoulder Flexion	2-3 x 30 sec	20 sec	3-4	No forced end range

SESSION C - POWER + CONDITIONING

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Dynamic prep	8-10 min	-	4	Prepare, do not fatigue
Tuck Jump	3-4 x 4-8	60-90 sec	4-6	Explosive action; own the landing
Broad Jump	3 x 4-6	60 sec	4-6	Stop when speed/quality drops
Gymnastics Body-Line Circuit	3-5 rounds	60-90 sec	4-6	Consistent technique
Side Plank	2-3 x 15-30 sec	45 sec	4-6	Maintain body line under fatigue
Cool-down / recovery	5-8 min	-	2-3	Restore breathing and range

Coach note: Adjust or stop any exercise when technique deteriorates, pain appears, or the athlete cannot recover adequately around apparatus training.

MATCHED PHOTO MODELS

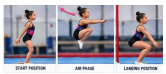
Hollow Body Model



Pull-Up Model



Split Squat Model



Tuck Jump / Stick



Front Split Mobility

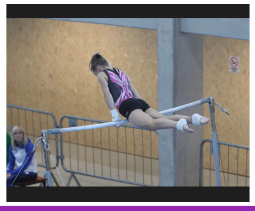


Photo names describe the image shown. Use only when the exercise matches the same movement family.

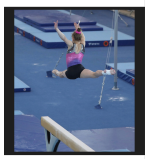
TECHNICAL APPARATUS REFERENCES



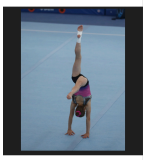
VAULT



BARS



BEAM



FLOOR

Real-photo movement references

WEEK 48 | PHASE 4

MAINTENANCE, RECOVERY & TRANSITION	**Focus:** Weakness correction **Load:** BUILD 2

SESSION A - UPPER + CORE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Wrist + shoulder + trunk activation
Scapular Push-Up	2-3 x 6-10	45-75 sec	4-7	Straight body line; controlled range
Tempo Eccentric Pull-Up	2-3 x 6-10	45-75 sec	4-7	Scapular control; no swinging
Dead Bug	2-3 x 15-30 sec	45 sec	4-7	Shape quality before duration
Side Plank	2-3 x 6-10	45 sec	4-7	Control pelvis and ribs
Mobility reset	5-7 min	-	3	Easy breathing; pain-free range

SESSION B - LOWER + BALANCE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Ankle + hip + landing preparation
Squat	2-3 x 6-10/leg	45-75 sec	4-7	Knee-foot alignment
Step-Up	2-3 x 6-10	45-75 sec	4-7	Stable pelvis; controlled tempo
Low Drop to Stick	3-4 x 4-6	45-60 sec	4-7	Quiet landing; hold finish
Arabesque Hold	3 x 20-30 sec	30 sec	5-6	Stable foot and pelvis
Thoracic Rotation	2-3 x 30 sec	20 sec	3-4	No forced end range

SESSION C - POWER + CONDITIONING

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Dynamic prep	8-10 min	-	4	Prepare, do not fatigue
Split Jump	3-4 x 4-8	60-90 sec	4-7	Explosive action; own the landing
Pogo Jumps	3 x 4-6	60 sec	4-7	Stop when speed/quality drops
Routine Capacity Circuit	3-5 rounds	60-90 sec	4-7	Consistent technique
Hanging Knee/Leg Raise	2-3 x 15-30 sec	45 sec	4-7	Maintain body line under fatigue
Cool-down / recovery	5-8 min	-	2-3	Restore breathing and range

Coach note: Adjust or stop any exercise when technique deteriorates, pain appears, or the athlete cannot recover adequately around apparatus training.

MATCHED PHOTO MODELS

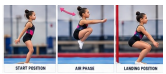
Hollow Body Model



Pull-Up Model



Split Squat Model



Tuck Jump / Stick



Front Split Mobility

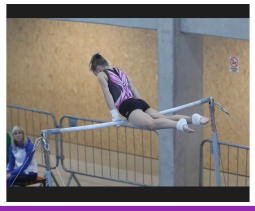


Photo names describe the image shown. Use only when the exercise matches the same movement family.

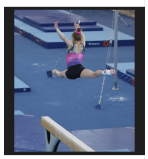
TECHNICAL APPARATUS REFERENCES



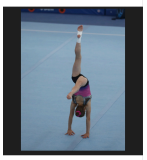
VAULT



BARS



BEAM



FLOOR

Real-photo movement references

WEEK 49 | PHASE 4

MAINTENANCE, RECOVERY & TRANSITION	**Focus:** Weakness correction **Load:** BUILD 3

SESSION A - UPPER + CORE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Wrist + shoulder + trunk activation
Support Hold	2-3 x 6-10	45-75 sec	4-7	Straight body line; controlled range
Ring/TRX Row	2-3 x 6-10	45-75 sec	4-7	Scapular control; no swinging
Side Plank	2-3 x 15-30 sec	45 sec	4-7	Shape quality before duration
Hanging Knee/Leg Raise	2-3 x 6-10	45 sec	4-7	Control pelvis and ribs
Mobility reset	5-7 min	-	3	Easy breathing; pain-free range

SESSION B - LOWER + BALANCE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Ankle + hip + landing preparation
Split Squat	2-3 x 6-10/leg	45-75 sec	4-7	Knee-foot alignment
Single-Leg RDL	2-3 x 6-10	45-75 sec	4-7	Stable pelvis; controlled tempo
Squat Jump to Stick	3-4 x 4-6	45-60 sec	4-7	Quiet landing; hold finish
Beam Line Walk	3 x 20-30 sec	30 sec	5-6	Stable foot and pelvis
Hip Flexor Mobility	2-3 x 30 sec	20 sec	3-4	No forced end range

SESSION C - POWER + CONDITIONING

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Dynamic prep	8-10 min	-	4	Prepare, do not fatigue
Broad Jump	3-4 x 4-8	60-90 sec	4-7	Explosive action; own the landing
Squat Jump	3 x 4-6	60 sec	4-7	Stop when speed/quality drops
Bear Crawl	3-5 rounds	60-90 sec	4-7	Consistent technique
Pike Compression	2-3 x 15-30 sec	45 sec	4-7	Maintain body line under fatigue
Cool-down / recovery	5-8 min	-	2-3	Restore breathing and range

Coach note: Adjust or stop any exercise when technique deteriorates, pain appears, or the athlete cannot recover adequately around apparatus training.

MATCHED PHOTO MODELS

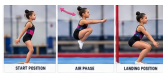
Hollow Body Model



Pull-Up Model



Split Squat Model



Tuck Jump / Stick



Front Split Mobility

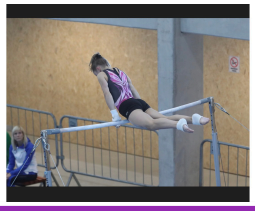


Photo names describe the image shown. Use only when the exercise matches the same movement family.

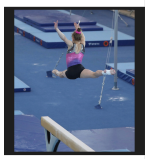
TECHNICAL APPARATUS REFERENCES



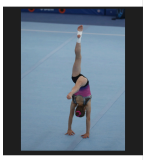
VAULT



BARS



BEAM



FLOOR

Real-photo movement references

WEEK 50 | PHASE 4

MAINTENANCE, RECOVERY & TRANSITION	**Focus:** Rebuild + final test **Load:** BUILD 3

SESSION A - UPPER + CORE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Wrist + shoulder + trunk activation
Push-Up	2-3 x 6-10	45-75 sec	4-7	Straight body line; controlled range
Assisted Pull-Up	2-3 x 6-10	45-75 sec	4-7	Scapular control; no swinging
Hanging Knee/Leg Raise	2-3 x 15-30 sec	45 sec	4-7	Shape quality before duration
Pike Compression	2-3 x 6-10	45 sec	4-7	Control pelvis and ribs
Mobility reset	5-7 min	-	3	Easy breathing; pain-free range

SESSION B - LOWER + BALANCE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Ankle + hip + landing preparation
Step-Up	2-3 x 6-10/leg	45-75 sec	4-7	Knee-foot alignment
Hip Bridge	2-3 x 6-10	45-75 sec	4-7	Stable pelvis; controlled tempo
Lateral Stick Landing	3-4 x 4-6	45-60 sec	4-7	Quiet landing; hold finish
Single-Leg Balance	3 x 20-30 sec	30 sec	5-6	Stable foot and pelvis
Front Split Stretch	2-3 x 30 sec	20 sec	3-4	No forced end range

SESSION C - POWER + CONDITIONING

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Dynamic prep	8-10 min	-	4	Prepare, do not fatigue
Pogo Jumps	3-4 x 4-8	60-90 sec	4-7	Explosive action; own the landing
Tuck Jump	3 x 4-6	60 sec	4-7	Stop when speed/quality drops
Mountain Climber	3-5 rounds	60-90 sec	4-7	Consistent technique
Hollow Hold	2-3 x 15-30 sec	45 sec	4-7	Maintain body line under fatigue
Cool-down / recovery	5-8 min	-	2-3	Restore breathing and range

Coach note: Adjust or stop any exercise when technique deteriorates, pain appears, or the athlete cannot recover adequately around apparatus training.

MATCHED PHOTO MODELS

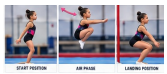
Hollow Body Model



Pull-Up Model



Split Squat Model



Tuck Jump / Stick



Front Split Mobility

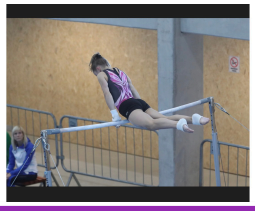


Photo names describe the image shown. Use only when the exercise matches the same movement family.

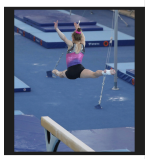
TECHNICAL APPARATUS REFERENCES



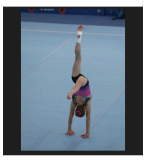
VAULT



BARS



BEAM



FLOOR

Real-photo movement references

WEEK 51 | PHASE 4

MAINTENANCE, RECOVERY & TRANSITION	**Focus:** Rebuild + final test **Load:** CONSOLIDATE / REDUCED VOLUME

SESSION A - UPPER + CORE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Wrist + shoulder + trunk activation
Incline Push-Up	2-3 x 6-10	45-75 sec	4-6	Straight body line; controlled range
Strict Pull-Up	2-3 x 6-10	45-75 sec	4-6	Scapular control; no swinging
Pike Compression	2-3 x 15-30 sec	45 sec	4-6	Shape quality before duration
Hollow Hold	2-3 x 6-10	45 sec	4-6	Control pelvis and ribs
Mobility reset	5-7 min	-	3	Easy breathing; pain-free range

SESSION B - LOWER + BALANCE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Ankle + hip + landing preparation
Single-Leg RDL	2-3 x 6-10/leg	45-75 sec	4-6	Knee-foot alignment
Calf Raise	2-3 x 6-10	45-75 sec	4-6	Stable pelvis; controlled tempo
Snap-Down to Stick	3-4 x 4-6	45-60 sec	4-6	Quiet landing; hold finish
Reach Matrix	3 x 20-30 sec	30 sec	5-6	Stable foot and pelvis
Ankle Mobility	2-3 x 30 sec	20 sec	3-4	No forced end range

SESSION C - POWER + CONDITIONING

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Dynamic prep	8-10 min	-	4	Prepare, do not fatigue
Squat Jump	3-4 x 4-8	60-90 sec	4-6	Explosive action; own the landing
Split Jump	3 x 4-6	60 sec	4-6	Stop when speed/quality drops
Low-Impact Aerobic Circuit	3-5 rounds	60-90 sec	4-6	Consistent technique
Arch Hold	2-3 x 15-30 sec	45 sec	4-6	Maintain body line under fatigue
Cool-down / recovery	5-8 min	-	2-3	Restore breathing and range

Coach note: Adjust or stop any exercise when technique deteriorates, pain appears, or the athlete cannot recover adequately around apparatus training.

MATCHED PHOTO MODELS

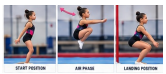
Hollow Body Model



Pull-Up Model



Split Squat Model



Tuck Jump / Stick



Front Split Mobility

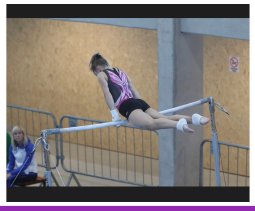


Photo names describe the image shown. Use only when the exercise matches the same movement family.

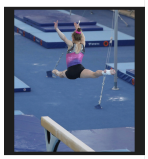
TECHNICAL APPARATUS REFERENCES



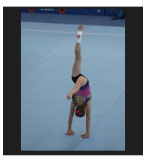
VAULT



BARS



BEAM



FLOOR

Real-photo movement references

WEEK 52 | PHASE 4

MAINTENANCE, RECOVERY & TRANSITION	**Focus:** Rebuild + final test **Load:** ASSESSMENT / TRANSITION

SESSION A - UPPER + CORE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Wrist + shoulder + trunk activation
Pike Push-Up	2-3 x 6-10	45-75 sec	4-6	Straight body line; controlled range
Scapular Pull-Up	2-3 x 6-10	45-75 sec	4-6	Scapular control; no swinging
Hollow Hold	2-3 x 15-30 sec	45 sec	4-6	Shape quality before duration
Arch Hold	2-3 x 6-10	45 sec	4-6	Control pelvis and ribs
Mobility reset	5-7 min	-	3	Easy breathing; pain-free range

SESSION B - LOWER + BALANCE

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Movement prep	8-10 min	-	4	Ankle + hip + landing preparation
Hip Bridge	2-3 x 6-10/leg	45-75 sec	4-6	Knee-foot alignment
Squat	2-3 x 6-10	45-75 sec	4-6	Stable pelvis; controlled tempo
Low Drop to Stick	3-4 x 4-6	45-60 sec	4-6	Quiet landing; hold finish
Arabesque Hold	3 x 20-30 sec	30 sec	5-6	Stable foot and pelvis
Wrist Prep	2-3 x 30 sec	20 sec	3-4	No forced end range

SESSION C - POWER + CONDITIONING

EXERCISE	SETS / REPS	REST	RPE	COACHING CUE
Dynamic prep	8-10 min	-	4	Prepare, do not fatigue
Tuck Jump	3-4 x 4-8	60-90 sec	4-6	Explosive action; own the landing
Broad Jump	3 x 4-6	60 sec	4-6	Stop when speed/quality drops
Gymnastics Body-Line Circuit	3-5 rounds	60-90 sec	4-6	Consistent technique
Dead Bug	2-3 x 15-30 sec	45 sec	4-6	Maintain body line under fatigue
Cool-down / recovery	5-8 min	-	2-3	Restore breathing and range

Coach note: Adjust or stop any exercise when technique deteriorates, pain appears, or the athlete cannot recover adequately around apparatus training.

MATCHED PHOTO MODELS

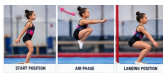
Hollow Body Model



Pull-Up Model



Split Squat Model



Tuck Jump / Stick



Front Split Mobility

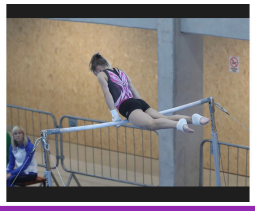


Photo names describe the image shown. Use only when the exercise matches the same movement family.

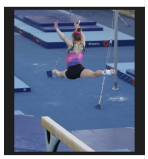
TECHNICAL APPARATUS REFERENCES



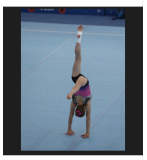
VAULT



BARS



BEAM



FLOOR

Real-photo movement references

EXERCISE LIBRARY

The following reference pages show the visual and coaching standard for the core exercise families used throughout the annual plan. In the commercial edition, each exercise can also be linked to a short demonstration video via QR code.

BAHER MAGDY
GYMNASTICS & PERFORMANCE

BUILD STRONGER GYMNASTS DEVELOP BETTER COACHES

EXERCISE LIBRARY

CORE-01

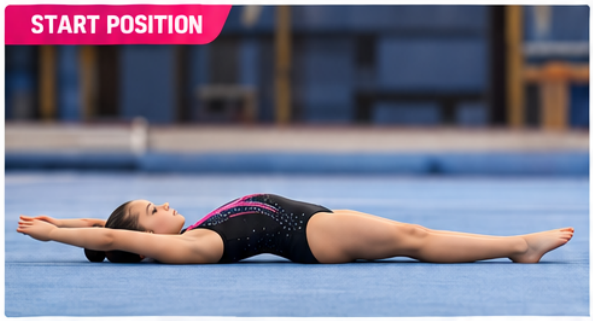
CORE EXERCISE

HOLLOW BODY HOLD

MAIN GOAL

- Develop core strength
- Improve body-line control
- Essential for all gymnastics skills

START POSITION



END POSITION



SETS × TIME

Beginner	3 × 15–20 sec
Intermediate	3 × 20–30 sec
Advanced	4 × 30–40 sec

REST BETWEEN SETS

30–45 seconds

RPE (INTENSITY)

Beginner	5	Moderate
Intermediate	6	Moderate–High
Advanced	7	High

EXECUTION STEPS

1. Lie on your back with arms extended overhead.
2. Lift your shoulders, upper back and legs off the floor.
3. Keep your lower back in contact with the floor (neutral).
4. Engage your core and glutes, point your toes.
5. Maintain a tight, controlled body position.

COACHING CUES

- Ribs down
- Lower back on the floor
- Keep legs and arms straight
- Pointed toes
- Chin slightly tucked
- Breathe normally

COMMON MISTAKES

- Arching the lower back
- Bending the knees
- Lifting the head too high
- Losing core tension
- Feet not pointed
- Arms not in line with ears

REGRESSION 1

BENT KNEE HOLLOW HOLD



3 × 15–20 sec

REGRESSION 2

ALTERNATE LEG EXTENSION



3 × 10 each leg

PROGRESSION 1

LONG-LEVER HOLLOW HOLD



3 × 30–40 sec

PURPOSE / BENEFITS

- Strengthens the core (deep and superficial muscles)
- Improves body-line awareness and control
- Essential for handstands, swings, saltos and all gymnastics skills
- Helps prevent lower back injuries

INTEGRATION IN TRAINING

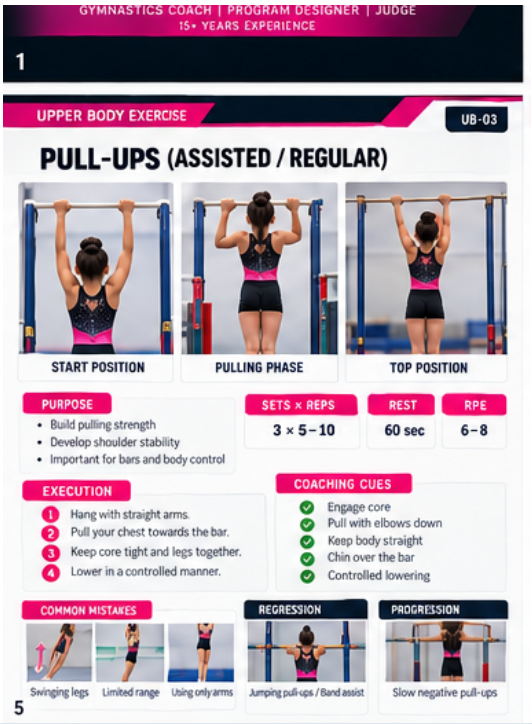
- Include in warm-up or core circuit
- Use 2–4 times per week
- Can be combined with hollow rocks, leg raises and plank variations
- Progress the time gradually based on the athlete's level

BAHER MAGDY
GYMNASTICS & PERFORMANCE

"STRONGER BODIES. HIGHER SKILLS. BRIGHTER FUTURES."

ANNUAL GYMNASTICS PERFORMANCE PROGRAM | 12

STRICT / ASSISTED PULL-UP



PURPOSE	Pulling strength and shoulder control
EXECUTION	1. Start from a controlled hang or assisted position. 2. Pull without kicking or swinging. 3. Keep ribs and pelvis controlled. 4. Lower under control.
REGRESSION	Band/feet-assisted pull-up
PROGRESSION	Tempo eccentric / pause pull-up
COMMON MISTAKES	Swinging, neck reaching, partial uncontrolled range.

SPLIT SQUAT



PURPOSE	Unilateral lower-body strength and landing support
EXECUTION	1. Use a stable split stance. 2. Lower with the front knee tracking over the foot. 3. Keep pelvis and trunk controlled. 4. Drive through the whole front foot.
REGRESSION	Supported split squat
PROGRESSION	Rear-foot elevated / moderate load
COMMON MISTAKES	Knee collapse, unstable foot, rushing the bottom.

FRONT SPLIT STRETCH



PURPOSE	Hip mobility required for gymnastics lines
EXECUTION	1. Square the hips as much as appropriate. 2. Lengthen the spine and maintain control. 3. Move gradually into a pain-free range. 4. Breathe and avoid bouncing.
REGRESSION	Supported split with blocks
PROGRESSION	Deeper range only when controlled
COMMON MISTAKES	Rotated hips, forced range, bouncing, lumbar compensation.

TUCK JUMP TO STICK



PURPOSE	Explosive power plus landing control
EXECUTION	1. Use an athletic start. 2. Jump vertically with fast hip/knee action. 3. Prepare the landing before contact. 4. Absorb quietly and hold the finish.
REGRESSION	Squat jump to stick
PROGRESSION	Higher-quality tuck jump / directional variation
COMMON MISTAKES	Hard landing, knees collapsing, uncontrolled rebound.

EXERCISE LIBRARY - COACHING CARDS

PUSH-UP

Purpose	Upper-body pushing + trunk stiffness
Execution / cue	Hands under/just outside shoulders; body remains straight; controlled descent and press.
Regression	Incline push-up
Progression	Tempo/deficit push-up
Common errors	Sagging hips; flared elbows; partial range.

PIKE PUSH-UP

Purpose	Shoulder pushing strength
Execution / cue	Hips high; head travels between hands; maintain shoulder control.
Regression	Elevated hands / reduced range
Progression	Feet elevated pike push-up
Common errors	Collapsing trunk; elbows uncontrolled.

SCAPULAR PUSH-UP

Purpose	Scapular control
Execution / cue	Keep elbows straight; move shoulder blades through protraction/retraction.
Regression	Wall version
Progression	Full plank / tempo
Common errors	Bending elbows; lumbar movement.

SUPPORT HOLD

Purpose	Straight-arm support strength
Execution / cue	Elbows locked; shoulders active; ribs/pelvis controlled.
Regression	Feet-assisted support
Progression	Longer hold / unstable support only if appropriate
Common errors	Shrugging, bent elbows, loss of body line.

EXERCISE LIBRARY - COACHING CARDS

RING/TRX ROW

Purpose	Horizontal pulling strength
Execution / cue	Straight body; pull chest toward handles; control shoulder blades.
Regression	More upright body
Progression	More horizontal / feet elevated
Common errors	Hips sagging; neck reaching.

SCAPULAR PULL-UP

Purpose	Shoulder-girdle control
Execution / cue	Straight elbows; controlled scapular elevation/depression.
Regression	Feet assisted
Progression	Full hang / tempo
Common errors	Elbow bend; swinging.

ARCH HOLD

Purpose	Posterior body-line strength
Execution / cue	Lengthen arms/legs; lift only while maintaining controlled trunk.
Regression	Alternating arm/leg lift
Progression	Arch rocks
Common errors	Excessive lumbar compression; bent knees.

DEAD BUG

Purpose	Core control
Execution / cue	Ribs down; move opposite arm/leg without losing lumbar control.
Regression	Short lever
Progression	Long lever / band resistance
Common errors	Back arching; rushing.

EXERCISE LIBRARY - COACHING CARDS

SIDE PLANK

Purpose	Lateral trunk strength
Execution / cue	Straight line shoulder-hip-ankle; stable pelvis.
Regression	Bent knees
Progression	Star plank / longer lever
Common errors	Hip dropping; shoulder collapse.

HANGING LEG RAISE

Purpose	Compression + hanging core strength
Execution / cue	Stable shoulders; lift without swing; controlled lower.
Regression	Hanging knee raise
Progression	Straight-leg / toes-to-bar progression
Common errors	Kipping; uncontrolled lumbar motion.

PIKE COMPRESSION

Purpose	Hip flexor + abdominal compression
Execution / cue	Tall torso; press hands down; lift legs without leaning back.
Regression	Single leg / hands elevated
Progression	Both legs / longer hold
Common errors	Leaning back; bouncing.

SQUAT

Purpose	General lower-body strength
Execution / cue	Whole foot pressure; knees track toes; controlled depth.
Regression	Box squat
Progression	Goblet/moderate load
Common errors	Heel lift; knee collapse; trunk loss.

EXERCISE LIBRARY - COACHING CARDS

STEP-UP

Purpose	Unilateral strength
Execution / cue	Drive through working leg; stable pelvis; controlled lower.
Regression	Lower box / support
Progression	Higher box / moderate load
Common errors	Pushing off trailing leg; knee collapse.

SINGLE-LEG RDL

Purpose	Posterior-chain + balance
Execution / cue	Hinge at hip; long spine; pelvis square.
Regression	Kickstand RDL
Progression	Loaded single-leg RDL
Common errors	Rotating pelvis; rounded back.

HIP BRIDGE

Purpose	Hip extension strength
Execution / cue	Ribs down; squeeze glutes; avoid lumbar overextension.
Regression	Two-leg bridge
Progression	Single-leg bridge
Common errors	Arching lower back; hamstring cramp pattern.

SNAP-DOWN TO STICK

Purpose	Landing mechanics
Execution / cue	Fast shape change; absorb through ankle/knee/hip; hold.
Regression	Static landing shape
Progression	Low drop/directional stick
Common errors	Stiff landing; knees inward; rebound.

EXERCISE LIBRARY - COACHING CARDS

POGO JUMP

Purpose	Ankle stiffness/reactivity
Execution / cue	Tall posture; quick low contacts; quiet feet.
Regression	Calf raise / line hops
Progression	Higher/faster contacts when ready
Common errors	Deep knee bend; noisy contacts.

SQUAT JUMP TO STICK

Purpose	Power + landing
Execution / cue	Explode upward; prepare early; absorb and freeze.
Regression	Countermovement jump
Progression	Repeated quality jumps
Common errors	Hard landing; uncontrolled second jump.

SINGLE-LEG BALANCE

Purpose	Postural control
Execution / cue	Tripod foot; stable pelvis; soft knee.
Regression	Hand support
Progression	Reach/eyes task
Common errors	Foot collapse; hip drop.

ARABESQUE HOLD

Purpose	Gymnastics balance line
Execution / cue	Long spine; square hips; reach through lifted leg.
Regression	Lower leg height / support
Progression	Beam line / longer hold
Common errors	Open hip; lumbar arch; bent support leg.

EXERCISE LIBRARY - COACHING CARDS

WRIST PREP

Purpose	Wrist load tolerance
Execution / cue	Gradual circles, rocks and position changes in pain-free range.
Regression	Reduced weight-bearing
Progression	More load/time gradually
Common errors	Forcing range; pain.

SHOULDER FLEXION

Purpose	Overhead mobility/control
Execution / cue	Ribs controlled; reach overhead without lumbar compensation.
Regression	Wall-assisted
Progression	Loaded control only when appropriate
Common errors	Rib flare; shrugging.

THORACIC ROTATION

Purpose	Upper-back mobility
Execution / cue	Rotate through thoracic spine while pelvis remains stable.
Regression	Smaller range
Progression	Longer lever
Common errors	Lumbar twisting.

ANKLE MOBILITY

Purpose	Landing/squat range
Execution / cue	Knee tracks over toes while heel remains down.
Regression	Supported rocks
Progression	Loaded mobility if appropriate
Common errors	Heel lifting; foot collapse.

EXERCISE LIBRARY - COACHING CARDS

BEAR CRAWL

Purpose	Integrated trunk/shoulder conditioning
Execution / cue	Low hips; opposite hand/foot; controlled trunk.
Regression	Short distance
Progression	Longer/faster only with quality
Common errors	Hips swaying; rushed steps.

BODY-LINE CIRCUIT

Purpose	Gymnastics-specific endurance
Execution / cue	Rotate hollow/arch/side/support shapes with strict standards.
Regression	Shorter work intervals
Progression	Longer intervals / harder leverage
Common errors	Chasing time after shape is lost.

ATHLETE PROGRESS TRACKER

Checkpoint	Pull	Push	Hollow	Arch	Broad Jump	Landing	Shoulder	Balance	Coach Notes
Week 1									
Week 13									
Week 26									
Week 39									
Week 52									

Use the same testing conditions at each checkpoint. Numbers should inform coaching decisions, not replace technical observation or athlete wellbeing.

COACH NOTES & NEXT-CYCLE PLANNING

1. Which physical qualities improved most?

2. Which qualities limited technical progress?

3. Which athletes require individualized mobility, strength or recovery modifications?

4. What competition periods produced the highest fatigue?

5. Which exercises had the best transfer to gymnastics performance?

6. Priorities for the next 12-month cycle:

_____

_____

_____

_____

_____

_____

_____

_____

BM GYMNASTICS & PERFORMANCE
Baher Magdy - Gymnastics Coach | Program Designer | Judge
12-Month Competitive WAG Performance System