

# GYMNASTICS BOOSTER PROGRAM

BY PERFORMANCE PLUS  
PROGRAMMING



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## **THANKS FOR DOWNLOADING OUR GYMNASTICS BOOSTER PROGRAM!**

Whether your goal is to get your first muscle-up, improve pull-up capacity, or increase your handstand skills, the positions we will train in this plan will translate to better performance!

This three-week program is designed to be performed after your regular training program. Set aside an extra ten minutes of work to improve your gymnastics strength.

A black and white photograph of three people in a gym setting. A woman on the left is smiling and high-fiving a man in the center. Another man on the right is also high-fiving the man in the center. They are all wearing athletic clothing. The background shows a brick wall and some gym equipment.

# ABOUT PERFORMANCE PLUS PROGRAMMING

Performance Plus Programming has a simple goal. To bring your performance to a new level by focusing on technique training with a Prehab twist. We have 30+ programs designed to help athletes of all skill levels reach their fitness goals. From your first pull-up, to increasing muscle-up volume, improving mobility, increasing strength, maximizing your endurance, and much more!

By becoming a member of Performance Plus Programming, you will get access to all of our programs which we regularly add to based on member requests. You will also have access to all the plans through our smartphone app.



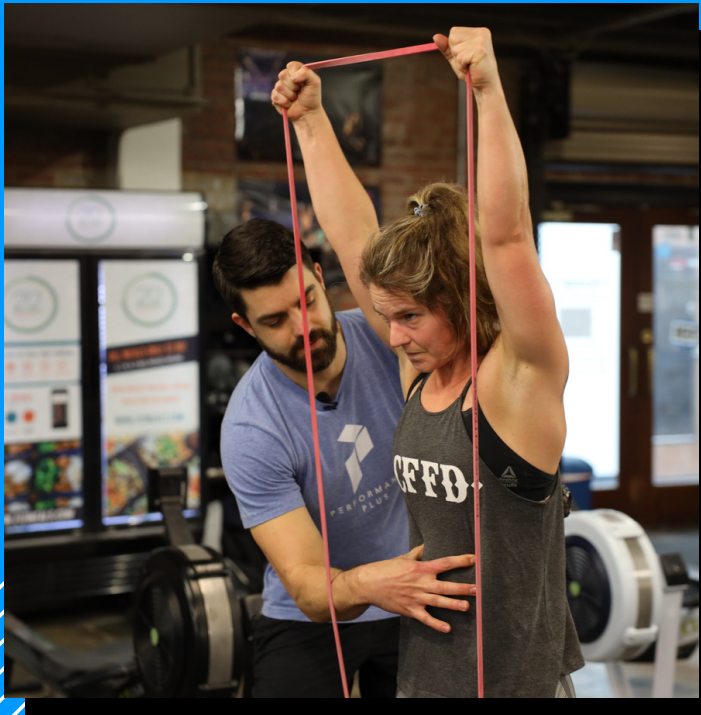
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# THE PERFORMANCE PLUS TEAM

## PAMELA GAGNON

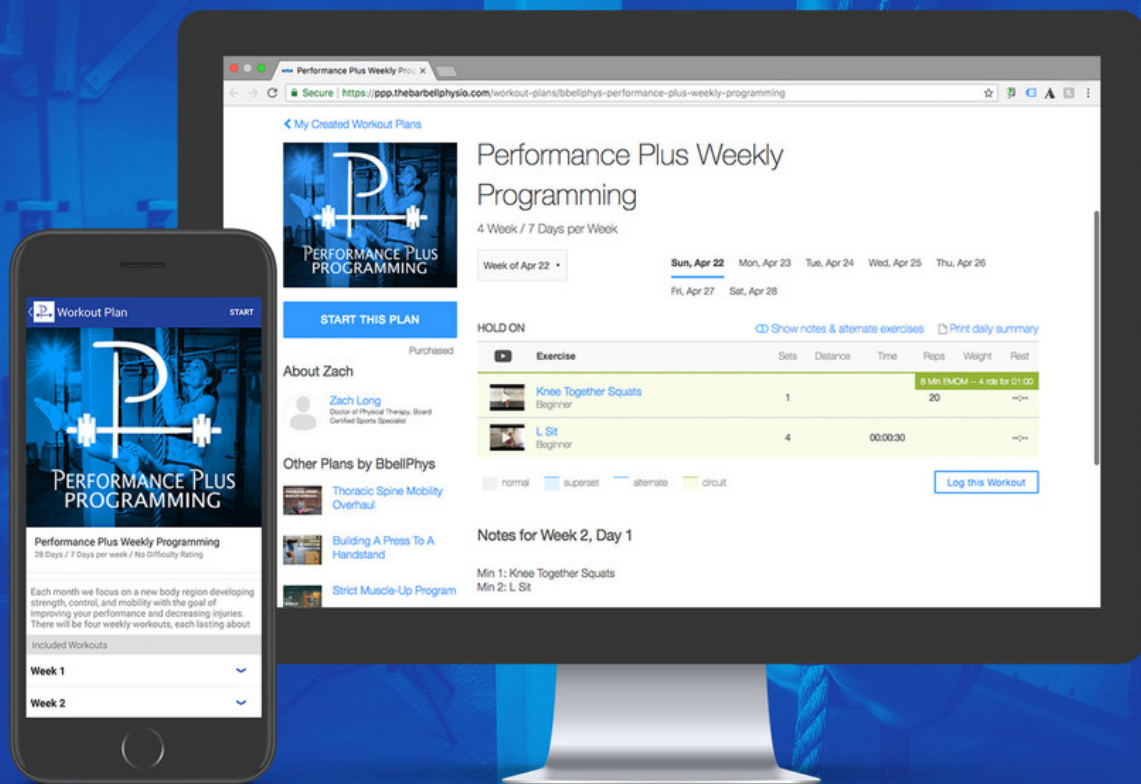
Pamela Gagnon is a leader in the area of body weight strengthening movements for today's athletes and currently a Lead Coach for The Gymnastics Course. Her background as a Division I Gymnast and CrossFit Games Masters athlete has given her over 30 years of experience as an athlete & coach. She coaches athletes worldwide on how to implement strength and gymnastics skills to improve their fitness performance.



## DR. ZACHARY LONG PT, DPT, SCS

Dr. Zach is a Board Certified Sports Specialist, Level One CrossFit Trainer, NASM Performance Enhancement Specialist, and certified SFMA practitioner. He graduated with highest honors from the University of North Carolina at Chapel Hill for his undergraduate degree before earning his Doctorate at East Carolina University. Outside of the clinic, Zach can be found training and coaching at Iron Tribe Fitness in Charlotte.





**All training plans within Performance Plus Programming can be accessed with our mobile application.**

**If you would like that version of the plan it is available at the below link. Sorry, our system requires a minimum charge of \$1 per user for access to the software.**

**<https://ppp.thebarbellphysio.com/workout-plans/14068/purchase>**

# WEEK ONE WORKOUTS

## DAY ONE

Strict Pull-Ups (Rx & Scaled), 5 x 5

V-Ups 5 x 12

Hollow Body Ball Press 5 x 5

## DAY TWO

Wrist Warm Up 1 x 1 minute

Handstand Holds

- Watch video for all scaling options & cues/tips!
- Set a baseline of Max Handstand Hold freestanding or against the wall then do 5 sets of 25%-30% of that time
- Rest between sets so you can be successful at all

## DAY THREE

Weighted Pull-ups x 4,3,2,1 with 30 seconds rest between sets

Weighted Pushups 4 x 4 with 15 seconds rest between sets

Weighted Dips x 4,3,2,1 with 30 seconds rest between sets

# WEEK TWO WORKOUTS

## DAY ONE

8 minute AMRAP

Shoot Thrus on Parallettes x 10

Handstand Shoulder Taps (scale feet on box in pike) x 10

Hollow to Superman x 10

## DAY TWO

5 rounds:

Handstand Plate Walks x 10

Wall Walks x 2

## DAY THREE

7 minute AMRAP

Strict Pull-Ups (Rx & Scaled) x 5

Ring Support Tuck-Ups x 9

- Slow & controlled: the rings should not move much!

Wallball Sit-Ups x 13





# WEEK THREE WORKOUTS

## DAY ONE

4 rounds of:

Around The World x 8

Russian Pushups x 10

## DAY TWO

Kipping Swings 3 x 20 with 20 second rest between sets

Then 4 rounds of:

Kipping Ring T2B x 15

Strict HSPU (add deficit for challenge) x 5

## DAY THREE

4 rounds of

Strict Ring Muscle-Up (or scaled) x 3

Strict Toes to Bar x 5

Knee Together Squats x 10



# READY TO TAKE YOUR PERFORMANCE TO THE NEXT LEVEL?

PERFORMANCE PLUS is uniquely developed to help you stay ahead of injury by focusing on prehab and bodyweight strength. Each day our experts demonstrate skills programming that will help you achieve your goals—whether you are training for a competition or just want to get stronger, our step-by-step guidance is all you need to take care of your body.

Learn more at [performanceplusprogramming.com](https://performanceplusprogramming.com)

