



# GYMNASTICS WEEK

August 26th -30th  
All Bootcamp Sessions

**FASTFIT**

# Gymnastics Workout A

**Skill Development:** Handstands - 5 minutes - Partner Work

**Workout A: 40-10 Intervals -** Perform each group circuit with 40-10 intervals and repeat that circuit three times followed by a 1-minute rest and transition to the next group circuit. Complete both circuits

## Group 1

Station #	Exercise Variation	Level I	Level II	Level III	Level IV
1	Handstand Variation	Pike to Push-up Hold (Modify Hands Elevated)	1-Leg Pike to Push-up Hold	Box Elevated Pike to Push-up Hold	1-Leg Box Elevated or Handstand Push-up Hold
2	TRX Pistol Squat Variation	TRX Staggered Squat (Switch Halfway)	TRX Pistol Squat (Switch Halfway)	TRX Pistol Hold (Switch Halfway)	Decrease Arm Assistance to Bodyweight
3	Board Walk Variation	Walking Only	Walking Lunge	Walking Airplane	Crawling

## Group 2

Station #	Exercise Variation	Level I	Level II	Level III	Level IV
1	Candlestick Variation	Dead Bug	Candlestick	Candlestick To Stand	Candlestick to Jump
2	Toes To Bar Variation	Dead Stop Alternating Crunches	Dead Stop Hanging Crunches	Hanging Crunches	Toes To Bar
3	Breakdancer Variation	Plank Hold to Bear Plank Hold	Rotating Bear Plank	Breakdancer	Increase Speed

**Metabolic Finisher:** Perform 2 continuous of squats using the inch worm as active recovery.

Level I	Level II	Level III
TRX Squats	Prayer Squat to Inch Worm	Goblet Squat to Inch Worm

# Gymnastics Workout B

**Workout A: 40-20 Gymnastic Circuit** - Alternate between 40 seconds of work and 20 seconds of rest for the entire five exercise circuit. Repeat four times for a 20-minute workout.

Station #	Exercise Variation	Level I	Level II	Level III	Level IV
1	TRX Muscle Up Variation	TRX Standing Low Row	TRX Standing Muscle Up	TRX Seated Muscle Up	TRX Lying Muscle Up
2	Goblet Squat Halos	TRX Assisted Squat to Prayer Squat	Bottom's Up Goblet Squat	Goblet Squat To Halo	Halo In the Bottom Of The Squat
3	Bridge To Reach Variation	Glute Bridge	Four Point Bridge	Bridge To Reach	Bridge To Reach Over
4	Hollow To Jackknife Variation	Hollow Tuck Hold	Hollow Crunch	Hollow Hold to Jackknife	MB Hollow Hold to Jackknife
5	Wildcard: Elevated Balancing or Staggered Deadlifts	Elevated Walking KB Deadlift	Elevated Walking Lunges 1-Arm Deadlift	Elevated Airplanes 1-Arm Staggered Deadlift	Elevated Crawling Loading Progression

**Workout A: 40-20 Gymnastic Circuit** - Alternate between 40 seconds of work and 20 seconds of rest for the entire five exercise circuit. Repeat four times for a 20-minute workout

**[deborah.sefcik@iberiabank.com](mailto:deborah.sefcik@iberiabank.com)**

# Gymnastics Workout C

**Workout A: 40-30 Gymnastic Circuit** - Alternate between 40 seconds of work and 30 seconds of rest for the entire five exercise circuit. Repeat three times.

Station #	Exercise Variation	Level I	Level II	Level III	Level IV
1	Bucking Hops Variation	TRX Plank or Baby Hops	Elevated Hops	Side to Side Elevated Hops	Bucking Hops
2	Eccentric Pull-ups Variation	TRX Low Rows or 2-Foot Eccentric Pull-ups	1-Foot Eccentric Pull-ups	Bodyweight Eccentric Pull-ups	L-Sit Pull-ups
3	Stability Ball Handstands	Bodyweight Pike Push-ups or SB Atomic Crunch	SB Pike	SB Pike HOLD	SB 1-Leg Pike Hold to SB Vertical Push-ups
4	Cartwheels Variation	Monkey Lunges	Monkey Runs	Cartwheel	Increase Tempo
5	**Wildcard**	Barbell Thruster or Rolling 90/90s	Rolling 90/90s + Hip Extension	Rolling 90/90s + Lunge	

**Metabolic Finisher:** 2 Continuous Minutes of Partner Shuffles