



SAMPLE WEEK

AFFILIATE GYMNASTICS PROGRAM

Use this template to run a 60-minute crossfit
gymnastics class at your box



WHAT DOES THE PROGRAM PROVIDE?

- Once a week, 60-minute gymnastics-only session
- Warm up, skill and strength pieces each week
- Logistics, brief and setup notes
- Exercise library
- How to coach each main movement
- How to spot errors in main movements

HOW IS IT STRUCTURED?

- Scaling options from beginner to advanced
- 6 week blocks of progressions for a primary movement
- Rotating secondary movement for greater appeal
- Regular testing to track member improvement



USING THE PROGRAM

SCALING: HAVE NONE, HAVE SOME, BUILDING

I've stolen this concept and language from Training Think Tank because it avoids ego-driven self-selection into the wrong scaling option (compared to scaled/intermediate/Rx) and makes it very clear who belongs in each camp.

"Have none" athletes *do not have* the skill being trained.

"Have some" athletes *can do or have done* the skill but aren't highly proficient.

"Building" athletes can do the skill and need to build efficiency and volume.

STRUCTURE: WARM UP, SKILLS, STRENGTH

Most classes feature a 7-12 minute warmup, followed by 15-25 minutes of skill practice and a short 10-16 minute gymnastics strength piece to finish. We generally focus on strength and skill areas that are unlikely to be covered in a crossfit class setting to build positional strength and avoid double-up.

WEEK 1: TOES TO BAR

SECONDARY SKILL: LEGLESS ROPE CLIMB

BRIEF TO MEMBERS

- Welcome to our new block! Our main skill is toes to bar, and each week we will continue with a rotating skill B. This week's skill B is the legless rope climb. Don't worry if you're not strong enough for LLRC just yet, we will help with scaling options.
- For the toes to bar, we will spend the first few weeks of this block ensuring your kipping mechanics look good and you build the strength to pull behind the bar, so you'll see some of the drills repeated each week.
- You will also develop more core compression capacity and strength.
- Feel free to mix and match the skill levels to create the workout that makes most sense for your current capability- if you're not sure, ask!

SETUP & LOGISTICS

- Warm up and strength EMOM can be done in waves or out of order to avoid equipment bottlenecks - encourage members to stagger their starts
- Have bands set up for the heels to band before class begins
- Have boxes at the ready for dead stop drills - these are best done with the box poking around half way out the front of the rig
- Maltese press can be done lying on benches/boxes with DBs and you can eliminate the hollow body component for members who aren't strong enough yet - we should care more about the straight arm strength here.

COACHING NOTES & CUES

1. The heel banded kip swing is hard. Encourage them to start with a small kip and drive harder into the band than feels natural, with long straight legs.
2. Dead stop drills: focus on pushing down into the bar to create time and space for you to tap your knees to your chest/armpits/elbows and snapping your feet down in time.
3. Toes to box: don't let people just shove their bum back, they should be in a hollow body so their hips should be stacked below their shoulder.
4. When briefing, I like to stay at the station and show each movement as a scaling option rather than showing all the "have none" "have some" or "building" movements in order, then do any of the ones that don't fit nicely with the others last.

WEEK 1: TOES TO BAR

WARM UP

9:00 EMOM (3 ROUNDS)

Minute 1 - 12 dumbbell maltese press

Minute 2 - 10-25 seconds ring support

Minute 3 - 10 hollow lifts + 10 arch lifts

SKILL PIECE

3 ROUNDS (20:00 TIME CAP)

Have none

- 8 heels to band kip swing
- 3 entry jump
- 5 dead stop knees to chest
- 3 rope bites

Have some

- 12-15 heels to band kip swing
- 5-12 single leg toes to bar
- 3-5 dead stop knee to chest
- 2-5 legless rope climb liftoffs

Building volume

- 12-15 heels to band kip swing
 - Toes to bar for volume (pick a hard number you can hold for all rounds)
 - 3-5 dead stop knees to elbow
 - 2 legless rope climb
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STRENGTH PIECE

12:00 EMOM (3 ROUNDS)

Minute 1 - 8 Toes to box pull

Minute 2 - 10 bicep curl

Minute 3 - 12 "stall bar" strict toes to bar/leg raise

Minute 4 - REST



WHAT OTHERS ARE SAYING



The Northman CrossFit

"We've had to add another class because they were so popular, and now we're running waiting lists!"



Kimberly A Resh

"We are LOVING it! I am sad I don't get to do the classes myself because I'm coaching!"



James Whybird

"The structure and drills are different to anything I've seen before"



Ashlee Woo

"I've improved areas of my training I didn't even expect"



Danilo Andrade Cavalcante

"At least 3 members got a toes to bar PR and are showing increased kip capacity [after 1 block]"



Ciara O'Hanlon

"I thought I was destined to never get a bar muscle up until I started these classes, and then I got them after 8 weeks!"



Liam Ford

"All the [strength] benefits have been clear after 1 block and it's translating to their pull ups and muscle ups as well!"



Kathy Croft

"You explain movements in a way that really clicks for me - I like that you push us but I feel supported."



GET THE PROGRAM

START OUTSOURCING YOUR PROGRAMMING TODAY

Or feel free to get in touch via info@annawish.net if you have questions!

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2 WEEK FREE TRIAL