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# WPx GYMNASTICS

## SAMPLE PROGRAMMING

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SIMPLE COACHING = BETTER COACHING



# DAY ONE

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## BEGINNER

PIKE HANDSTAND PUSH-UPS;  
5X6-8  
(FEET ON FLOOR OR BOX OKAY)  
SUPERSET

WALL FACING HANDSTAND HOLD;  
:20-:30 HOLD

HOLLOW HOLD  
(MODIFY AS NEEDED TO KEEP LOW BACK  
ON GROUND);

:20-:30 HOLD  
X4 SETS

SINGLE ARM DB STRICT PRESS

21X2 TEMPO; 4X6 EACH ARM  
21X2 = 2 SECONDS LOWERING,

1 SECOND PAUSE AT THE BOTTOM, FAST UP,  
2 SECOND HOLD AT THE TOP

## ADVANCED

WALL FACING STRICT HANDSTAND PUSH-UPS;  
1 MAX SET  
REST 2:00 THEN  
3 SETS @50% MAX SET  
REST 1:00 BETWEEN SETS

HANDSTAND WALK  
:30 WORK, :30 REST  
X6 SETS

8 MIN EMOM  
MINUTE 1: 40-50% MAX SET RING DIPS  
MINUTE 2: :20-:30 RING SUPPORT HOLD

# DAY TWO

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## BEGINNER

STRICT PULL-UPS;  
5X (-1)  
REST 1-2 MINUTES BETWEEN SETS  
(-1 MEANS 1 AWAY FROM FAILURE)

\*POSITIONAL WORK\*

STRICT HOLLOW TO ARCH;  
3X8-10  
KIP LEVERS; 3X6-8  
KIP SWING W/ HIP POP; 3X6-8

REST AS NEEDED BETWEEN SETS AND EACH  
MOVEMENT,  
ADD A TOWEL BETWEEN YOUR FEET TO  
KEEP A TIGHT HOLLOW/ARCH POSITION

SUPERSET  
10-12 V-UPS  
10 GYMNASTICS SQUATS  
X4 SETS

## ADVANCED

STRICT CTB PULL-UPS; 5X (-1)  
REST 1-2 MINUTES BETWEEN SETS  
(-1 MEANS 1 AWAY FROM FAILURE)

8 MIN EMOM KIPPING BAR MUSCLE UPS  
\*CHOOSE A NUMBER OF REPS THAT YOU  
CAN HOLD FOR THE WHOLE EMOM

SUPERSET  
15-20 GHD SIT-UPS  
5 ALT SINGLE LEG PISTOL SQUATS  
OR 10 GYMNASTICS SQUATS  
X4 SETS



# DAY THREE

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## BEGINNER

15 MIN EMOM

MINUTE 1: 1:00 AMRAP HAND RELEASE PUSH-UPS

MINUTE 2: 1:00 AMRAP ROPE CLIMBS

(SUB ROPE PULL TO STANDS AS NEEDED)

MINUTE 3: REST

## ADVANCED

15 MIN EMOM

MINUTE 1: 1:00 AMRAP KIPPING HSPU

MINUTE 2: 1:00 AMRAP ROPE CLIMBS

MINUTE 3: REST

WPX STRENGTH:



# GETTING STARTED

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01

Sign up to WODprep's Online Training via [WODprep.com](https://www.wodprep.com)

02

You will receive an invite via your emails. Follow the instructions on the email.

03

Take the time to watch our onboarding video and explore the WOD UP app.

04

If you have any questions, contact [support@wodprep.com](mailto:support@wodprep.com) and we'll be more than happy to help.





# About WODprep



At WODprep, we know that CrossFit can seem intimidating, scary, and confusing.

It doesn't need to be this way.

With simple, fun, and caring training programs we help people fall in love with functional fitness and discover their inner-athlete.

This changes lives for the better, both physically and mentally.