

6 Week Beginner Program

Program written by: Kevin Montoya

Kevin is a lead coach for CrossFit Gymnastics seminar staff and has been part of the staff for 2+ years. He has also been in regionals every year since it was introduced in 2009 and competed for CrossFit New England at the CrossFit Games twice, 2012 & 2013, with a 12th place finish and a 2nd place finish. He has coached competitive and non-competitive CrossFitters for the last 6 years.

You can direct any questions that are specific to this program to: kevin@crossfitgymnastics.com

***Notes:** Can be used in addition to other CrossFit Programs just be aware of overlapping movements and total volume - make appropriate adjustments. Designed to develop the basics. Pull Ups, Push Ups, Air Squat. Stretching and midline stability drills are incorporated throughout the 6 weeks.

NFT - Not for time **OTM** - On the minute **Tabata** - 8 intervals of :20 work :10 rest

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
For time: 40 Abmat Sit Ups 30 Squats 20 Push Ups 10 Strict Pull Ups	Rest	30-20-10 NFT Push Ups Hollow Sit Ups	Accumulate 1:00 Hollow Hold Accumulate 1:00 Arch Hold	Tabata Air Squats

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
21-15-9 Ring Row Toes to Kettlebell	Alternating Tabata Hollow Hold Arch Hold 50 PVC Pass Throughs gradually moving the hands in little by little as long as the arms don't bend.	21-15-9 Push Ups Burpees	50 Abmat Sit Ups 50 Hollow Sit Ups Straddle Stretch 2 x 30 seconds to the left 30 seconds center 30 seconds to the right 30 second center	OTM x 5 10 Air Squats with feet together

Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
20 x 1 Eccentric Pull Ups slow and controlled 5 Rounds 10 Ring Rows 10 Burpees	Accumulate 2:00 in a Hollow Hold 50 PVC Pass Throughs gradually moving the hands in little by little as long as the arms don't bend.	5 Rounds NFT 3 Wallwalks 20 Abmat Sit Ups	Straddle Stretch 2 x 30 seconds to the left 30 seconds center 30 seconds to the right 30 second center 4 x 30 second sit and reach 20 heel taps	4 Rounds 30 Walking Lunges 10 Shoot Throughs

Week 4

Monday	Tuesday	Wednesday	Thursday	Friday
5 x 2 Strict Pull Up 10-9-8-7-6-5-4-3-2-1 NFT Ring Rows or Pull Up After each set :10 HS Hold	Tabata Hollow Hold 50 PVC Pass Throughs gradually moving the hands in little by little as long as the arms don't bend.	3 Rounds NFT 15 Push Ups 15 Toes to kettlebell	5 x 20 Toe Touches 20 Hollow Sit Ups 3 x 30 seconds to the left 30 seconds center 30 seconds to the right 30 second center	30-20-10 Air Squats Burpees

Week 5

Monday	Tuesday	Wednesday	Thursday	Friday
3 x 5 Lat Activation on Bar 3 x 10 Beat Swing 3 x 3 Strict Pull Up 5 Rounds NFT 6 Ring Rows or Pull Ups 20 Hollow Sit Ups	5 x 10 Arm Haulers 10 PVC Pass Throughs 4 x 30 second sit and reach 20 heel taps	Accumulate 2:00 Handstand Hold 50 Push Ups for time	Alternating Tabata Hollow Hold Abmat Sit Up 3 x 30 seconds to the left 30 seconds center 30 seconds to the right 30 second center	6 Rounds NFT 10 Squat Jumps :10 Hold in bottom of a squat

Week 6

Monday	Tuesday	Wednesday	Thursday	Friday
10 x 1 Eccentric Pull Up 5 x 2 Strict Pull Up 3 x 10 Beat Swing 3 Rounds NFT 15 Ring Rows 20 Toes to Kettlebell	4 Rounds 20 Lunges 15 Push Ups 10 Squats Feet Together 5 Wall Walks 50 PVC Pass Throughs gradually moving the hands in little by little as long as the arms don't bend.	21-15-9 Burpees Abmat Sit Ups 3 x 30 seconds to the left 30 seconds center 30 seconds to the right 30 second center	Rest	For time: 40 Abmat Sit Ups 30 Squats 20 Push Ups 10 Strict Pull Ups