

## Summer Strong FAQ Updated:

1. **What Equipment will be needed?** Other than a gym with traditional gymnastics equipment (we use bars, beam, floor ex and occasionally springboards) the following list of equipment is recommended:

**Essential:** Tablet, Laptop or phone with internet access

- Light to medium weighted kettle bells and or dumbbells (5-10)
- Panel mats and spotting blocks (higher elevation platforms to jump to )
- General gymnastics apparatus is helpful but not mandatory-stall bars, paralettes
- Long therabands (both stretchy and heavy)
- Short resistance bands (loop bands or around legs/arms)
- Sliders
- BOSU balls (half dome balls)
- Stability yoga balls (big ball)
- Agility ladder recommended, you can draw them in chalk on the floor if you don't have them
- Battle rope recommended
- Foam blocks or small cones or markers
- Weighted balls recommended
- Tennis balls recommended
- Weighted Straight Bars recommended

## 2. What Level Is this Program For?

The **Premier Package** is for ALL LEVELS of competitive gymnastics 3-Elite, Xcel Gold, Bronze, Diamond, Sapphire etc). Also there is a LITTLE's component specifically for the younger lower level athletes (levels 2-4) that are lacking in general strength and body awareness, ages 5-9.

*NOTE:* All levels can use this program, however please use and modify this program as best you can. For each workout I will have written approximate ability level and duration of workout and have given some tips on each workout. I do not tell you specifically how many days a week to do each workout but do give suggestions as to how and when to use them. Break them up and use them how it works best for you.

## 3. What is the format of Summer Strong? Is it user friendly? How do I use it?

Yes, the format will come in a PDF and will have video links demonstrating the exercises with exact repetitions, sets and other recommendations along with the links. I recommend having a table or laptop computer or an Iphone and have either an experienced athlete or coach lead each workout. I have found that a laptop or Ipad/tablet is big enough for all athletes to watch and the links are easily more viewable.

Once the athletes go through each workout once or twice they should have memorized the program. I give recommendations on how to use each workout but each coach should use their own style in how it works with their schedule and training days. Make it work for you!

#### **4. When do we receive our program and when do we start/when does it finish?**

The pre-sale runs from April 15th to May 1st. The regular sale runs from May 1st to May 22nd.

The *programs will be distributed at least one week before June 1st*. The program begins **JUNE 1st** and runs til the last week of August at your digression.

Please wait on email updates regarding the delivery of the programs. If you would like your program sent to a specific email please let me know upon purchase.

#### **5. What do I get with the program and what is the difference between the Premier Package and the Classic Package?**

With the **Premier Package** you receive 12 weeks of conditioning, including strength, active flexibility, injury prevention PLUS nutrition education to share with your athletes. You also get the **LITTLE'S PROGRAM** which includes conditioning specifically for your little athletes who are younger, train less hours and need more basic, foundational help.

With the **Classic Package** you receive everything in the Premier *EXCEPT* the Little's Package!

#### **6. I am part of your membership; do I still receive the Summer Strong Program?**

Yes, plus MORE, so don't worry, you are covered!

If you have any questions please reach out to me [coach@betsymcnally.com](mailto:coach@betsymcnally.com)