

HOW TO USE SUMMER STRONG CLASSIC PROGRAM

This program was designed to give gymnastics coaches flexibility while still following a progressive 12-week training system. There is a LOT of content included in this program, so please remember: Do not feel like you need to use everything every single week!!!!

START HERE: WATCH THIS MANDATORY 2 MIN VIDEO



NEXT:

1) Follow the “Recommended” workout for each training day first in the **MASTER SCHEDULE**.

I recommend printing off the schedule for quick reference. Then refer to the workout in the program. The program is based on a 4 day split.

2) Use Option 2 for lower levels, younger athletes or lighter training days

3) Use Option 3 for advanced athletes or athletes needing more challenge

4) Add Injury Prevention/Flexibility 2–3x weekly as time allows

• MODIFY, MODIFY, MODIFY. Mix and match based on your athletes, schedule and gym culture. Also I highly recommend a Laptop or iPad for this program. Phones can get challenging with the format!

This program progresses intentionally:

Phase 1 builds strength, control, body awareness and foundational shapes.

Phase 2 progresses into power, speed, quick twitch and shaping under load.

IMPORTANT NOTES:

1. WATCH THE “ALL EXERCISES” LINK FIRST.

This will help you understand the overall flow and structure of the workouts before jumping into individual links.

After watching the master link, you can refer back to the individual workout videos as needed.

At the beginning of each workout (or after each exercise), I explain:

- Sets
- Repetitions
- Number of rounds
- Training recommendations

2. **INJURY PREVENTION / ACTIVE FLEX ADD-ONS**

The Injury Prevention and Active Flex add-ons should be used AS NEEDED and are in a separate document.

I provide recommendations throughout the schedule, but they are NOT set in stone.

These workouts are meant to support YOUR athletes and YOUR gym’s specific needs.

The Injury Prevention / Active Flex workouts will come to you in a separate document.

3. **THIS IS A PROGRESSIVE 12-WEEK PROGRAM**

Please try to stay within the assigned phase and avoid jumping ahead if possible.

Weeks 1–6 are intentionally designed to build:

- Strength
- Stability
- Body awareness
- Core control
- Foundational shapes

Weeks 7–12 then progress into:

- Power

- Speed
- Quick twitch
- Dynamic shaping
- More advanced loading

Trust the process and allow athletes time to build properly.

4. **IF YOU PURCHASED THE LITTLES PROGRAM YOU WILL RECEIVE:**

- Littles Program
- Littles Schedule
- Littles Active Flex
- Classic Program Schedule
- Classic Program
- Classic Active Flex
- This Intro Letter

5. **REMINDERS**

- Consistency matters more than perfection
- Quality movement is more important than rushing
- Younger athletes may need more time learning positions and shapes
- Athletes do NOT need to “master” every workout before moving on
- Keep the environment positive, energetic and encouraging
- Use this program as a TOOLBOX, not a rigid system

FITNESS VOCABULARY

Supine:

Lying face up

Prone:

Lying face down

Adduct:

Movement toward the body

Abduct:

Movement away from the body

Thoracic:

Upper/mid back region

Mobility:

The ability to move joints actively through range of motion

Equipment Used In This Program and Littles

Floor

Beam

Bars

Vaulting Spring Boards
Long Bands
Small Loop Bands
Small Kettle Bells weights 5-10 lbs
Dumbbells varying weights
Bosu Balls
Sliders
Foam Blocks/Sponges
Panel Mats and Spotting Blocks
Battle Ropes (sparingly so if you don't have them its ok)
Agility Ladders and Cones
Weighted Balls (sparingly so if you don't have them its ok)

NUTRITION

**YOU WILL RECEIVE THE NUTRITION PORTION THE FIRST OF EACH MONTH!
PLEASE SHARE WITH YOUR ATHLETES AND PARENTS!!!**

Thank you for supporting your athletes and investing in their long-term development this summer.

Please send me videos of your athletes training and tag [betsy_mcnally_laouar](#) on IG. The gym that posts the most will win a free year of training with me! Train smart and have an amazing summer! Please reach out if you have questions:
coach@betsymcnally.com.

LOVE YA- Betsy