

# Frequently Asked Questions:

## 1) Who is the Membership Site For?

The site is for any coach, athlete or parent who would like monthly training (functional training) for gymnasts, nutrition tips and mini-menus specific to gymnasts and motivation for coaches and gymnasts. It is especially helpful for coaches who do not have time to create periodized fitness training and who want to connect with me and other coaches, or for athletes who need monthly supplemental training.

## 2) What will I receive with the membership?

You will receive a month of training organized in a PDF with video links. The workouts are organized into a periodized program split into four workouts: a warmup, leg, core and upper body workout.

You will also receive an All ACCESS Pass with access to every single exercise that I do with my athletes. This is usually between 125-180 exercises per month and you will get them in a gallery format. They are more for browsing to get "plug in" ideas for your program.

You will also receive a monthly NUTRITION NEWSLETTER that is perfect to share with your parents and athletes. Many gyms do not provide nutrition education and this is the perfect monthly reminder for athletes and parents that nutrition is an important part of their training. I am very proud of this part of the program! It is specifically tailored to the gymnast!

## 3) What is the price?

The price for founders started at \$50 in 2016 and will not change. For those who join as of October, 2021, the program is \$70 a month and will be deducted monthly from your account on the same day each month. You may cancel at anytime however we recommend giving the program a good 6 months so that you can see the evolution and change in strength and confidence in your athletes.

## 4) How long does the membership last?

The program renews each month automatically. You may cancel at any time.

## 5) What equipment do I need to have to do the program?

I recommend: Basic gymnastics training equipment including mats, blocks, ropes, in addition, battle ropes, weighted bars, BOSU balls, kettle bells, 5,8,10 lbs, dumbbells (5, 8, 10lbs) small and large therabands, weighted bars 6-10 pound range, sliders, yoga balls, floor bars and other gymnastics equipment are helpful but not always necessary and you can make accommodations in most cases. To find all of this equipment visit my [store](#).

## 6) What if I want a personalized program?

I also offer a DIAMOND program. This program is personalized to your gym with an original training program, coaching advice and access to me for monthly calls or training needs. I also create a facebook page just for your parents, athletes and coaches specifically updating 3 days a week on nutrition for gymnasts. This is a six-month commitment and VERY personalized. The price is \$300 a month. Please let me know if you want to take your membership to the next level.

## 7) Can I Pay Up Front?

Yes, please see Betsy, the cost is a little cheaper overall if you pay up front so ask Betsy for details!