

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 every month a full training workout program that includes a warmup, a Leg, Core, and Upper Body workout.

You will also receive a monthly tip, nutrition mini-meal plan, recipe or other important nutritional information for gymnasts.

You will receive a monthly coaching and motivation video.

You will also have access to any webinars that I (me alone, not with other colleagues) do for athletes.

You will also have access to a facebook group of coaches who are also doing this program.

3) What is the price?

The price for founders (original membership) is \$50 a month. There is a six month commitment as any conditioning program takes time to develop and see the changes. You will set your payments up through auto pay to come out the same time each month.

4) How long does the membership last? If I need to cancel or renew how do I do that?

The program is 1 year. At that time you will need to renew your membership if you are pleased.

There is a six month commitment and you can cancel anytime after that six months.

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 at: <https://www.betsymcnally.com/amazon-page>

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.