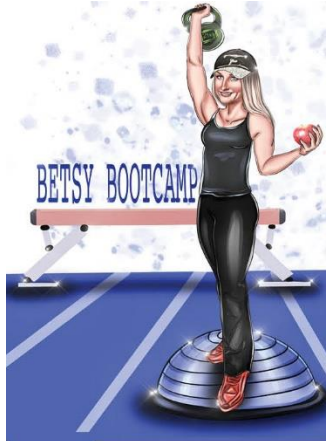


SUMMER STRONG FAQ

BETSY BOOTCAMP



1. What Equipment will be needed?

Other than a gym with traditional gymnastics equipment (we use bars, beam, floor ex and occasionally springboards) you will need the list below:

- Essential: Tablet 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- leg lift bars etc.
- Long thera bands (stretchy and heavy)
- Short resistance bands
- 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

2. What level Is this Program For?

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 how many days a week to do each workout but do give suggestions. Break them up and use them how it works best for you.

3. What is the format of Summer Strong? Is it user friendly?

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 Iphone and have either an experienced athlete or coach lead each workout. Once the athletes go through it once or twice they should have memorized the program.

4. When do we receive our program?

The programs will be distributed the last week of May for the upcoming month. Please wait on updates on other delivery options that I am considering progress however I am also considering sending the whole program up front. Stay tuned!

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

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