

Step 1: Determine Gymnastics Level

Circle one: Beginner, Elementary, Pre-Intermediate, Intermediate, Upper-Intermediate.

Step 2: Determine Barbell Level

Circle one for each movement:

Squat	Deadlift	Bench Press	Press
Beginner	Beginner	Beginner	Beginner
Elementary	Elementary	Elementary	Elementary
Pre-Intermediate	Pre-Intermediate	Pre-Intermediate	Pre-Intermediate
Intermediate	Intermediate	Intermediate	Intermediate
Upper-Intermediate	Upper-Intermediate	Upper-Intermediate	Upper-Intermediate

What is your lowest level? _____

Step 3: Pick How Many Days a Week

Circle one: Two, Three, Four, Five, Six

Step 4: Write Weekly Outline

Barbell

Day 1	Day 2	Day 3	Day 4	Day 5

Gymnastics

Day 1	Day 2	Day 3	Day 4	Day 5

Step 5: Print Weekly Workouts

Print the individual workouts for each movement level you are at.

Step 6: Print Weekly Workouts

Day 1	Day 2	Day 3	Day 4	Day 5