

## **1)Who is the Membership Site For?**

Essentially two populations:

A)Any gymnastics club owner, coach, athlete or parent who would like monthly conditioning/strength training for gymnasts, nutrition tips, recipes and education specific to gymnasts. It is especially helpful for coaches who do not have time to create periodized fitness training and who want to have effective training as well as provide nutrition education (specific to the gymnast) to their athletes and parents.

B) Any non-gymnast or person in the “general” population ho would like at-home personal training workouts and programs that they can do at home, on their own schedule and at their own ability level. This any “regular non-gymnast” who wants to get in shape, stay in shape or start their fitness journey

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

The membership consists of four areas:

The Basic Gymnast

The Advanced Gymnast and Nutrition News (Updated Monthly)

The Non-Gymnast or Regular Population Area

Bonus Extras in the areas of educational webinars, nutrition, ebooks, training, podcasts and more

Each section consists of video clips, PDF’s with written instructions. Each section has their own formatting, and the Advanced Workouts are updated monthly while the other segments are updated quarterly.

The membership includes shareable nutrition newsletters updated monthly, and an all access gallery with newly updated exercises each month.

For Advanced Training, the workouts are organized into a periodized program split into four workouts: a warmup, leg, core and upper body workout.

The NUTRITION NEWSLETTER 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.

### **3) How Can I implement the gymnastics training part of the membership?**

As an owner and coach, the monthly workouts can be used to supplement your training programs, as side stations or as full-on training plans and also as a time saver for you as it will eliminate the need to create extensive conditioning. You have access to all of the workouts as long as your membership is current. I explain in depth repetitions, sets and equipment needed, it will be up to you to decide how to implement the plans. The nutrition newsletter can be used with athletes and parents for consistent education.

### **4) What is the price and how am I billed?**

The price for founders started at \$50 in 2016 and will not change. For all members who sign up on or after March 1st, 2022 the price is \$79 a month or \$799 for the full year (two months free) There is also a two part payment option of two payments of \$399. Please email Betsy for this [coach@betsymcnally.com](mailto:coach@betsymcnally.com) For monthly members, this will be deducted monthly from your account on the same day. 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.

### **5) How long does the membership last?**

The program renews each month automatically. You may cancel at any time. For those that sign up one time per year, you will also automatically renew. Two part payments need to renew with Betsy.

### **6) 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, 10 lbs) small and large thera bands, 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 on my website.

### **7) What if I want a personalized program?**

I also offer a DIAMOND program. This program is personalized to your gym or to YOU a single athlete. This includes 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. Please let me know if you want to take your membership to the next level.

## **8) Can I Pay Up Front?**

Yes, please see Betsy, the cost is a little cheaper overall as stated above, and you get two months free!