Targeted Workout One: Total Body Preseason Circuits

Maintain strength and endurance while incorporating skill-specific work in this challenging preseason workout. This workout can be used in Phase One, Two, or Three.

Coaching Tip: Keep athletes moving from one exercise to the next with good form! Cycle through each circuit continuously for 10 minutes before moving to the next. Complete all three circuits for a total of 30 minutes.

Equipment Needed:

- Floor rail or bar
- Spotting blocks
- Kettlebells or dumbbells
- Long resistance bands
- Bosu balls
- Panel mats
- Small loop bands

Level: Best suited for intermediate to advanced athletes. Modify exercises, resistance, and reps for lower levels.

Time: 30 minutes.

All Exercise Link: https://vimeo.com/1127997356/506631c4fb?share=copy&fl=sv&fe=ci
Circuit One:

1)Elevated Planches 15

2)Alternating Lunge Swings 10 each side

3)Glute Bridge Pullover 20

Circuit Two:

1)90 angle Up Downs 10 leading with each arm

2)Kettle Star Press 20

3) Banded Candle Situp 20

Circuit Three:

1)Press Around Deadlift 10

2)Bosu Candle Situp Band 15

3) Single Leg swing Back to squat jump 10 each side

4) Banded Plyo Jack to Jumping Jack

5)Straddle Circle with kettle 15 each direction

Targeted Workout Two: Leg Plyos, Tightening and Active Flexibility for Legs and Shoulders

Get legs burning and heart rates up with this challenging leg, plyometric, and cardio workout! Part One builds overall fitness and endurance for routines. Part Two focuses on active flexibility for legs and shoulders, along with injury-prevention work.

And YES—that's me, Coach Betsy, doing this workout! I hope it inspires your gymnasts to give it their best!

Coaching Tip: Stay on top of the stopwatch! In Part One, athletes work for 20 seconds, then rest for 10 seconds between exercises. Keep transitions quick and technique strong.

Equipment Needed:

- Stopwatch or interval timer
- Sliders
- Small loop bands
- Long resistance bands and stall bars
- Tumble track
- Small dowel bars
- Foam roller

Level: Adjust exercises to athlete ability. For advanced athletes, complete two sets of Part One and add appropriate resistance where athletes can maintain good form and controlled landings.

Time: 30 minutes.

All Exercise Link:
https://vimeo.com/1245602887/780bfcb395?share=copy&fl=sv&fe=ci

1. Courtsie Lunge squat combo

2.Deep Plea Squats on Releve

3)Sumo Squat Leg Lift

4)Lizard Hops

5)Traveling Crawls Front to back total passes

6)Twisting Squat Thrusts

7)Lateral Hop to Pushup

8) Squat Lunge twist combo

9)Alternating Toe Taps

10)Jumping Jack Jump Lunge

11) Shoulder Tap Three Pushup 5 each direction

12)Deep Lunge Pop each leg

13)Plyo Jack Squat Thrust

14)Squat jump twist

15)Squat Jump kickouts

16) Star Jumps Connected

Part Two: Leg Tightening Complex with Bands : Compete each exercise 2x

1)Leg hamstring Kick Bands 20 each side

2)Leg tightening upper leg lift band 20 each side

3)Legs Abduction Tuck Seat 20

4) Legs Prone Diamond Abduction 20

Part Three: Active Flex: complete each exercise 2 times

1)Active Kneeling Slide outs 15

2)Active Split with Pull Up 10 each band optional

3)Active Split jump with band around ankles 10 each side

4) Banded straddle out (supine) 15

5) Active Pullover Band 20

6) Shoulders Active Pulse dowels 30

7) Shoulder Prone Dowel lifts 30

8) Core quickness situps 20

Part Four: Injury Prevention for Ankles and Wrists : Complete one of each set:

1) Ankle Calves Releve Bridge 30

2) Pistol Calf Raise 15 each sid

3) Achilles Foam Roll 20 each side

4)Finger Pushups 40

5)Band Curls 20 each wrist

6) Calf Raise Abduction with Band 20

7) Heel Dig abduction with band 20

8) Big Toe Adduction Band (single toe) 20 each

9) Big Toes Abduction Band (both) 20

Targeted Workout Three: Essential Fitness Core

A basic but essential core workout to reinforce tight shapes and strong body tension. This short, effective session combines static holds with active core movements to keep athletes engaged and in control.

Coaching Tip: Add this to your warmup or make it a regular part of practice. Consistent attention to the basics makes a difference—that's what I would do!

Level: Intermediate. Adapt for other levels by reducing reps or shortening holds while maintaining good form.

Time: 15 minutes.

Viewing Options: Watch the full workout through one link, or use the individual exercise links to focus on specific movements.

All Exercises In One Link: https://vimeo.com/1108818193/02fe1806b4?share=copy

You Need:
Sliders and Floor

Part One: Complete Together and Counted out by Coach, do NOT STOP between exercises

Circuit One: Complete two times if you have time!

1. Core Plank Side to Side Hops and In Outs 10 each way

2. Core Plank Donkey Kicks 10

3. Core V-Up Plyo Jack 10 total

Circuit Two: Complete 2 times

1)Core Arch Rock to Inchworm 15

2) Core reverse Plank Knee Lifts 10 each side

3)Core Alternating Supermans 20

Circuit Three: Complete one or two times, time permitting, grab a foam block or two!

1) Core backside frog situps 20

2)Core Side Plank Hold 30 seconds each side

3)Core Backs Side Star Lift 30

4) Core Crab Crunch 20 each side

5)Core v-up with foam block 30

6)Core Side Vup with Foam block 20 each side

Circuit Four: Complete 2 sets of each across the floor:

Part Two- Grab Your Sliders: Complete 2 sets of each exercise:

1) Core hand and feet slider walks Forward

2)Core hand and feet slider walk backwards

3) Core Side Sliders 20 each side