

Preseason Phase Two: Bite Sized Workouts

Bite Sized Workout One: Mini Warmup With Agility And Strength

Betsy's Notes:

A quick, effective **total-leg hit** designed to cover the major areas of lower-body strength and conditioning in just 15 minutes. This Bite-Sized Workout can be used during **Phase Two or Phase Three of Preseason** and is an easy addition to almost any practice.

Need to get athletes warm, add focused leg work, or make sure you hit the lower body when practice time is limited? **This is your go-to.** Plug it into a warm-up, use it as a side station, or add it to another workout when athletes need a little more leg work.

Level: All Levels

Adjust weight, resistance, repetitions, and exercise variations based on athlete level and ability.

Time: Approximately 15 minutes

Equipment Needed:

- Spotting Blocks
- Dumbbells or Kettlebells
- Loop Resistance Bands

All Exercise Link:

<https://vimeo.com/1228512358/5ec031c071?share=copy&fl=sv&fe=ci>

Part One; Agility, Quickness and shaping

- 1) Band runners 1 minute- 2x
- 2) Diagonal Band Runners 8 passes
- 3) Lateral Banded Jumps 4 passes left, 4 right, 8 total
- 4) Banded Diagonal Kickbacks 30 each leg 2x
- 5) Hips Squat abduction 20 2x
- 6) Glute Butterflies 30 2x

Part Two: Single Leg Strength: Deadlift variations -Complete ONE set of each

1) Single Leg Deadlift, tap inside foot 15 each leg

2) Figure 4 Elevated Deadlift 15 each leg

3) Sideways Fig 4 elevated deadlift 15 each leg

Part Three: Banded Releve Walks F/Side/Back

Complete 1 pass across the floor of each position

Bite Sized Workout Two: Upper Body Strength, Tension and Core!

(Bar/Band and Wall Side Stations)

Betsy's Notes:

A challenging gymnastics-specific workout focused on **body tension, back strength, upper-body strength, and core control**. This workout is divided into three stations: **high bar with heavy bands, low bar with heavy bands, and carpeted wall work**.

The beauty of this workout is its flexibility. Use the stations individually as **Bite-Sized side stations during event training**, or combine all three for a more complete strength workout. If you don't have time to complete everything at once, rotate these stations into practices throughout the week.

This is tough, purposeful work that directly supports the **strength, shaping, and body tension gymnasts need for skills**.

Level: Challenging

Best suited for athletes with an established strength foundation. Modify exercises, resistance, repetitions, and station selection as needed.

Time: Flexible

Use individual stations between turns during event training, or combine all three for a full workout of approximately 30 minutes.

Equipment Needed:

- Parallettes
- Sliders
- Carpeted Wall
- Uneven Parallel Bars
- Heavy Resistance Bands

All Exercise Link:

<https://vimeo.com/1228632690/ee55792b54?share=copy&fl=sv&fe=ci>

Station One: Wall Exercises

- 1)Core Upper/Wall Assisted Press 10
- 2)Core upper wall assisted slide ups 10
- 3)Core wall pike seat dip 20

Station Two: High Bar Exercises

- 1)Banded pike downs (high bar) 20
- 2)Banded pike pull up (high bar) 15
- 3)Legs banded tuck down (high bar) 20
- 4)Bar band single leg pushdowns (high bar) 20
- 5)Core band high bar sit up stand up 10
- 6)High Bar Pull Back Sit-up Bands 30

Station Three: Low bar exercises

- 1)Back reverse lung pull back with bands (low bar) 20
- 2)Back seated band pull downs (stability ball, low bar) 30

3)Bar leg tension double banded straddle abductors (low bar) 30

4)Banded straddle pulses (low bar) 30

5)Back Cross back band pull back (low bar) 30

Bite Sized Workout Three:
5-8 minute Ladder Circuit Warmup

Betsy's Notes:

A quick, total-body warm-up that packs a lot into just a few minutes. This Bite-Sized Workout begins with **ladder work**, moves into **core strength**, and finishes with **active kicking plus wrist and ankle preparation**.

The exercises are more advanced, but the circuit can easily be modified for all levels. It's a great choice when you need to get athletes **moving, warm, activated, and ready to train** without taking up a large portion of practice.

No weighted bar? No problem. Substitute a **dowel, stick, foam block, dumbbell, kettlebell, or resistance band** based on what you have available.

Level: All Levels

Modify exercise variations, speed, resistance, and repetitions based on athlete level and ability.

Time: 5–8 minutes

Complete additional sets if you want to extend the warm-up.

Equipment Needed:

- Agility Ladder
- Weighted Bar or Substitute

All Exercise link:

<https://vimeo.com/1127655606/a8ef1fb443?share=copy&fl=sv&fe=ci>

Ladder Training: Complete four passes each

- 1) Ladder Jacks
- 2) Ladder hop in and row out
- 3) Ladder Punch to Front Raise
- 4) Ladder Straight Body Punches
- 5) Ladder Fast Feet Arms Overhead Left and Right
- 6) Ladder Burpee Pop Ins Left and Right
- 7) Ladder 2 in 2 out crawls back and forward

Bite Sized Workout Four: Core Shapes

Betsy's Notes:

A quick, challenging core workout that goes beyond the traditional **tuck, hollow, and arch shapes**. This Bite-Sized Workout develops functional core strength while introducing athletes to different body positions and shapes that challenge **control, stability, and total-body tension**.

This is a great progression for athletes who have already mastered basic gymnastics shaping and are ready for more variety and challenge. It's short, effective, and easy to add to a warm-up, conditioning circuit, or the end of practice.

Level: Intermediate through Advanced

Best for athletes who have already developed a solid foundation in basic gymnastics shapes.

Time: Approximately 10 minutes

Perform each exercise for **30 seconds**, completing as many quality repetitions as possible while maintaining clean form. Complete one or two sets depending on available time and athlete ability.

Equipment Needed:

- Small Weighted Ball or Weight

All Exercise Link:

<https://vimeo.com/1128470509/d0a92281cc?share=copy&fl=sv&fe=ci>

Directions: Time each exercise for 30 seconds. Have athletes do as many reps with the cleanest form possible. Complete one or two sets time depending.

1. Bear position oblique twist right
2. Bear Position oblique wist left
3. Tuck Oblique Knee Dip left/right with ball
4. Table oblique Crunch Left/Right
5. Candle over straddle down
6. Star Lift to pushup Prone
7. Tuck Rock and Pop
8. Plank rollover
9. Plank Alternating Superman
10. Tuck Oblique Kick-out alt left right
11. Elevated Side Plank Knee Lift Left
12. Modified Press Plank
13. Elevated Arch Shoulder Taps
14. Elevated Side Plank Knee Lift Right

Bite Sized Workout Five: Kicks/Wrists and Ankles

Betsy's Notes:

A quick 10-minute Bite-Sized Workout combining **active flexibility, core work, and wrist and ankle durability**. This is an easy add-on when athletes haven't gotten enough active flexibility or core work during the week.

Use it as an **addition to your warm-up, a series of side stations, or a workout finisher**. The wrist and ankle work also adds an important durability component, making this a simple way to fit some of the smaller—but essential—pieces of preseason preparation into a busy practice.

Level: All Levels

Adjust repetitions, range of motion, and resistance based on athlete level and ability.

Time: Approximately 10 minutes

Can also be broken apart and used as individual side stations throughout practice.

Equipment Needed:

- Small Loop Resistance Bands

All Exercise Link:

<https://vimeo.com/1128473392/3df71564b9?share=cop>

Directions: Complete 30 seconds of each exercise (coach needs to time!)

1. Plank alternating kicks
2. Needle Kicks
3. Needle Kick Step Ins
4. Supine Kicks
5. Side Swing kicks L/R
6. Reverse Finger Pushups
7. Traditional Finger Pushups
8. Loop Band Wrist Abduction
9. Heel to to rockers right/left
10. Loop Band Ankle Flexion left/right