

SUMMER STRONG 2026 WEEKS 7-12

Workout Twelve: Legs Power and Jumps and Shaping

Day One Option One

*Get legs you legs firing with this super workout for developing strength and dynamic power!
This is a fun one but challenging, too!*

You Need:

*Cones
Bosu Balls
Loop Bands medium resistance
Lots of spotting blocks or panel mats
Small foam blocks
Squishy Mat*

*Time: 30-40 minutes
Add On: Ankles or Hips*

Level Intermediate can be modified

ALL EXERCISE LINK: <https://vimeo.com/1188362538/d885a2ad12?share=copy&fl=sv&fe=ci>

Warmup: Start Off: 1 minute of each below:

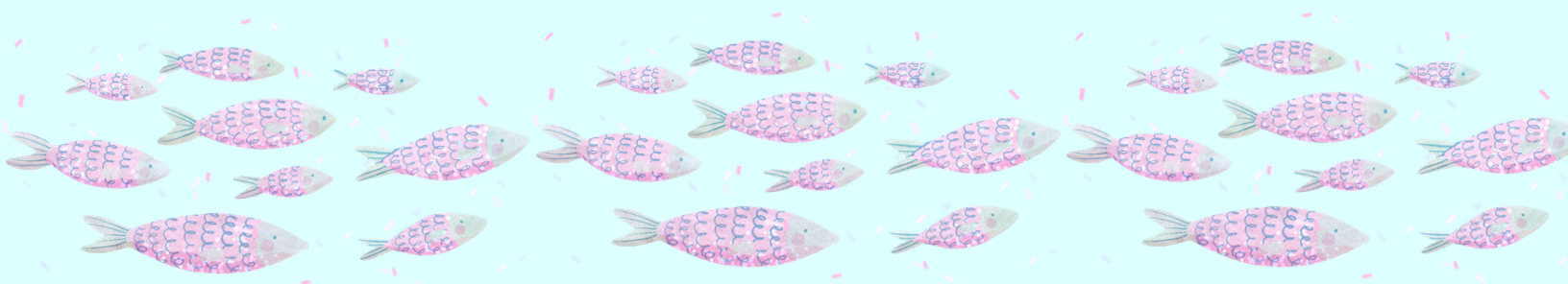
1) Legs High Knee March bands
<https://vimeo.com/1178487236/36b4404500?share=copy&fl=sv&fe=ci>

2) Banded Runners:
<https://vimeo.com/1063682607/7c32e485a5?share=copy&fl=sv&fe=ci>

3) Banded Lateral Hops
<https://vimeo.com/1081087072/51f449c628?share=copy&fl=sv&fe=ci>

**Set up a multiple cone area as shown in the exercise videos
Circuit One: Jumps!**

1) Legs Power High Jump To Long Jump 5 times
<https://vimeo.com/1178494036/924c71b98a?share=copy&fl=sv&fe=ci>



2) Legs Power Single Leg Jump To Squat Landing 5 times each leg
<https://vimeo.com/1178493509/7d84c6634f?share=copy&fl=sv&fe=ci>

3) Legs Power Single leg jump back to long jump 3 times each leg
<https://vimeo.com/1178493949/550a0cb07f?share=copy&fl=sv&fe=ci>

Circuit Two: Jump with shapes

1) Legs Bosu Jump 1/2 (can be done on a panel) 40 jumps
<https://vimeo.com/1178484118/c57863eddb?share=copy&fl=sv&fe=ci>

2) Legs lunge jump to hurdle 10 each side
<https://vimeo.com/1178489419/3608be9b60?share=copy&fl=sv&fe=ci>

3) Legs lateral step up with hip abduct (shaping) 15 each side
<https://vimeo.com/1178489275/444bfe7360?share=copy&fl=sv&fe=ci>

Circuit Three: Single Leg Power

1) Legs Lateral Hop Over (block) 10 each leg
<https://vimeo.com/1178493642/0e704f3649?share=copy&fl=sv&fe=ci>

2) Legs Lateral Step up with Kick (shaping) 15 each leg
<https://vimeo.com/1178489151/bf339571f9?share=copy&fl=sv&fe=ci>

3) Legs single leg back kicks (quickness, shaping) 15 each leg
<https://vimeo.com/1178489882/4e9acc9e46?share=copy&fl=sv&fe=ci>

Circuit Four: Shaping and Endurance

1) Legs Hamstring Walkout Dip (hamstring shaping 1 minute timed
<https://vimeo.com/1178493677/abcdd8eec9?share=copy&fl=sv&fe=ci>

2) Legs hamstring prone frog lifts (shaping) band 30
<https://vimeo.com/1178484647/70ba89f0e1?share=copy&fl=sv&fe=ci>

3) THE FINISHER Legs Mat Lunge Jumps timed 1 minute!
<https://vimeo.com/1178497947/06f68ba201?share=copy&fl=sv&fe=ci>

Add On Ankles or Hips



Workout Thirteen: Quick Power Warmup With Weighted Core

Day One: Option Two

This workout was specifically designed to be a quick but effective total body conditioning session for days when time is limited but you still want a strong training impact. It challenges strength, core, endurance, and body control without requiring a long conditioning block. If you have extra time or want to increase the challenge as the summer progresses, simply double the reps or repeat the circuit for a longer workout.

You need:

Dumbbells

Floor Space

**Time: 20-30 minutes. Can be made longer if you double up on sets.
Add on Ankles or Hips**

All Exercise Link:

<https://vimeo.com/1188131936/be8a704ed7?share=copy&fl=sv&fe=ci>

1) Warmup Hip Circles Forward 30 seconds

<https://vimeo.com/1185904337/c96abdf0a?share=copy&fl=sv&fe=ci>

2) Cardio Hip Circles Back 30 seconds

<https://vimeo.com/1007207423/9644dd7fb5?share=copy&fl=sv&fe=ci>

Part One: Across The Floor: Complete four passes of each:

1) Legs Straight leg Skips

<https://vimeo.com/1178480083/929a5d0935?share=copy&fl=sv&fe=ci>

2) Legs Traveling Weighted Squat Jumps

<https://vimeo.com/1178480741/696a2d83f3?share=copy&fl=sv&fe=ci>

3) Legs Traveling Squat jump quick outs

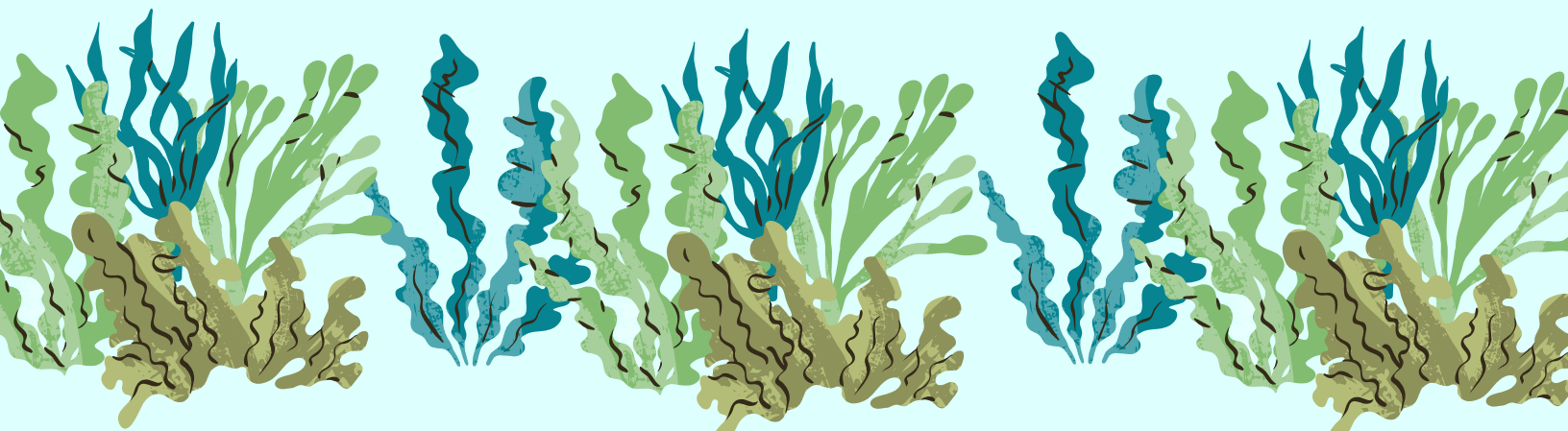
<https://vimeo.com/1178480601/fddec9a615?share=copy&fl=sv&fe=ci>

<https://vimeo.com/1178480379/cb10e96406?share=copy&fl=sv&fe=ci>

4) Legs Lateral Hop Burpee

<https://vimeo.com/1178479857/eb8b900e32?share=copy&fl=sv&fe=ci>

Part Two: Quick Light Plyo: Complete One Set of each for 1 minute



1) Core Twisting Mountain Climbers

<https://vimeo.com/1178496971/c9f01d4108?share=copy&fl=sv&fe=ci>

2) Legs Hamstring Kickers

<https://vimeo.com/1178479769/bd7a7410ac?share=copy&fl=sv&fe=ci>

3) Hollow Rock Pop Backs

<https://vimeo.com/1178479683/42e8b8cce3?share=copy&fl=sv&fe=ci>

Part Three: Weighted Core: Complete 30 seconds of each exercise then move quickly to the next one!

1) Weighted Core Pullover tuck open

<https://vimeo.com/1185905913/0889748650?share=copy&fl=sv&fe=ci>

2) Weighted Core Static tuck with arm raise

<https://vimeo.com/1185905684/320f9623e5?share=copy&fl=sv&fe=ci>

3) Weighted Core one arm Russian Twist

<https://vimeo.com/1185905712/0e1a59f02a?share=copy&fl=sv&fe=ci>

4) Core Prone Frog Crunch

<https://vimeo.com/1185905823/46009b8689?share=copy&fl=sv&fe=ci>

5) Weighted Core Slide Plank Leg Kick left and right

<https://vimeo.com/1185905640/e71e5b8a83?share=copy&fl=sv&fe=ci>

<https://vimeo.com/1185905627/4eb5bfe0a9?share=copy&fl=sv&fe=ci>

6) Weighted Core Hollow Adductor Taps

<https://vimeo.com/1185904731/21edff362a?share=copy&fl=sv&fe=ci>

7) Weighted Core Prone Leg Adductor

<https://vimeo.com/1185905610/c9a0fa59a7?share=copy&fl=sv&fe=ci>

8) Weighted Core Alternating Downward dog

<https://vimeo.com/1185905658/08fb8c3988?share=copy&fl=sv&fe=ci>

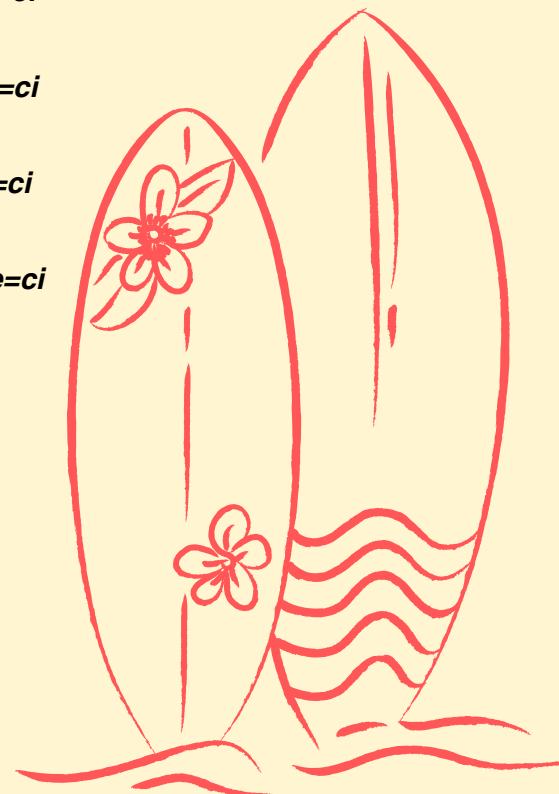
9) Weighted Core Partner Hand off

<https://vimeo.com/1185905860/6aad35f7cf?share=copy&fl=sv&fe=ci>

10) Core partner assisted hollow leg pulse

<https://vimeo.com/1185905836/00999bc017?share=copy&fl=sv&fe=ci>

Add on Ankles or Hips



Workout Fourteen: Legs Dynamics with Glute Finisher

*****BETSY'S FAVORITE WORKOUT!!!**

Day One Option Three:

Mighty and Powerful! This is an essential workout for amazing leg power! This is one of the best, I promise!. Amazing dynamic calf, ankle and leg power will be developed in this one. Keep this one for the second half of the summer after leg strength is developed! Also amazing glute finisher at the end!

You Need:
Spotting Blocks
Dumbbells
Loop Bands

Level: Intermediate to advanced but all levels can use with modifications.

Time 30 minutes

Add on Ankles or Hips

Part One: Block Calf and Quad Work.

ALL EXERCISE LINK PART ONE: <https://vimeo.com/1188695455/7e2814fda1?share=copy&fl=sv&fe=ci>

Complete these exercises together in a full group. Complete one set of each. You need multiple spotting blocks for this one! Coaches note: MODIFY NUMBERS based on level and ability!

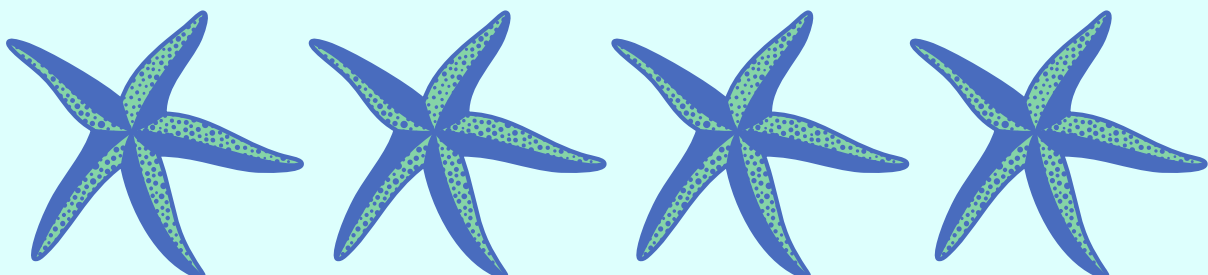
1)Legs Deficit Jumps 4 passes
<https://vimeo.com/1187132644/b830d7a853?share=copy&fl=sv&fe=ci>

2)Legs Deficit Jump Burpee 4 passes
<https://vimeo.com/1187132707/cb381da3cf?share=copy&fl=sv&fe=ci>

3) Legs High Step releve Hold 45 second
<https://vimeo.com/1187132480/5adca40aed?share=copy&fl=sv&fe=ci>

4)Legs High Step Calf Raise 30
<https://vimeo.com/1187132506/e021418d93?share=copy&fl=sv&fe=ci>

5) Legs reverse step pop (small) 20
<https://vimeo.com/1187132562/3a914301a2?share=copy&fl=sv&fe=ci>



6) Legs Reverse Step Pop (big) 20

<https://vimeo.com/1187132520/38728b8a45?share=copy&fl=sv&fe=ci>

7) Legs Revers Lunge 2 step 15

<https://vimeo.com/1187132572/b75b1dedc0?share=copy&fl=sv&fe=ci>

8) Legs Double Hop Lunge 15

<https://vimeo.com/1187132587/999c12ec94?share=copy&fl=sv&fe=ci>

9) Legs Lunge Hoppers 15 <https://vimeo.com/1187132629/6c857e0d5c?share=copy&fl=sv&fe=ci>

10) Legs Connected Lunge Split Jumps 15

<https://vimeo.com/1187132766/e1e8f4b284?share=copy&fl=sv&fe=ci>

Part Two: Strength Dynamics and Glutes

ALL EXERCISE LINK: <https://vimeo.com/1188696118/dd87042990?share=copy&fl=sv&fe=ci>

Circuit One: Complete two sets of each exercise:

10) Legs Lunge Split Kick 10 each side

<https://vimeo.com/1187132608/042b928329?share=copy&fl=sv&fe=ci>

11) Legs Power Jumps 15

<https://vimeo.com/1187132721/67e34af8d7?share=copy&fl=sv&fe=ci>

12) Legs Squat Deadlift Swing 15

<https://vimeo.com/1187132798/f0d013cedb?share=copy&fl=sv&fe=ci>

Circuit Two: Complete one minute of each exercise two times

13) Legs Hamstring Runners 30 seconds

<https://vimeo.com/1187132777/20c7513c02?share=copy&fl=sv&fe=ci>

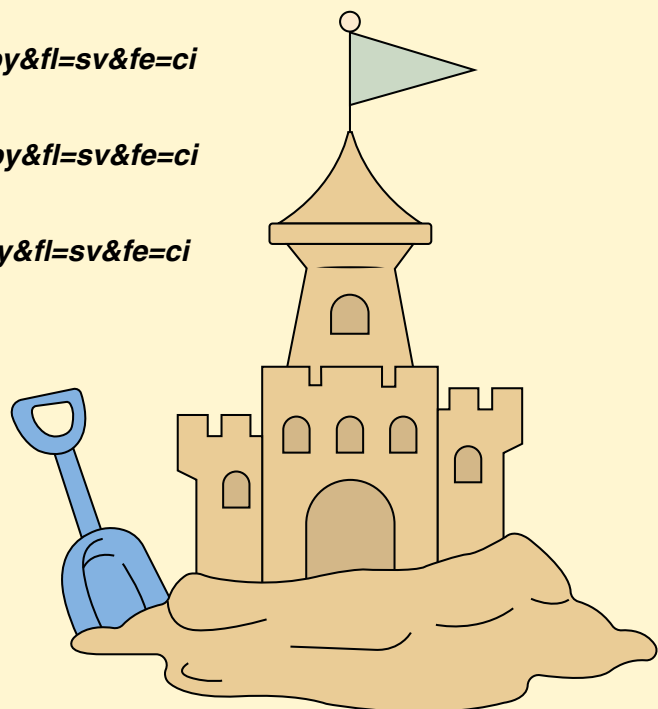
14) Legs Glutes Elevated Butterflies 30 seconds

<https://vimeo.com/1187132736/c31b899e34?share=copy&fl=sv&fe=ci>

15) Legs hamstring butterflies

<https://vimeo.com/1187132795/7e70c1f240?share=copy&fl=sv&fe=ci>

Add on Ankles or Hips



Workout Fifteen : Total Body Obliques

Day Two: Option One:

Strong obliques are essential for twisting, rotation, directional change, and overall body control in gymnastics. This workout is functional, fun, and extremely challenging, targeting the muscles athletes need for powerful movement and tighter shapes.

Modify as needed for lower levels, as some exercises may be very advanced and demanding for younger athletes.

You Need

Spotting Blocks

Small Balls

Dumbbells or kettle bells

Battle Rope

Small Bands

Add On: Shoulder Mobility and or Wrists

Level Intermediate to Advanced

Time: 35-40 minutes

Part One: Obliques and Kettles (or dumbbells)

Link for all of exercises in part ONE only: <https://vimeo.com/1188504932/609ffab7bb?share=copy&fl=sv&fe=ci>

Complete one set of each exercise - these are challenging!

1)Obliques One Arm Side Bend 15 each side

<https://vimeo.com/1178486706/c8dafc246a?share=copy&fl=sv&fe=ci>

2)Obliques Side Vup Punch 15 each side

<https://vimeo.com/1178486833/012316f5a5?share=copy&fl=sv&fe=ci>

3)Obliques alternating deadlifts 15 each side

<https://vimeo.com/1178487386/2227628572?share=copy&fl=sv&fe=ci>

4) Obliques Tuck Rock Press

<https://vimeo.com/1178486996/c3fcf8bb00?share=copy&fl=sv&fe=ci>

<https://vimeo.com/1178486975/5cbfb8f9c3?share=copy&fl=sv&fe=ci>

5) Obliques Hollow Rock With Press

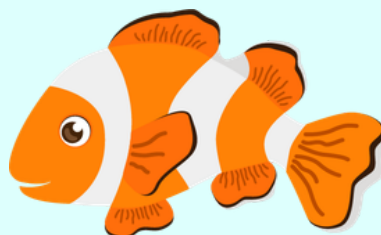
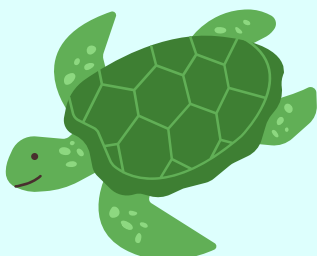
<https://vimeo.com/1178486740/3ae0ad7a9a?share=copy&fl=sv&fe=ci>

6)Obliques One Arm Situp Diagonal Reach

<https://vimeo.com/1178487127/4996c02757?share=copy&fl=sv&fe=ci>

7) Obliques Bowling Lunge

<https://vimeo.com/1178487017/9fd8b13cd5?share=copy&fl=sv&fe=ci>



Part Two: Triple set circuits:

All Exercise Link Here: <https://vimeo.com/1188611479/44295758a8?share=copy&fl=sv&fe=ci>

Circuit One: Complete two sets of each:

1) Obliques Kneeling X Slams 30 each side

<https://vimeo.com/1178487192/dc00fb447e?share=copy&fl=sv&fe=ci>

2)Obliques Punching Side Plank Kicks 15 each side

<https://vimeo.com/1178487079/6099adce30?share=copy&fl=sv&fe=ci>

3))Obliques: Squat Alternating Ball Pickups 20 (challenging)

<https://vimeo.com/1178486779/bfbe0063d3?share=copy&fl=sv&fe=ci>

<https://vimeo.com/1178487261/2a3be6579b?share=copy&fl=sv&fe=ci>

Circuit Two: Complete two set of each:

1)Obliques weighted side plank twists

<https://vimeo.com/1178487208/6348715de6?share=copy&fl=sv&fe=ci>

2)Obliques Alt Lunge Slams

<https://vimeo.com/1178487360/66aa7712c4?share=copy&fl=sv&fe=ci>

3)Obliques Kneeling Lunge Cross Slams

<https://vimeo.com/1178486848/ecb94c5dd8?share=copy&fl=sv&fe=ci>

Circuit Three; Double Block Finisher, these are hard Complete two sets of each!

1) Obliques (elevated) Figure 4 Twist Plank 20 each side

<https://vimeo.com/1178487148/39550b2d07?share=copy&fl=sv&fe=ci>

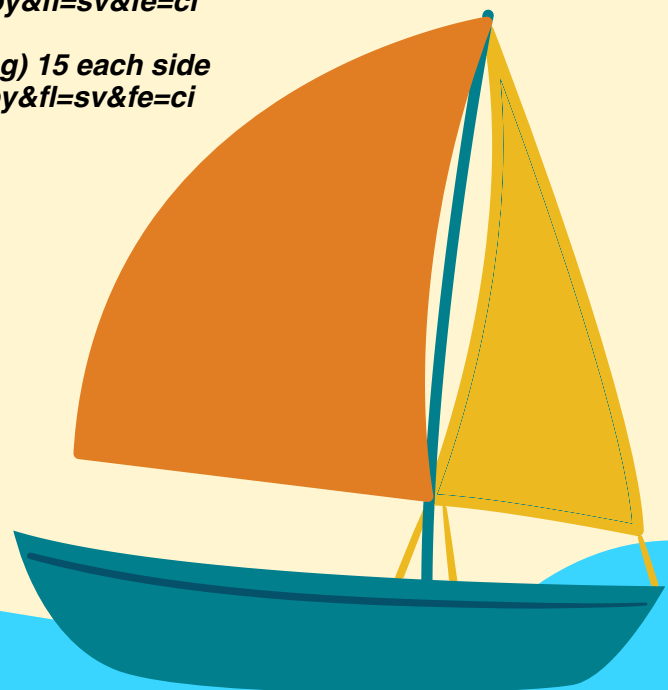
2) Obliques Double Block Side Plank Dips 15 each side

<https://vimeo.com/1178487166/1b035b271f?share=copy&fl=sv&fe=ci>

3)Obliques Side Plank Dip Fig 4 abduction (challenging) 15 each side

<https://vimeo.com/1178486723/fa182c00ec?share=copy&fl=sv&fe=ci>

Add On Shoulder Mobility or wrists



Workout Nine: Core Shaping, Body Tension and Leg tightening

Day Two: Option Two

This is an excellent workout for refining the strength your athletes have already built while creating tighter shapes through movement. With a strong focus on the hips, lower core, and overall body control, athletes will learn to maintain tension and positioning throughout dynamic movement patterns. The workout finishes with a tumble track shaping series to reinforce strong mechanics under fatigue.

You Need:

Sliders

Loop bands

Paralettes

Tumble track

Foam blocks (a lot)

Spotting Blocks

Stall Bars

Coach/Timer

Level: Intermediate to Advanced but can be modified for lower levels

Time: 40-45 minutes maybe longer, this can be one of your longer workouts for sure and if you really want to hit core, this is essential!

Add on: Shoulder Mobility or Wrists

All Exercise Link for Parts One, TWO and THREE: <https://vimeo.com/1188615074/57d52a9bd9?share=copy&fl=sv&fe=ci>

Part One: Leg Holds -Complete two sets of each:

1)Static Leg Lift Hold F 30 seconds each leg

<https://vimeo.com/1185905978/32e6f9f0ad?share=copy&fl=sv&fe=ci>

2)Side Middle Leg Hold 30 seconds each leg

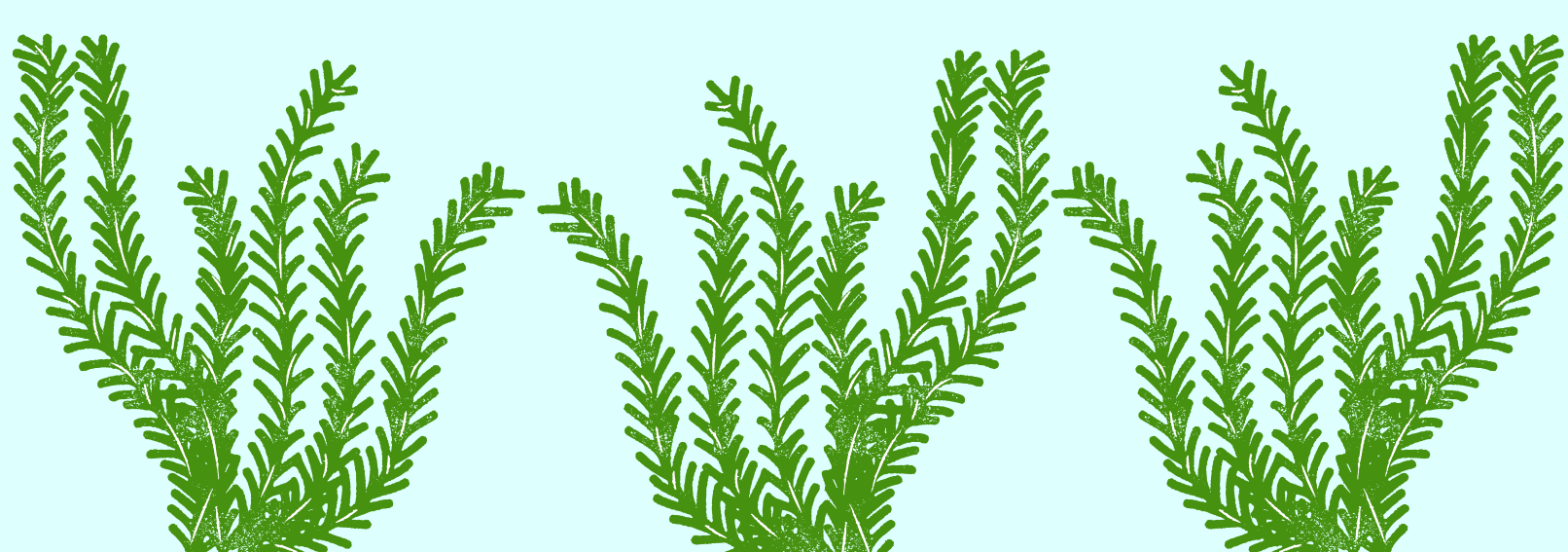
<https://vimeo.com/1185904906/5c98f6f8fc?share=copy&fl=sv&fe=ci>

3)Static Back Leg Hold 30 seconds each leg

<https://vimeo.com/1185904922/ff57dc8c3c?share=copy&fl=sv&fe=ci>

Part Two: Leg, hip and core focus

Circuit One: Coach will time each exercise for 1 minute. Rest and repeat each exercise one time:



1)Core Circuit Diamond Rocks (band)

<https://vimeo.com/1178484262/18ef73a012?share=copy&fl=sv&fe=ci>

2)Leg Tightening High V Flutters (banded)

<https://vimeo.com/1178484462/bd5f8ba548?share=copy&fl=sv&fe=ci>

3) Prone Diamond Abduction

<https://vimeo.com/793824627/20266d896f?share=copy&fl=sv&fe=ci>

Circuit Two: Lower core: Complete each exercise 2 times.

1)Core Lower Body Lifts (foam block) 30

<https://vimeo.com/1179369703/fa5f1c9879?share=copy&fl=sv&fe=ci>

2)Core leg tightening V-over (stacked blocks) 20 total

<https://vimeo.com/1178480520/a0d2a48a04?share=copy&fl=sv&fe=ci>

3) Core Leg v-over adduction (stacked blocks)) 30 total

<https://vimeo.com/1178480471/946861e637?share=copy&fl=sv&fe=ci>

Part Three: Slider Shaping Complete One set of each

1) Core Plank Digs 2 times across floor

<https://vimeo.com/1181207098/d5a7b8bf7f?share=copy&fl=sv&fe=ci>

2)Core Tuck Pop Across the Floor 2 times across floor

<https://vimeo.com/1181206678/4fe1dd3f55?share=copy&fl=sv&fe=ci>

3)Core Crab Sliders 2 times across floor (good luck :).

<https://vimeo.com/1181206641/ec3541062d?share=copy&fl=sv&fe=ci>

3) Core Arch Rock Slide 30

<https://vimeo.com/1178484636/b4b585ee9c?share=copy&fl=sv&fe=ci>

Part Four: Parallette work with challenges! Complete one set of each

ALL EXERCISE LINK: <https://vimeo.com/1188616405/3640667afa?share=copy&fl=sv&fe=ci>

1)Core Reverse Plank Slide Up (challenging) 10

<https://vimeo.com/1181207064/50ffc18809?share=copy&fl=sv&fe=ci>

2)Core Slide outs paralettes 15

<https://vimeo.com/1181207082/a058d6673e?share=copy&fl=sv&fe=ci>

3)High Plank Pike Slides (paralleltes) 20

<https://vimeo.com/1152289777/d55cce9c6a?share=copy&fl=sv&fe=ci>

4)High Tuck Plank Slides (paralettes) 20

<https://vimeo.com/1152289674/8e5998b958?share=copy&fl=sv&fe=ci>

5)Legs Shaping Single Leg Slide Down (challenging) 10 each leg
<https://vimeo.com/1181206500/d9da24f9cf?share=copy&fl=sv&fe=ci>

Part Five : Tumble Track Shaping

Do each exercise with maximum body tension! Complete 2 passes of each

1)Tumble Track Handstand Hops

<https://vimeo.com/1178497642/2eb5f46b6d?share=copy&fl=sv&fe=ci>

2)Tumble Tack Travelign Twist Jumps

<https://vimeo.com/1178497233/c859582413?share=copy&fl=sv&fe=ci>

3)Tumble Track Arch Shapers

<https://vimeo.com/1178497374/c279aa63b0?share=copy&fl=sv&fe=ci>

4) Tumble Track Pike Jumps

<https://vimeo.com/1188607644/c571f7cb0c?share=copy&fl=sv&fe=ci>

5) Tumble Track Reverse Plank Bounce

<https://vimeo.com/1188607655/c3744ff651?share=copy&fl=sv&fe=ci>

Finisher: Oblique tuck leg lift foam block (stall bar) 1 minute AMRP (as many reps possible)

<https://vimeo.com/1152286048/3833944ff3?share=copy&fl=sv&fe=ci>

Add on shoulder mobility or wrists



Workout Eight: Handstand Endurance Giant Circuit

Day Two: Option Three

It's BACKKKKKK!!

This time, **INCREASE YOUR DUMBBELL WEIGHT** this time (using 5's go to 8's) and so on. Or increase reps!

Time to get your handstand endurance in check! This short workout will give your shoulders, core and total upper body a burn!

You need:

Each athlete needs a set of light dumbbells

Level; All levels

Time: 15 minutes

IP Add On: Wrists

NOTE: *Coach must call out repetitions to make this really effective. Keep moving between exercises. There is limited rest as we are trying to burn out the shoulders to build max endurance.*

All Exercise Link:<https://vimeo.com/1188501651/57e66cef47?share=copy&fl=sv&fe=ci>

1)Handstand Circuit Shoulder Presses 20

<https://vimeo.com/1185905424/70d1d21c5a?share=copy&fl=sv&fe=ci>

2)Handstand Circuit 10 second hold (Hold 10 seconds increments, they can come down but get back up for a total of one minute)

<https://vimeo.com/1185905599/75db449e23?share=copy&fl=sv&fe=ci>

3)Handstand Circuit Lateral Raises 20

<https://vimeo.com/1185905487/57c1e818ef?share=copy&fl=sv&fe=ci>

4)Handstand Circuit Walk Forward/Back (Do this for one minute)

<https://vimeo.com/1185905548/35a1ccd4e0?share=copy&fl=sv&fe=ci>

5)Handstand Circuit Front Raises 20

<https://vimeo.com/1185905458/9ae84d16aa?share=copy&fl=sv&fe=ci>

6)Handstand Circuit 10 handstand hops

<https://vimeo.com/1185905393/faf3414a84?share=copy&fl=sv&fe=ci>

7) Handstand Circuit Bent oVer flies 20

<https://vimeo.com/1185905531/ef852da17b?share=copy&fl=sv&fe=ci>



8) Handstand Circuit Backward handstand hops 10

<https://vimeo.com/1185905516/1918460ccc?share=copy&fl=sv&fe=ci>

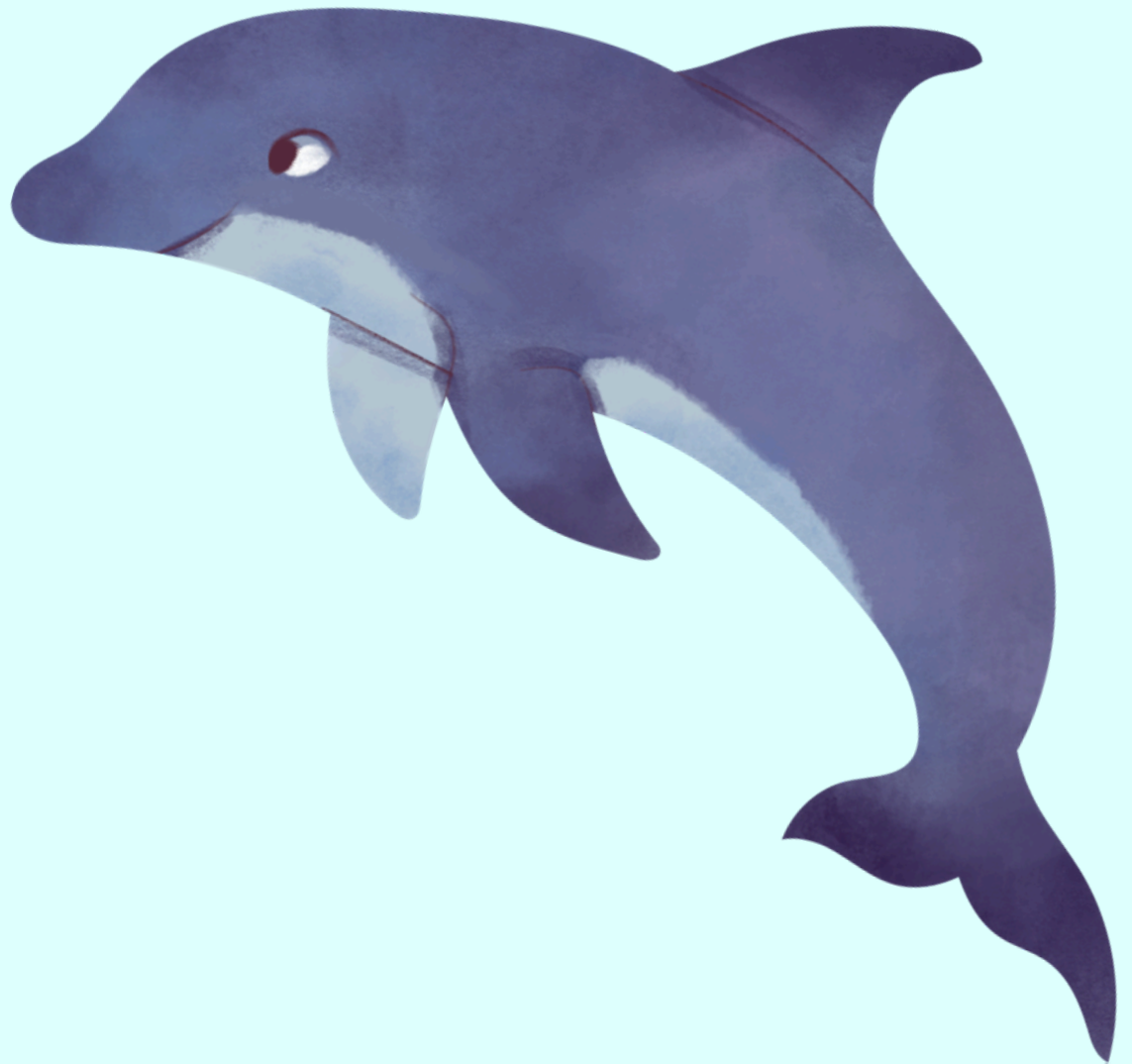
9) Upper Handstand Endurance Circuit Makers Do this one minute

<https://vimeo.com/1185905570/17c55d4f21?share=copy&fl=sv&fe=ci>

10) HANDSTAND HOLD CHALLENGE: FINISH with a max hold,, make it into a contest, who can hold it the longes????

<https://vimeo.com/1185905442/af35800612?share=copy&fl=sv&fe=ci>

Add on: Shoulders and Wrists



Workout Sixteen: Single Leg Take off Strength

DAY THREE OPTION ONE

Need help on leaps and jumps? Want better shapes in hurdles, jump take offs and entries? This is your workout for better skills and dynamics! Lots of variation and some big challenges in this one. Stick with it for best results!

You Need:

Multiple Spring boards

Dumbbells

Battle Ropes

Level: Intermediate to Advanced, it's a challenge!

Time: 30-40 minutes

Add On: Back/Thoracic Mobility or Flex

All Exercise Link: <https://vimeo.com/1188365278/e0e1aa0e6c?share=copy&fl=sv&fe=ci>

Part One: Weights and Leaps Across the floor

1)Legs walking Leap Lunges 4 passes

<https://vimeo.com/1178489929/3a504d594d?share=copy&fl=sv&fe=ci>

2)Legs weighted switch leap lunge 2 passes

<https://vimeo.com/1178490007/4fd7e675cb?share=copy&fl=sv&fe=ci>

3)Legs weighted alternating split leaps 4 passes

<https://vimeo.com/1178490026/f382b8fcb2?share=copy&fl=sv&fe=ci>

Part Two: Triple Set Circuits

Circuit One: Complete two times:

1)Legs Alternating Ski Squats (weighted) 20

<https://vimeo.com/1178484691/4646310ac3?share=copy&fl=sv&fe=ci>

2)Legs single leg tuck jump slams 10 each side

<https://vimeo.com/1178489807/3c92122891?share=copy&fl=sv&fe=ci>

3)Legs single leg wolf hop bounce (challenging, board) 2 each side

<https://vimeo.com/1178489789/253d0609c4?share=copy&fl=sv&fe=ci>



Circuit Two: Complete two times

1)Legs SPlit Jump slams 20 total

<https://vimeo.com/1178489834/998b30f0d4?share=copy&fl=sv&fe=ci>

2)Legs wolf hop double punch (board) 2 each side

<https://vimeo.com/1178489769/a41d9f6abd?share=copy&fl=sv&fe=ci>

3)Legs Single Leg Bridge (shaping band) 20 each leg

<https://vimeo.com/1178484165/dfb04dac7b?share=copy&fl=sv&fe=ci>

Circuit Three: Complete two times:

1)Single Leg Swing Through Slam (endurance shaping) 10 each leg

<https://vimeo.com/1178489360/50b7cb71c3?share=copy&fl=sv&fe=ci>

2)Single Leg Bounce Back Burpee (board) 2 each leg

<https://vimeo.com/1178489380/aa1ae27bb6?share=copy&fl=sv&fe=ci>

3)Leg single leg tuck jump with kettle swing 10 each leg

<https://vimeo.com/701366010/6114ca6642?share=copy&fl=sv&fe=ci>

Board Extras to finish it off!

Line up athlete with these challenges! Have athletes try 1 of each:

1)Leg tightening board split jumps 10 each leg

<https://vimeo.com/1178489434/6881171824?share=copy&fl=sv&fe=ci>

2)Legs Bounce Back Split Jumps 3 each side

<https://vimeo.com/1178489235/209568c349?share=copy&fl=sv&fe=ci>

3) Legs Switch Leap Bounce (challenging) 3 each side (hard!)

<https://vimeo.com/1178489464/6941c4beb0?share=copy&fl=sv&fe=ci>

Add on Back/Thoracic Mobility or Flex



Workout Seventeen: Stall Bar Leg Training Jumps (Side Station Training for Vault or Floor)

DAY THREE: OPTION TWO

This is an amazing side station to add into your summer training. The focus is on explosive movement, lateral power, leg quickness, reaction time, and athletic coordination — all critical for stronger runs, hurdles, jumps, leaps, and overall dynamic performance.

These exercises work perfectly as an event side station during vault or floor rotations to keep athletes moving, engaged, and developing athleticism throughout practice.

Time Recommendation:

Perform one set of each exercise during vault or floor rotations after turns.

You Need: Long Bands

Stall Bar

Add on Back/Thoracic Mobility or Flex

All Exercise Link: <https://vimeo.com/1188139432/255bffdd1b?share=copy&fl=sv&fe=ci>

1) Legs Band Stall Bar High Jumps (on hips) 20

<https://vimeo.com/1179369898/dab4965546?share=copy&fl=sv&fe=ci>

2) Legs Power Stall Bar Band Squat Jumps (on back) 20

<https://vimeo.com/901940968/28ac793359?share=copy&fl=sv&fe=ci>

3) Stall Bar Band Single Leg Jumps L 20

<https://vimeo.com/1179369693/b77ead606a?share=copy&fl=sv&fe=ci>

4) Legs Stall Bar Bands Single Leg Jumps L/R 20

<https://vimeo.com/1179369907/975ad4702c?share=copy&fl=sv&fe=ci>

5) Legs Stall Bar Bands Lateral Hop Over Block 15 L/R

<https://vimeo.com/1179369915/74bd2a697b?share=copy&fl=sv&fe=ci>

6) Legs Band Stall Bar Long Jump single leg landing R 10

<https://vimeo.com/1179369814/b5965bc34a?share=copy&fl=sv&fe=ci>

7) Legs stall bar long jump single leg landing L 10

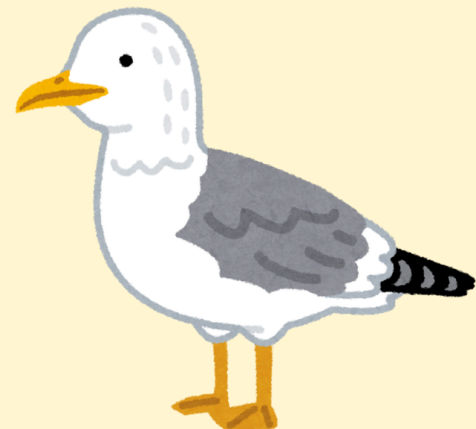
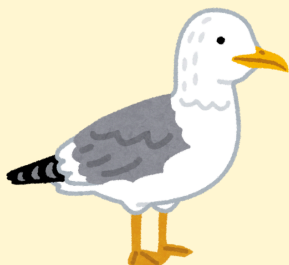
<https://vimeo.com/1179369684/205859835c?share=copy&fl=sv&fe=ci>

8) Legs band band stall bar step ups L 20 quick

<https://vimeo.com/1179369830/0c7121ffbb?share=copy&fl=sv&fe=ci>

9) Legs Stall Bar Step Ups R 20 quick

<https://vimeo.com/1179369928/c45149008e?share=copy&fl=sv&fe=ci>



Injury Prevention and Active Flexibility Add-Ons

DAY THREE: OPTION THREE:

In case you haven't gotten to this workout, I want to make sure you do! You can also substitute this workout for any of the other injury prevention workouts that you feel have gotten lost in the shuffle!

Part One; Active Splits One

You Need:

Uneven Parallel Bars

Add on Back/Thoracic Mobility or Flex

All Exercise Link: <https://vimeo.com/1189502366/9e9546c3f9?share=copy&fl=sv&fe=ci>

1)Core Hanging Half Straddle Outs 15

<https://vimeo.com/1181645374/1f3accabc0?share=copy&fl=sv&fe=ci>

2)Active Flex Hanging Switch Split 10 each leg

<https://vimeo.com/1181645411/22f4b9279a?share=copy&fl=sv&fe=ci>

3)Active Hanging Twists 30 total

<https://vimeo.com/1181645456/f92572b555?share=copy&fl=sv&fe=ci>

4)Active Hanging Wolf Shape 10 each leg

<https://vimeo.com/1181645441/57602a26ee?share=copy&fl=sv&fe=ci>

5)Active Hanging Switch Straddle 10 each side

<https://vimeo.com/1181645390/0bf15cfb21?share=copy&fl=sv&fe=ci>

6)Low Bar Active Bar Kick 10 each leg

<https://vimeo.com/1181645361/55ab78023c?share=copy&fl=sv&fe=ci>

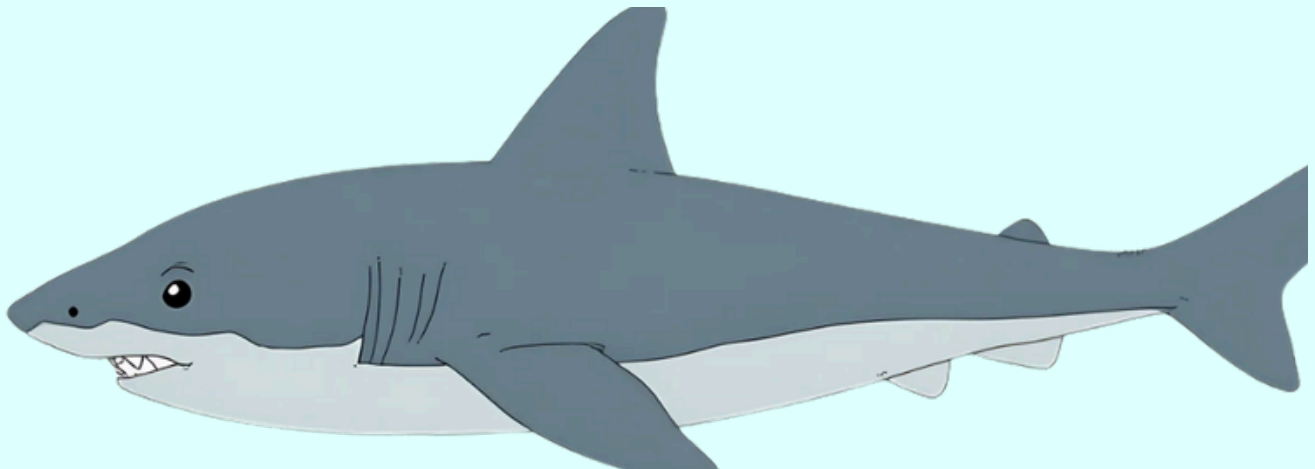
7)Active Flex bar split kicks 10 each leg

<https://vimeo.com/1181646467/97e12010d7?share=copy&fl=sv&fe=ci>

Part Two: Active Flex 4 : Beam Kicks

All Exercise Link: <https://vimeo.com/1189510865/10887c8917?share=copy&fl=sv&fe=ci>

Complete one set of each:



1)Active Flex Beam Needle kicks 15 L

<https://vimeo.com/1181646494/c17f1a6af1?share=copy&fl=sv&fe=ci>

2)Active Flex Beam Needle Kicks 15 R

<https://vimeo.com/1181645517/3b33a765e9?share=copy&fl=sv&fe=ci>

3)Active Flex Forward Back (beam) 15

<https://vimeo.com/1181645577/7bed4322ab?share=copy&fl=sv&fe=ci>

4)Active Flex Beam Leg Back Kicks 15 L/R

<https://vimeo.com/1181645489/091113f701?share=copy&fl=sv&fe=ci>

5)Active Flex Swing Kick Circle Left (beam) 10

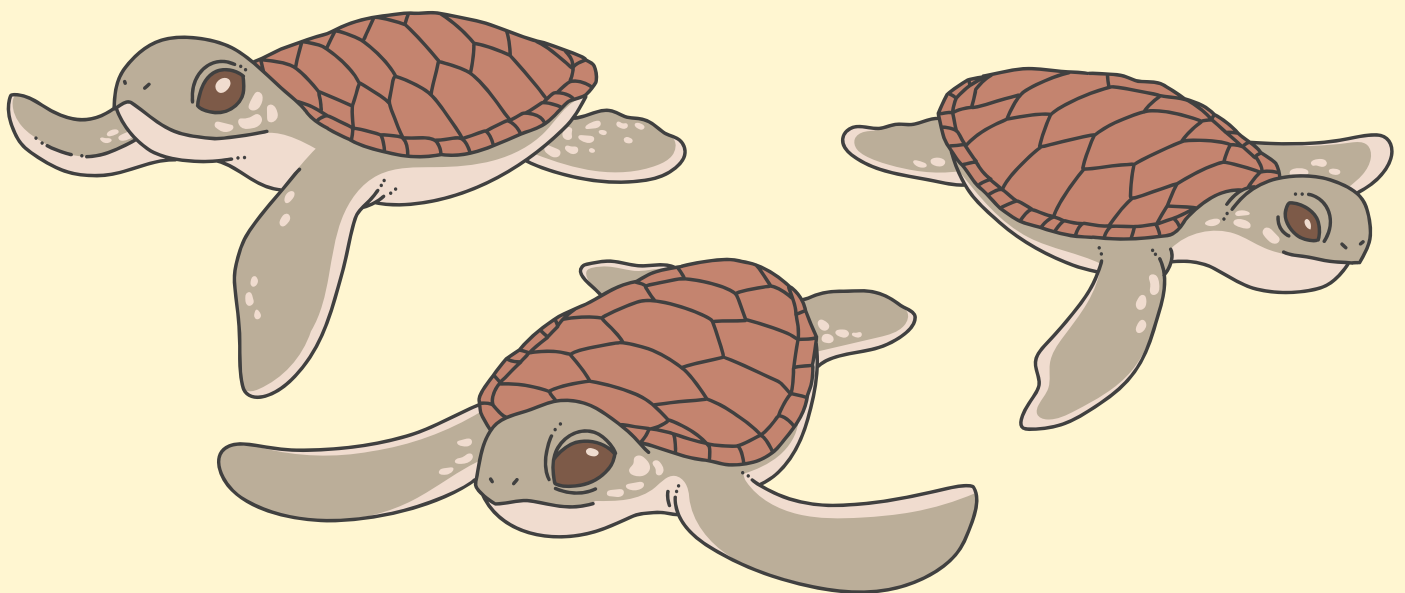
<https://vimeo.com/1181645604/af4c8ade1f?share=copy&fl=sv&fe=ci>

6)Active Swing Kick Circle Right (beam) 10

<https://vimeo.com/1181645589/72291d3194?share=copy&fl=sv&fe=ci>

7) Active Swing Ring Kick Beam 10 L/R

<https://vimeo.com/1181645558/6799756a24?share=copy&fl=sv&fe=ci>



Workout Three: Agility Ladder and Panel Warmup With Core Circuit Day Four : Option One: It's Back!

A little agility, a little core, and a little cardio. This is a great athletic warmup to get the body firing early in the season while improving coordination, endurance, and overall body awareness.

You Need:

Ladder

Panel Mats

Small bands and weights optional

Time: 45 minutes

Level: Intermediate

Add On: Any Active Flex OR Ankles

Part One: Ladder Workout

All Videos Link for Part one Start Here:

<https://vimeo.com/1188102358/a75c173046?share=copy&fl=sv&fe=ci>

1)Ladder 2 feet run

<https://vimeo.com/1178483986/7def55f674?share=copy&fl=sv&fe=ci>

2)Ladder Agility Single Foot Hops (bent over)

<https://vimeo.com/1184110575/42bc965c2b?share=copy&fl=sv&fe=ci>

3)Ladder Agility Lateral 2 in 2 out Right

<https://vimeo.com/1184110343/403279433d?share=copy&fl=sv&fe=ci>

4)Ladder Agility 2 feet in 2 out Left

<https://vimeo.com/1184110353/3b259999eb?share=copy&fl=sv&fe=ci>

5)Ladder Agility Lateral Straight Body Punches

<https://vimeo.com/1184110501/ecb827e153?share=copy&fl=sv&fe=ci>

6) Ladder Lateral Squat Backs

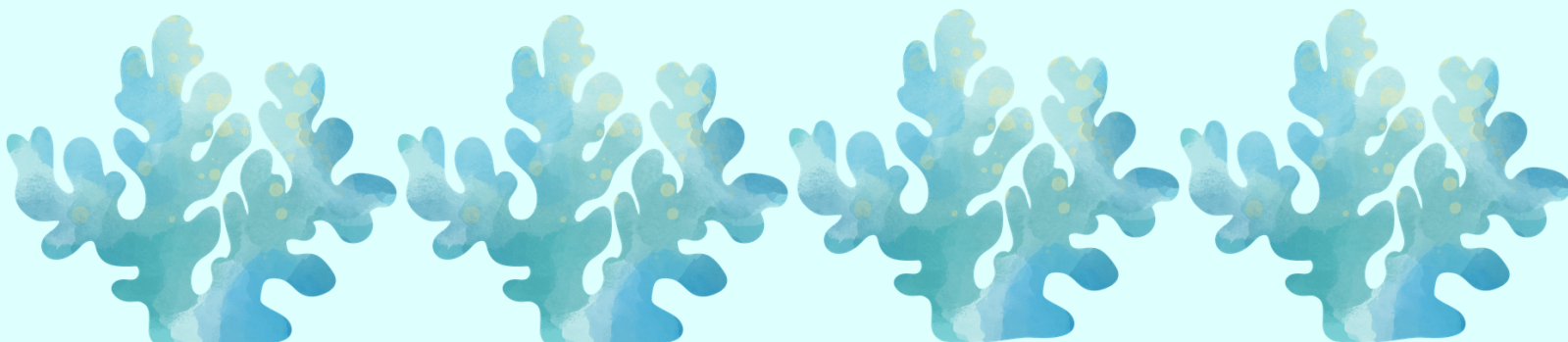
<https://vimeo.com/1178484284/c17ee87a29?share=copy&fl=sv&fe=ci>

7)Ladder Bear Pops

<https://vimeo.com/1178484442/39817b6737?share=copy&fl=sv&fe=ci>

8) Ladder Banded Diagonal Lunges (band and weights optional)

<https://vimeo.com/1178484235/32320e47ff?share=copy&fl=sv&fe=ci>



Part Two: Panel Quickness And Agility

All Video Links here: <https://vimeo.com/1188109982/7ab3dbccdf?share=copy&fl=sv&fe=ci>

1) *Panel Quickness Up and Over Taps*
<https://vimeo.com/1181207170/384ab74f86?share=copy&fl=sv&fe=ci>

2) *Panel Runner Ups Right*
<https://vimeo.com/1181207014/7fe5afa439?share=copy&fl=sv&fe=ci>

3) *Panel Runner Ups Left*
<https://vimeo.com/1181206478/90ebb6814a?share=copy&fl=sv&fe=ci>

4) *Panel High Step Jumps L*
<https://vimeo.com/1181206978/d41d682934?share=copy&fl=sv&fe=ci>

5) *Panel Fast Feet Pointed*
<https://vimeo.com/1181207001/dd49539ff5?share=copy&fl=sv&fe=ci>

6) *Panel Fast Feet Flexed*
<https://vimeo.com/1181206206/9e11cc57fb?share=copy&fl=sv&fe=ci>

7) *Panel Two Feet To One foot*
<https://vimeo.com/1181206923/461e31f3b3?share=copy&fl=sv&fe=ci>

8) *Panel Single to double hop*
<https://vimeo.com/1181206165/8735ef3576?share=copy&fl=sv&fe=ci>

9) *Panel Quick Knee Drive Right*
<https://vimeo.com/1181206413/d792382c48?share=copy&fl=sv&fe=ci>

10) *Panel Drop Foot Step Back L*
<https://vimeo.com/1181206310/5ab84ecef3c?share=copy&fl=sv&fe=ci>

11) *Panel Drop Foot Step Back Right*
<https://vimeo.com/1181206257/b37b039d8d?share=copy&fl=sv&fe=ci>

Part Three; Core Circuit Burnout: Complete 1 minute of each exercise:

All Exercises Link Here: <https://vimeo.com/1188117737/c2e4621ba7?share=copy&fl=sv&fe=ci>

1) *Core Circuit tuck obliques*
<https://vimeo.com/1178494274/cbad44a6c3?share=copy&fl=sv&fe=ci>

2) *Core Circuit Table Crunches*
<https://vimeo.com/1178493048/d5ae299da2?share=copy&fl=sv&fe=ci>



3)Core circuit table kicks

<https://vimeo.com/1178494191/741e968c80?share=copy&fl=sv&fe=ci>

4)Core circuit Plank Oblique Walks

<https://vimeo.com/1178494133/b581cd8906?share=copy&fl=sv&fe=ci>

5) Core Circuit V Seat Arm Drops

<https://vimeo.com/1178494164/e050a3eb3e?share=copy&fl=sv&fe=ci>

6)Core Circuit Prone Pull Down

<https://vimeo.com/1178493566/7b6eedad5f?share=copy&fl=sv&fe=ci>

7)Core Circuit High V Foot Taps

<https://vimeo.com/1178493609/1b2035d02c?share=copy&fl=sv&fe=ci>

8)Core Switchers

<https://vimeo.com/1178496910/de50dab145?share=copy&fl=sv&fe=ci>

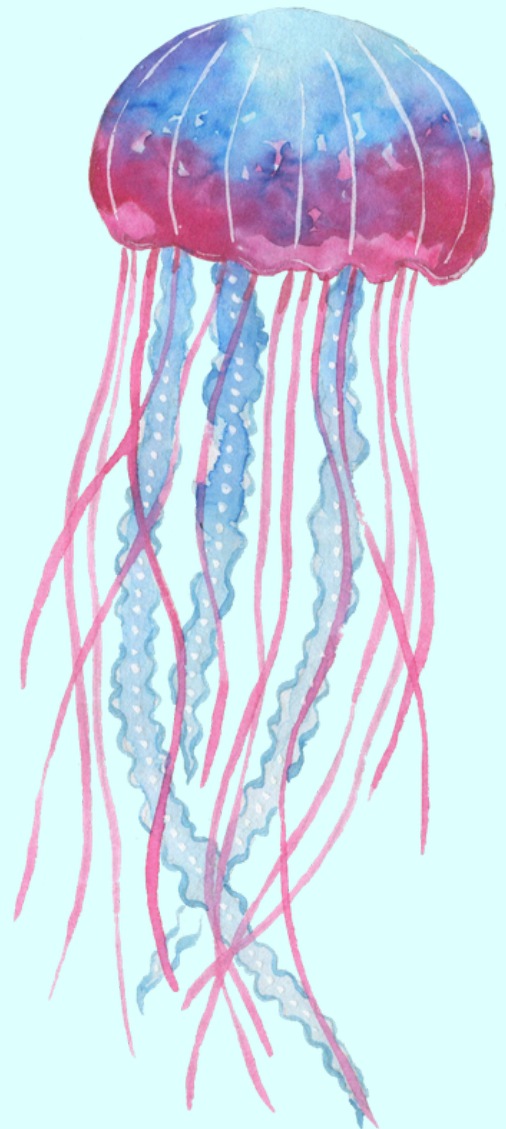
9)Core Circuit Static Plank hold

<https://vimeo.com/1178480656/edabf4efaf?share=copy&fl=sv&fe=ci>

10 Core Circuit Kneeling Plank Hamstring Curl

<https://vimeo.com/1181653547/3918148383?share=copy&fl=sv&fe=ci>

Add On Any Active Flex or Ankles



Workout Five: Banded Agility/ Directional Changes with Glute/Hammy Finisher

Day Four Option Two:

This workout includes a high level of brain work, coordination, and focus. Be patient, as some athletes may not “get it” right away. These types of reaction-based and directional change challenges are incredibly important for developing body awareness, athleticism, and quicker processing during gymnastics movement.

Level: Intermediate

Time: 45-50 minutes

Add On Any Active Flex or Ankles

**You Need: Small Loop bands,
Small Sponges,
Markers, dots or foam blocks**

Start here for ALL EXERCISE LINK:

<https://vimeo.com/1187952495/8c440e6446?share=copy&fl=sv&fe=ci>

Part One: Across the floor: In the second phase add more weight or the number of passes you do!

1) Agility Banded Releve Walk 4 passes

<https://vimeo.com/1181655341/cd3b361041?share=copy&fl=sv&fe=ci>

<https://vimeo.com/1181655356/6c3f38c594?share=copy&fl=sv&fe=ci>

2) Agility Banded Lateral One Foot Hop Right 4 passes

<https://vimeo.com/1181655371/a87b02ed23?share=copy&fl=sv&fe=ci>

<https://vimeo.com/1181655419/b0d10cbea3?share=copy&fl=sv&fe=ci>

3) Agility Lateral A Step left 2 passes

<https://vimeo.com/1181654922/bbf2fed04d?share=copy&fl=sv&fe=ci>

4) Agility Lateral A Step Right 2 passes

<https://vimeo.com/1181654462/b6c0822741?share=copy&fl=sv&fe=ci>

Part Two: Cardio And Control

1) Agility Banded Abduction Jumps 30

<https://vimeo.com/1181654935/f459248821?share=copy&fl=sv&fe=ci>



2) Agility Banded Cross Chest Jacks 30

<https://vimeo.com/1181654952/12ac92254b?share=copy&fl=sv&fe=ci>

3) Agility Banded Hop Courtesy 20

<https://vimeo.com/1181654969/efdef1b96e?share=copy&fl=sv&fe=ci>

Part Three: Directional Changes

Try each one of these agility circuits for 2 minutes each:

1) Agility 3 point quarter hops

<https://vimeo.com/1179369888/c98cee0d5d?share=copy&fl=sv&fe=ci>

<https://vimeo.com/1179369639/7fd02bbb7?share=copy&fl=sv&fe=ci>

2) Agility 4 point quarter turn hops

<https://vimeo.com/1179369615/8d4e878bfc?share=copy&fl=sv&fe=ci>

<https://vimeo.com/1179369627/0d398343eb?share=copy&fl=sv&fe=ci>

3) Agility 2 point half turn hops

<https://vimeo.com/1179369656/39537a9743?share=copy&fl=sv&fe=ci>

<https://vimeo.com/1179369649/9d34f96f61?share=copy&fl=sv&fe=ci>

Part Four: Quick twitch coordination

Complete each exercise for 1 minute

1) Agility lateral punches

<https://vimeo.com/1181655251/288d373f2d?share=copy&fl=sv&fe=ci>

2) Agility 4 step to hop 5

<https://vimeo.com/1181655195/bb8b038aef?share=copy&fl=sv&fe=ci>

3) Agility Grapevine Hops

<https://vimeo.com/1181655213/f3086949a5?share=copy&fl=sv&fe=ci>

4) Agility Lateral Tuck Overs

<https://vimeo.com/1181655229/fe7e632923?share=copy&fl=sv&fe=ci>

5) Agility Double to Single Foot Punch

<https://vimeo.com/1181654779/83d8d3a17b?share=copy&fl=sv&fe=ci>

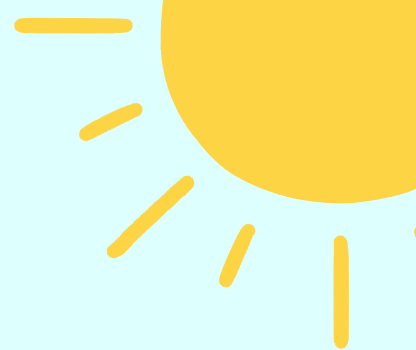
Part Five: Glute and Hamstring Work: Complete two sets of each

1) Weighted Core Static Glute Bridge Hold 30 seconds

<https://vimeo.com/1185905730/10f147900a?share=copy&fl=sv&fe=ci>

2) Weighted Core Static Glue Bridge Releve Hold 30 seconds

<https://vimeo.com/1185905730/10f147900a?share=copy&fl=sv&fe=ci>



3)Weighted Core Glute Bridge Releve Bridge Butterfly 30
<https://vimeo.com/1185905806/086ffe6560?share=copy&fl=sv&fe=ci>

4)Weighted Core Prone Glute Kick 30
<https://vimeo.com/1185904750/3ff835c0d5?share=copy&fl=sv&fe=ci>

5)Weighted Core Glute Bridge lift 30
<https://vimeo.com/1185905743/f63bb6639d?share=copy&fl=sv&fe=ci>

Add On Any Active Flex or Ankles



Workout One: Total Body Strength REPEATER

Day Four Option Three: Lets' see how strong you have gotten! This time add 2-3 pounds or 5 to 10 repetitions to this workout!

This is an amazing 30 minute workout that hits ALL areas of the body. If you can do this workout ONE day a week, you will see significant strength gains in your athletes. Have you gotten stronger??? I bet you have!!!

Time: 30

Level: All (can be modified)

You Need: dumbbells

Add On Any Active Flex or Ankles

Complete each set 2 times: Keep moving between each exercise

To warmup begin with:

Warmup: Total Body Around The World Releve Walks

<https://vimeo.com/1178489136/889273c7fd?share=copy&fl=sv&fe=ci>

After the warmup start here:

All Exercise Link: <https://vimeo.com/1187821469/5530314b4a?share=copy&fl=sv&fe=ci>

Set One:

1)Total Body Squat Lateral To Squat Front Raise 10/10

<https://vimeo.com/1178497919/3408074471?share=copy&fl=sv&fe=ci>

2)Total Body Lat Raise Front Raise with Supination 10/10

<https://vimeo.com/1178496868/88b9a7e5a2?share=copy&fl=sv&fe=ci>

3)Total Body Walkout Renegade Row with jump 10 total

<https://vimeo.com/1178496787/af3f447603?share=copy&fl=sv&fe=ci>

Set Two:

1)Total Body Squat Curl Press 15

<https://vimeo.com/1178496840/ffe63f5b11?share=copy&fl=sv&fe=ci>

2)Total Body Alt Side Lunge Jump 10 each side

<https://vimeo.com/1178497848/636685f082?share=copy&fl=sv&fe=ci>



3)Total Body Lunge Rows with pushup 12 total pushups
<https://vimeo.com/1178493758/a1ec30e5e5?share=copy&fl=sv&fe=ci>

Set Three:

1)Total Body Bridge Chest Press 30
<https://vimeo.com/1178480769/2dbf0872e4?share=copy&fl=sv&fe=ci>

2)Total Body Single Leg Bridge Press 15 each leg
<https://vimeo.com/1178479882/f233cdfbc6?share=copy&fl=sv&fe=ci>

3)Total Body Single Leg Bent over row 15 each leg
<https://vimeo.com/1178484484/c3449e4153?share=copy&fl=sv&fe=ci>

The Finisher: Total Body Lateral Jump Burpee Press Challenge!

Directions: Set out all the weights (of all athletes) In a straight line. Start with one athlete then the next jumps in until everyone is finished. Then start again. Go as many times as you can in 5 minutes! Be sure to alternate sides!

<https://vimeo.com/1178494223/b013338885?share=copy&fl=sv&fe=ci>

Add On Any Active Flex or Ankles

