

Performance Workout 1: Super Stability Ball Foundation Builder

FOCUS

Core Strength • Body Tension • Stability • Body Awareness • Active Flexibility • Injury Prevention

DEVELOPS

Core Strength • Balance • Stabilization • Body Control • Coordination • Active Flexibility • Movement Quality

BEST USED

Early preseason to build a strong movement foundation before progressing to higher-level strength, power, and endurance training.

COACHING GOAL

Teach athletes to control body positions, improve shaping, and develop stability before adding power and intensity.

LOWER LEVEL

- Reduce repetitions as needed.
- Use the floor or foam blocks before progressing to the stability ball.
- Allow additional rest between circuits.
- Prioritize quality movement and proper technique over speed.

ADVANCED

- Increase stabilization hold times.
- Add an extra round or additional repetitions.
- Reduce rest between exercises.
- Emphasize greater control and precision.

EQUIPMENT

Large stability balls
Foam blocks (recommended)

RECOMMENDED FOR

Levels 4–10, Xcel, and optional athletes. Easily modified for younger or lower-level gymnasts.

COACH TIP

If equipment is limited, divide athletes into two groups. One group performs the stability ball exercises while the other completes the floor or foam block modifications. Switch groups halfway through the workout.

WORKOUT LENGTH

30–40 Minutes

Betsy's Coaching Insight

"If I could recommend only one preseason workout, this would be near the top of my list. It teaches athletes how to control their bodies before building power, improving stability, shaping, movement quality, and reducing the risk of common gymnastics injuries."

Exercises, Sets & Reps → Below

ALL WORKOUT LINK: <https://vimeo.com/1212767140/e929d2064d?share=copy&fl=sv&fe=ci>

Part One: Complete 2 passes of each (4 passes if you are splitting up your groups)

1)Ball Warmup Backward and Forward Releve Walk
<https://vimeo.com/1000873835/96bab164ac?share=copy>

2)Ball Warmup High Skip (go for amplitude)
<https://vimeo.com/1000873772/597dfbaaf2?share=copy>

3)Ball Warmup Traveling Front kick releve
<https://vimeo.com/1000874424/e3cd11c45d?share=copy>

4)Ball Warmup Back Leg Kicks
<https://vimeo.com/1000873063/e646c0c532?share=copy>

5)Ball Warmup Single leg hoppers 2 passes each side
<https://vimeo.com/1000874491/c20f95fbc0?share=copy>

6)Ball Warmup Leap Hops same leg 2 passes each side
<https://vimeo.com/1000874004/ae9fc11c5d?share=copy>

7)Ball Warmup Alternating Leaps 2 passes
<https://vimeo.com/1000873333/85e36bbfbb?share=copy>

8)Ball Warmup Traveling Pop Squat 2 passes
<https://vimeo.com/1000874443/f4b76d5e3c?share=copy>

Part Two: Shaping Coaches Notes: MUST have a stability ball, lower levels this will be hard- need an alternative especially for littles

1)Ball Warmup Chest Pulse 20 kneeling
<https://vimeo.com/1000874619/344797f573?share=copy>

2)Ball Warmup plank walkout 20
<https://vimeo.com/1000873360/9fabbf7ea4?share=copy>

3)Ball Warmup Plank Up-down to tuck roll 10
<https://vimeo.com/1000873215/0abd367868?share=copy>

4) Ball Warmup Chest Pulse plank 20
<https://vimeo.com/1000874606/dc67b393f7?share=copy>

5)Ball Warmup Ab Roller 20
<https://vimeo.com/1000874405/4f76fa48ec?share=copy>

6)Ball Warmup Tuck UP Roll Out (from plank) 10
<https://vimeo.com/1000873802/4e16719711?share=copy>

7)Ball Warmup Reverse Plank Roll Out 10

8)Ball Warmup Quick Reverse Plank Up 20
<https://vimeo.com/1000873249/b0715b70f7?share=copy>

9)Ball Warmup Russian Twist 20
<https://vimeo.com/1000874658/b4097b7cee?share=copy>

10)Ball Warmup V up to Arch Shaper 20
<https://vimeo.com/1000873378/eac3ca1165?share=copy>

Part Three; Functional Core (coaches notes- more challenging, lower levels move to the floor or skip this one)

1)Ball Warmup Pushup alternating superman 20
<https://vimeo.com/1000874743/99c1d05cf4?share=copy>

2)Ball Warmup Single Leg Tuck in with Pushup 10 each side
<https://vimeo.com/1000873186/1422648f25?share=copy>

3)Ball Warmup hamstring rolls with block 20
<https://vimeo.com/1000874535/3176b34f9d?share=copy>

4)Ball Warmup Hip Lift with foam block 20
<https://vimeo.com/1000874513/4af0ad4749?share=copy>

5)Ball Warmup Single Leg bridge lift 20
<https://vimeo.com/1000874828/3234f241c2?share=copy>

6)Ball Warmup Adductor Press Punch (ball between legs) 20
<https://vimeo.com/1000874580/bbed6142d1?share=copy>

7)Ball Warmup Full Range situp at wall 30
<https://vimeo.com/1000874758/781bed207b?share=copy>

Part Four: Tightening- more challenging and some repeats of part three with the foam block added. Some may struggle so modify or just do the exercise with the foam block

1)Ball Warmup Tuck Rock with foam block 30
<https://vimeo.com/1000874811/a3e04a176a?share=copy>

2)Ball Warmup Superman Lift off with foam block
<https://vimeo.com/1000873157/ae402d69e6?share=copy>

3)Ball Warmup Russian Twist with Foam Block 30
<https://vimeo.com/1000873896/0a1726ec47?share=copy>

6)Ball Warmup Hollow Rocker With Foam between legs 30
<https://vimeo.com/1000874727/a058ee1bcc?share=copy>

7) Ball Warmup Arch Rocker with Foam Block 30
<https://vimeo.com/1000874796/205d9ecef7?share=copy>

8)Ball Warmup Stability Ball L Seat Hold (challenging, have fun!) 10
<https://vimeo.com/1000874559/9b6c86bdf4?share=copy>

Performance Workout 2: Total Body with Skills & Strength

FOCUS

Total Body Strength • Cardio Endurance • Core Strength • Gymnastics Conditioning • Skill Integration • Movement Quality

DEVELOPS

Total body strength • Cardiovascular endurance • Core strength • Work capacity • Coordination • Gymnastics movement quality • Overall conditioning

BEST USED

Early preseason to establish a strong fitness foundation while improving total-body strength, endurance, and gymnastics-specific movement quality.

COACHING GOAL

Build a balanced foundation of strength, cardio, and gymnastics movement while reinforcing proper technique and preparing athletes for more advanced training later in the season.

LOWER LEVEL

- Reduce repetitions or work intervals.
- Replace advanced skills with age-appropriate gymnastics drills.
- Use lighter dumbbells or bodyweight when needed.
- Increase recovery time between circuits.
- Emphasize correct movement patterns before increasing intensity.

ADVANCED

- Increase dumbbell resistance while maintaining proper technique.
- Add an additional round to each circuit.
- Shorten recovery periods between exercises.
- Increase speed during conditioning sections while maintaining quality movement.
- Focus on precision and control throughout every repetition.

EQUIPMENT

Agility ladder (optional)
Wall or high foam pit
Medium-weight dumbbells
Spotting blocks
Panel mats

RECOMMENDED FOR

Levels 4–10, Xcel, and optional athletes. Easily modified for younger or lower-level gymnasts.

COACH TIP

Don't rush the skill section. Encourage athletes to maintain clean gymnastics positions even as fatigue sets in. Developing quality movement under fatigue is one of the primary goals of this workout.

WORKOUT LENGTH

30 Minutes

Betsy's Coaching Insight

"I love this workout because it gives athletes a little bit of everything. It combines cardio, strength, gymnastics movement, and core training into one efficient session, making it one of my favorite preseason workouts for building a complete fitness foundation."

Exercises, Sets & Reps → Below

All Exercise Link:

<https://vimeo.com/1213024934/2d7fa2e466?share=copy&fl=sv&fe=ci>

Part One: Cardio with SKILL

Move quickly and focus on FORM for each of the exercises below:

1) Press Pops Forward/Back (this doesn't have to be done with a ladder, you can do on the floor 2 Full Passes F and B

<https://vimeo.com/1000877404/34bd39416e?share=copy>

2)HS Walking Ladder (again ladder optional) 2 passes F 2 passes B

<https://vimeo.com/1000877770/ebcf6c9985?share=copy>

3)Traveling Handstand Hops 2 passes

<https://vimeo.com/1000877504/af4616d60d?share=copy>

4)Backward HS hops 2 passes

<https://vimeo.com/1000877521/dc719296fa?share=copy>

5)Wall blocker with leg kick (can be done on a wall or pit) Complete 15 QUICK with good form

<https://vimeo.com/1000877550/d31b7bd8a2?share=copy>

Part Two: Complete each circuit ONE TIME (The circuit consists of three exercise in each set)

Set One:

1)Double Lunge jump lunge arms overhead 20

<https://vimeo.com/1000877714/6a3a867c51?share=copy>

2)Upper Seated Arnold Press 15

<https://vimeo.com/1000877667/29bbce1faa?share=copy>

3) Core side plank back kick 20 each side

<https://vimeo.com/1000877591/78da6e5045?share=copy>

Set Two:

1) Upper Block Pop to Panel 20

<https://vimeo.com/1000877432/2fd5daadcc?share=copy>

2) Legs Reverse Step Ups 10 each side

<https://vimeo.com/1000877681/7cbd6fbc40?share=copy>

3) Core supine adductor lift over weights 30

<https://vimeo.com/1000877580/d241ca25dd?share=copy>

Set Three:

- 1) Upper pushup panel pops 20
<https://vimeo.com/1000877643/9a6b74a1ab?share=copy>
- 2) Arms Standing Shrugs 30
<https://vimeo.com/1000877485/26670dd6ef?share=copy>
- 3) Core Prone abductor over weights 30
<https://vimeo.com/1000877631/9d461da5f9?share=copy>

Set Four:

- 1) Legs stiff leg deadlift with front raise 20
<https://vimeo.com/1000877472/b22b0122c4?share=copy>
- 2) Weighted rainbow lifts (on back, lift hips with pull back) 20 *focus on form and going slow and controlled)
<https://vimeo.com/1000877455/8b034e316e?share=copy>
- 3) Bent over double swings (use dumbbells not kettles unless you have them) 20
<https://vimeo.com/749110978/f8e2acabfd>