

Durability Workouts Preseason All Phases

DURABILITY Workout One: Flex & Injury Prevention Essentials

FOCUS

Injury Prevention • Active Flexibility • Joint Stability • Durability • Movement Quality

DEVELOPS

Active Flexibility • Stability • Mobility • Body Control • Injury Resilience

BEST USED

Warm-up • Side Stations • Recovery Days • Conditioning Finishers

COACHING GOAL

Build healthier, more durable athletes through consistent injury prevention.

LOWER LEVEL

- Reduce reps or hold times.
- Use lighter resistance.
- Focus on movement quality.
- Introduce a few exercises at a time.

ADVANCED

- Increase resistance or holds.
- Slow the tempo.
- Add a round.
- Emphasize perfect body control.

EQUIPMENT

Sliders • Long Resistance Bands • Weighted Bars • Dumbbells • Battle Rope (Optional)

RECOMMENDED FOR

All Levels (easily modified for younger athletes)

COACH TIP

Use 5–10 minutes throughout the week instead of completing the entire session at once.
Consistency is what builds durable athletes.

WORKOUT LENGTH

10–15 Minutes

BETSY'S COACHING INSIGHT

"The healthiest athletes aren't always the strongest—they're the ones who consistently do the little things. A few minutes of durability work each practice can make a huge difference over the course of a season."

EXERCISES, SETS & REPS → BELOW

All Exercise Link:

<https://vimeo.com/1213445499/a8dac0f04f?share=copy&fl=sv&fe=ci>

Complete one or two sets of each exercise:

- 1) Active Inward Hip Circles (straight leg) 20 each leg
<https://vimeo.com/720404451/78860d325f?share=copy&fl=sv&fe=ci>
- 2) Active hip circles outward 20 each leg
<https://vimeo.com/940966941/8cebf406cf?share=copy&fl=sv&fe=ci>
- 3) Alternating Active Needle Kicks 30 total
<https://vimeo.com/653939756/83e79416b9?share=copy&fl=sv&fe=ci>
- 4) Grip endurance regrabs 30 total
<https://vimeo.com/1050770133/3679dee7ea?share=copy&fl=sv&fe=ci>
- 5) Squatted Calf Raises 30
<https://vimeo.com/794656342/9cced45e65?share=copy&fl=sv&fe=ci>
- 6) Active Shoulder Chest Circles 15
<https://vimeo.com/757007006/f3616b07c2?share=copy&fl=sv&fe=ci>
- 7) Active Split Full Circle Arms 1 minute each leg
<https://vimeo.com/804460377/d3a67b5091?share=copy&fl=sv&fe=ci>
- 8) Cat Backs to cow 1 minute
<https://vimeo.com/771329235/f3bb22dee2?share=copy>
- 9) Wrist Wrist Roll ups 30
<https://vimeo.com/647248918/a920548a46?share=copy>
- 10) Ankles Calves Core Rockers 1 minute
<https://vimeo.com/737511299/19aeec3bf4?share=copy&fl=sv&fe=ci>

Durability Workout Two: Wrists, Fingers & Forearms Intensive

FOCUS

Wrist Strength • Forearm Endurance • Grip Strength • Finger Strength • Injury Prevention

DEVELOPS

Grip Strength • Wrist Stability • Forearm Endurance • Joint Durability • Hand Strength

BEST USED

Bar Rotations • Durability Finishers • Before Grip Work • Weekly Preseason Training

COACHING GOAL

Build stronger, more durable wrists and forearms before training volume increases.

LOWER LEVEL

- Use lighter resistance.
- Reduce reps or hold times.
- Perform fewer sets.
- Focus on proper technique.

ADVANCED

- Increase resistance.
- Add reps or rounds.
- Increase hold times.
- Slow the tempo for greater endurance.

EQUIPMENT

Light Dumbbells • Loop Resistance Bands • Foam Block (Optional) • Stability Ball (Optional)

RECOMMENDED FOR

All Levels (adjust resistance and volume as needed)

COACH TIP

Train wrists before they become sore. A few minutes each week can help reduce overuse injuries throughout the season.

WORKOUT LENGTH

15 Minutes

BETSY'S COACHING INSIGHT

"Gymnasts ask a lot from their wrists. Building grip, wrist, and forearm strength early helps athletes handle bars, tumbling, and handstands with greater confidence and durability."

EXERCISES, SETS & REPS → BELOW

All Exercise Link:

<https://vimeo.com/1213446730/41b675e542?share=copy&fl=sv&fe=ci>

Complete one or two sets of each, time permitting:

1)Wrist tick tocks forward 20

<https://vimeo.com/1009981852/7e702b41ef?share=copy>

2)Wrist finger pushups 3 each finger

<https://vimeo.com/1009982101/064a6f1735?share=copy>

3)Wrist Birdies palms up 100

<https://vimeo.com/1009982215/ba0c09a1bd?share=copy>

4)Wrists regrabs 10 each side

<https://vimeo.com/1009982172/3ede66c117?share=copy>

5)Wrist piano players 1 minute

<https://vimeo.com/1009982123/a51c30ac40?share=copy>

6)Wrists finger roll ups 20 each side

<https://vimeo.com/1009982152/2f4fdd1b8b?share=copy>

7)Wrists forearms goal post pull outs 20

<https://vimeo.com/1009981934/3793840b19?share=copy>

8)Wrists thumbs/pinkie to wrist curls 20 total each side

<https://vimeo.com/1009982029/9b932ff659?share=copy>

9)Wrists twisting circles 20 full rotations

<https://vimeo.com/1009981987/4b80f4fb7c?share=copy>

10)Wrists bell grab curls (lateral) 10 each side

<https://vimeo.com/1009982044/afca30f0b8?share=copy>

11)Wrists birdies palms down 100

<https://vimeo.com/1009982044/afca30f0b8?share=copy>

12)Wrists reverse finger pushups (whole hand) 20

<https://vimeo.com/1009982076/8dcec67ce4?share=copy>

13)Wrists finger pushups full palm 20

<https://vimeo.com/1009982062/629164a610?share=copy>

14)Wrists/Forearms Front raise with pronation (band) 15

<https://vimeo.com/1009982062/629164a610?share=copy>

15)Wrists forearm partner foam block toss attempt for 2 full minutes

<https://vimeo.com/1009978140/a3fae67bc2?share=copy>

DURABILITY Workout Three : Active Flex & Injury Prevention

FOCUS

Active Flexibility • Injury Prevention • Recovery • Mobility • Durability

DEVELOPS

Active Flexibility • Mobility • Body Control • Recovery • Movement Quality

BEST USED

Recovery Days • Conditioning Finishers • Side Stations • Stand-Alone Recovery

COACHING GOAL

Improve flexibility, mobility, and movement quality while reducing injury risk.

LOWER LEVEL

- Reduce hold times.
- Work within a comfortable range.
- Prioritize technique over flexibility.
- Provide assistance when needed.

ADVANCED

- Increase hold times.
- Add active flexibility reps.
- Increase range of motion with control.
- Maintain body tension throughout.

EQUIPMENT

Long Resistance Bands • Foam Blocks

RECOMMENDED FOR

All Levels (modify for age and flexibility)

COACH TIP

Add this session 2–3 times each week. Short, consistent flexibility work produces better long-term results than occasional long stretching sessions.

WORKOUT LENGTH

15 Minutes

BETSY'S COACHING INSIGHT

"Durability isn't built in one workout—it's built through consistency. A few minutes of quality mobility and active flexibility each week can make a huge difference in how athletes move, recover, and stay healthy."

EXERCISES, SETS & REPS → BELOW

All Exercise Link

<https://vimeo.com/1213447901/70146d8ddd?share=copy&fl=sv&fe=ci>

Complete one or two sets, time permitting:

1) Knee Grabs (be sure to drop chest to get lower back as well) 30 seconds
<https://vimeo.com/943819072/8f5de82401?share=copy>

2) Active Scorpion Rolls 2 passes across floor
<https://vimeo.com/676428480/8c63616c04?share=copy>

3) Active Flex Walking Teepees 2 passes
<https://vimeo.com/882473424/09e5afdb63?share=copy>

4) Shoulder Rolls 20 each way
<https://vimeo.com/943819616/24c962b659?share=copy>

6) Hip Mobility Bow Pose 20 second hold
<https://vimeo.com/1044800810/600db8d10d?share=copy>

7) Active Table Butterflies 20
<https://vimeo.com/882519196/db5b98a7b8?share=copy>

8) Back Stretch Child's Pose 30 second hold
<https://vimeo.com/771328940/f8cb3e7107?share=copy>

9) Reverse Plank Active Kicks 20 each side
<https://vimeo.com/779039000/b348caedb3?share=copy>

10) Pushup Position Active Side Kicks 20 each side
<https://vimeo.com/779038851/06bcf97a99?share=copy>

11) Hip mobility Sideways Circles each direction 20 each way
<https://vimeo.com/804094406/938a2074a2?share=copy>

12) Froggie Calf Raises 30
<https://vimeo.com/935611736/70468761ca?share=copy>

13) Partner Toe Pushes 30 each partner each way
<https://vimeo.com/665795991/813a4fc1df?share=copy>

14) Wrist Curls Long Band with partner 20 each way each partner
<https://vimeo.com/676411342/5583ef5c2a?share=copy>

15) Wrist foam block single hand grab toss 2 minutes each arm
<https://vimeo.com/1009978140/a3fae67bc2?share=copy>

DURABILITY Workout Four : Joint Mobility & Durability Builder

FOCUS

Ankles • Feet • Achilles • Hips • Wrists • Forearms • Joint Mobility • Injury Prevention

DEVELOPS

Joint Stability • Mobility • Balance • Body Control • Injury Resilience

BEST USED

Warm-up • Recovery Days • Side Stations • After Impact or Bar Training

COACHING GOAL

Build stronger, healthier joints to improve movement quality and reduce overuse injuries.

LOWER LEVEL

- Reduce repetitions.
- Use lighter resistance.
- Focus on control and technique.

ADVANCED

- Increase resistance.
- Slow the tempo.
- Add longer holds with perfect control.

EQUIPMENT

Long Resistance Bands • Foam Roller • Light Dumbbells • Foam Blocks (Optional)

RECOMMENDED FOR

All Levels

COACH TIP

Train the small stabilizing muscles consistently. Healthy ankles, hips, and wrists help athletes train longer and perform better.

WORKOUT LENGTH

15–20 Minutes

BETSY'S COACHING INSIGHT

"Strong athletes need strong joints. Spending just a few minutes each week improving joint mobility and stability can pay off all season long through better movement, fewer aches, and more consistent training."

EXERCISES, SETS & REPS → BELOW

All Workout Link:

<https://vimeo.com/1213549693/dc0e2c26fd?share=copy&fl=sv&fe=ci>

Complete one or two sets, time permitting.

1) Ankles Lateral Releve Walks (bands) 2 passes across the floor

<https://vimeo.com/1117798412/cb3fb0431a?share=copy>

2) Hip Mobility Full Hip Circle Straight Leg (backward) 5 each leg

<https://vimeo.com/1117798452/0d24f69369?share=copy>

3) Hip Mobility Active Pigeon 10 each leg

<https://vimeo.com/1117798199/3b0b687c54?share=copy>

4) Hips Alternating Pigeons 10 each leg

<https://vimeo.com/1117797832/2afc508357?share=copy>

5) Wrist/Forearm Curl Twist 15

<https://vimeo.com/1117798043/4e7c634d0c?share=copy>

6) Achilles toe Drop (foam roller band) 20 each foot, full foot

<https://vimeo.com/1117798146/25ec815c2d?share=copy>

7) Single Toe Extension

<https://vimeo.com/1117798182/52d71cfc4e?share=copy>

8) Achilles/Calves Rear Lunge Calf raises 20 each side

<https://vimeo.com/1117798471/25a4bc11e4?share=copy>

9) Calves Lunge Rocks 20 each side

<https://vimeo.com/1117798324/a0a389c88f?share=copy>

DURABILITY Workout Five: Posterior Chain Strength & Shoulders

FOCUS

Shoulders • Upper Back • Glutes • Hamstrings • Hip Stability • Injury Prevention

DEVELOPS

Postural Strength • Hip Stability • Glute Activation • Shoulder Stability • Body Control

BEST USED

Pre-Strength Training • Conditioning Finishers • Recovery Days • Preseason Foundation

COACHING GOAL

Strengthen the posterior chain to improve posture, stability, power, and injury resilience.

LOWER LEVEL

- Reduce repetitions.
- Use bodyweight only.
- Focus on technique and body awareness.

ADVANCED

- Add resistance.
- Increase reps or rounds.
- Slow the tempo.
- Reduce rest between exercises.

EQUIPMENT

Loop Bands • Panel Mats • Light Weights or kettlebells, Dowel stick

RECOMMENDED FOR

All Levels

COACH TIP

Don't neglect the back side of the body. A strong posterior chain improves posture, landings, power, and long-term durability.

WORKOUT LENGTH

20 Minutes

BETSY'S COACHING INSIGHT

"Some of the biggest improvements in performance come from strengthening the muscles athletes can't see. Strong glutes, hamstrings, and upper back/shoulder muscles create healthier, more powerful gymnasts."

EXERCISES, SETS & REPS → BELOW

All Exercise Link:

<https://vimeo.com/1213884979/cd54522b09?share=copy&fl=sv&fe=ci>

Part One: Active Shoulders and Back: Complete one or two sets time permitting

- 1) Shoulder Mobility Overhead Circles 10 each direction each arm <https://vimeo.com/1213883200/7923bac811?share=copy&fl=sv&fe=ci>
- 2) Shoulder Mobility Bent over Lateral Swing 20 each arm
<https://vimeo.com/1213883220/3a715eb4f4?share=copy&fl=sv&fe=ci>
- 3) Shoulder Mobility Full Circle Swings 10 forward, 10 back, each arm
<https://vimeo.com/1213883198/68609e59ad?share=copy&fl=sv&fe=ci>
- 4) Shoulder Stability Backward Crab walks (banded) 2 passes across floor
<https://vimeo.com/1213883201/769bc9bf8a?share=copy&fl=sv&fe=ci>
- 5) Shoulder Stability Prone Behind the back lift off 20
<https://vimeo.com/1213883199/2f467446bc?share=copy&fl=sv&fe=ci>

Part Two: Leg/Hip and glute durability

Panel SHAPER: Complete two sets of each - go through all five exercises all together (Coach count out reps). Try to do each exercise in a row, limited stopping to get a good endurance burn :) After you do the five exercises rest and repeat!

- 1) Legs hamstrings weighted bridges (legs not full bent) 30
<https://vimeo.com/871927803/7449d307be?share=copy>
- 2) Legs hamstrings bridge butterflies 30
<https://vimeo.com/871926264/e61a894bf8?share=copy>
- 3) BACK LEGS straight leg deadlift with abduct panel 20
<https://vimeo.com/871926241/f84fdaf523?share=copy>
- 4) Legs glute kickbacks panel 30 each leg
<https://vimeo.com/871926125/1378794e00?share=copy>
- 5) Legs hamstring walk outs panels 20 each leg
<https://vimeo.com/871926084/7c3cab0fb5?share=copy>