



Basics, Basics, Basics

Weeks 13-18

Workout 3

Injury Prevention

Note: Ankles, hips, wrists, shoulders and necks are important body parts that require lots of love and attention as your gymnastics career continues! Be sure to get this workout each time you condition to keep these areas strong and flexible!

Equipment Needed:

Kettle Bell or 5lb dumbbells

Long, stretchy thera-band

Part 1

Name	Reps/Minute
Feet In-Outs (full set of alphabet with pointed toes)	20
All 4 Kneeling Circles	
Wrist Circles with Weight (in and out)	10 each direction
Feet Partner Push	30
Neck Rolls	10
Shoulder Circles with Band (up and over)	10
Finger Pushups	15