

Targeted Performance Workout 1: Shoulder Strength, Functional Mobility, Handstands & Stability

FOCUS

Shoulder Strength • Functional Mobility • Handstand Development • Upper Back Strength • Core Stability • Body Tension

DEVELOPS

Shoulder strength • Functional mobility • Upper back stability • Handstand alignment • Core stability • Body tension • Blocking mechanics

BEST USED

Early preseason to establish healthy shoulders, improve handstand mechanics, and develop the upper-body foundation needed for safe, efficient gymnastics training.

COACHING GOAL

Develop strong, stable, and mobile shoulders while reinforcing proper body alignment, handstand technique, and total-body control in inverted positions.

LOWER LEVEL

- Use lighter kettlebells or dumbbells, or perform exercises with bodyweight only.
- Reduce hold times during handstand and stability exercises.
- Perform handstand drills with additional wall support.
- Focus on quality shoulder positions before increasing repetitions.
- Allow extra recovery between sets as needed.

ADVANCED

- Increase hold times during stabilization exercises.
- Perform slower, more controlled repetitions.
- Increase resistance while maintaining perfect technique.
- Add additional handstand shaping sets.
- Maintain body tension throughout every movement.

EQUIPMENT

Light kettlebells or dumbbells

Wall

Large stability balls

NOTE: for part two- many of these exercises can be done **WITHOUT** the stability ball, if you have limited balls- don't let your lack of equipment keep you from doing this workout, just modify.

RECOMMENDED FOR

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

COACH TIP

Don't let athletes compensate for limited shoulder mobility by arching their lower back. Encourage a tight core, neutral ribs, and strong body tension while opening through the shoulders. Quality positions will always produce better long-term results than forcing additional range of motion.

WORKOUT LENGTH

20–30 Minutes

Betsy's Coaching Insight

"Shoulder mobility is one of the most common requests I receive from coaches because it affects nearly every gymnastics skill. I use this workout early in the preseason to build stronger handstands, better body tension, healthier shoulders, and more efficient movement before the demands of the competitive season begin."

Exercises, Sets & Reps → Below

All Exercise Link:<https://vimeo.com/1213025606/65ab266191?share=copy&fl=sv&fe=ci>

Part One: Mobility, Core and Kettle/Dumbbell Work
Complete ONE set of each, two if you have time.

1) Prone Two Point Goal Post Pull Backs 10 x up and back
<https://vimeo.com/1108819900/cbd50391c0?share=copy>

2) Hollow Hold Goal Post Rotation 15
<https://vimeo.com/1108819924/eabd49ba32?share=copy>

3) Shoulder Goal Post Lift Off 15
<https://vimeo.com/1108819920/58063ad640?share=copy>

4) Half deadlift swing TO Releve 15
<https://vimeo.com/1108819903/bbfe15556b?share=copy>

5) Bent over Kettle Row and Regrab 20
<https://vimeo.com/1108819851/95acab88ce?share=copy>

Part Two Handstands, Blocking and Pushups

NOTE: Many of these exercises can be done WITHOUT the stability ball

1) Handstand wall shoulder taps 10 each side
<https://vimeo.com/1108819864/7dfaeb35ba?share=copy>

2) Ball Wall Blocks 10 stay straight and tight
<https://vimeo.com/1108819892/f21f45bea3?share=copy>

3) Ball Wall Plank Shaper 10
<https://vimeo.com/1108819872/a3ecbab4bf?share=copy>

4) Ball Wall Handstand Shrug Shaper (challenging, will need help getting into position) 10
<https://vimeo.com/1108819837/1416e5bff9?share=copy>

5) Stability Ball Press Handstand 10
<https://vimeo.com/816297646/f3df78bd91>

6) Fast Arms Stability Ball 40
<https://vimeo.com/662601120/541c4658e2?share=copy>

7) 90 angle pushups
<https://vimeo.com/768691471/7a211530c3?share=copy&fl=sv&fe=ci>

8) Fun finisher: Upper plank pushup to wheelbarrow walk
<https://vimeo.com/768692563/4d4d3a7396?share=copy&fl=sv&fe=ci>

Targeted Performance Workout 2: Quick & Effective Lower Body Strength Builder

FOCUS

Lower Body Strength • Leg Endurance • Athletic Conditioning • Explosive Foundation • Time-Efficient Training

DEVELOPS

Lower body strength • Muscular endurance • Work capacity • Explosive power foundation • Athletic conditioning • Movement quality

BEST USED

Early preseason or on limited-time practice days to maintain and build lower body strength without sacrificing valuable training time.

COACHING GOAL

Develop strong, conditioned legs while reinforcing quality movement patterns that transfer to powerful tumbling, vaulting, jumping, and safe landings.

LOWER LEVEL

- Reduce repetitions or work intervals.
- Perform bodyweight variations before adding resistance.
- Focus on proper squat, lunge, and landing mechanics.
- Allow additional recovery between exercises.
- Prioritize quality movement over speed.

ADVANCED

- Add an additional round.
- Increase resistance where appropriate.
- Reduce rest periods between exercises.

- Add plyometric variations while maintaining excellent landing technique.
- Increase tempo without sacrificing movement quality.

EQUIPMENT

Spotting blocks
Kettlebells or dumbbells
Small resistance bands
Sliders

RECOMMENDED FOR

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

COACH TIP

Encourage athletes to move with urgency, but never at the expense of technique. Strong movement patterns developed during the preseason lead to greater power, better performance, and fewer injuries throughout the season.

WORKOUT LENGTH

Approximately 20 Minutes

Betsy's Coaching Insight

"I created this workout for those days when practice runs long but lower body training still needs to happen. It's short, efficient, and challenging. If you have extra time, pair it with the Fitness Core workout for a complete total-body conditioning session."

Exercises, Sets & Reps → Below

All Exercise Link

<https://vimeo.com/1213033208/63ee7e1d4b?share=copy&fl=sv&fe=ci>

Part One:

Begin with 10 passes of Diagonal Runs with Bands and 6 passes of lizard slides

1) Diagonal kickbacks with bands
Video link

2) Legs Lizard Slides 6 passes
Video link
<https://youtu.be/J7ciRKrlhqU>

Part Two: Complete two sets of each exercise.

1) Legs Lateral Hops Burpees with weights 20 total
Video link
<https://youtu.be/D9v7JWtvMu0>

2) Legs Single Leg Deadlift Jumps 20 each leg
Video link
<https://youtu.be/JGrMpYl4nNE>

Part Three: Complete two sets of each exercise:

1) Legs single leg Deadlift swing through 15 each leg
Video link
<https://youtu.be/AZ7gcgkqGnY>

2) Connected Box Jumps 20
Video link
<https://youtube.com/shorts/TC-pV19OrWY>

Part Four: Complete two sets of each exercise in this circuit

1) Legs Hamstring Ball Drops 20 each partner
Video link
<https://youtu.be/naYoCG5OpWs>

2) Legs Squat to Calf Raise 30

3) Butt to ankle partner jumps 30
<https://vimeo.com/721881745/81425dd8b4?share=copy>

Targeted Performance Workout 3: Cardio, Core & Injury Prevention

FOCUS

Core Strength • Cardiovascular Endurance • Injury Prevention • Upper Body Strength • Stability • Movement Quality

DEVELOPS

Core strength • Cardiovascular endurance • Upper body strength • Muscular endurance • Stability • Body control • Injury prevention

BEST USED

Early preseason to build a strong foundation of conditioning, core strength, and durability before progressing to higher-intensity training.

COACHING GOAL

Develop cardiovascular fitness, core strength, upper body stability, and movement quality while reinforcing healthy movement patterns that support long-term performance and injury prevention.

LOWER LEVEL

- Perform Part Two using bodyweight only or substitute foam blocks for dumbbells.
- Reduce repetitions or number of rounds based on the athlete's age and ability.
- Focus on mastering movement quality before increasing intensity.
- Increase recovery time between circuits as needed.
- Modify resistance to match the athlete's strength level.

ADVANCED

- Increase resistance while maintaining excellent technique.
- Add additional rounds to Part Two.
- Reduce recovery time between exercises.
- Increase tempo without sacrificing movement quality.
- Maintain perfect body tension throughout every repetition.

EQUIPMENT

Dumbbells
Floor space
Long resistance bands (ankle-to-wrist length)

RECOMMENDED FOR

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

COACH TIP

Quality movement always comes before speed or heavier resistance. Encourage athletes to stay engaged through their core during every exercise, especially as fatigue begins to set in.

WORKOUT LENGTH

30–40 Minutes (varies depending on the number of rounds completed in Part Two)

Betsy's Coaching Insight

"This is one of my favorite all-around foundation workouts because it truly has a little bit of everything. It combines cardio, upper body strength, core training, and injury prevention into one efficient session that builds a strong foundation without overcomplicating training."

Exercises, Sets & Reps → Below

All Exercise Link

<https://vimeo.com/1213026991/24c7d694cf?share=copy&fl=sv&fe=ci>

Part One: Cardio and Active Stretching- Complete ONE set of each

1) Cardio Arm Circles Backward 20
<https://vimeo.com/1007207315/353a1cc631?share=copy>

2) Cardio Arm Circles Forward 20
<https://vimeo.com/1007207343/e994f88e52?share=copy>

3) Cardio Hip Circles 20 each leg
<https://vimeo.com/1007207423/9644dd7fb5?share=copy>

4) Cardio non weighted deadlifts 20
<https://vimeo.com/1007207521/e4ee82d7e6?share=copy>

5) Cardio Single Leg Deadlift Non weight 10 each leg
<https://vimeo.com/1007207438/da19874509?share=copy>

6) Cardio Fast Feet/Boxer Shuffle 50
<https://vimeo.com/1007207547/a861043121?share=copy>

7) Cardio Switcher with Jumping jack arms 30
<https://vimeo.com/1007207571/49b8363f4c?share=copy>

8) Cardio Skater Jumps 20 total
<https://vimeo.com/1007207755/37da895603?share=copy>

9) Cardio one arm plank jacks 10 each side
<https://vimeo.com/1007207457/0e60756b8e?share=copy>

10) Cardio Fly Jacks 50
<https://vimeo.com/1007207769/6abc6b9ae6?share=copy>

11) Cardio Walkout Shoulder Taps 10 walkouts 20 taps
<https://vimeo.com/1007207763/f5a5559ffc?share=copy>

12) Cardio Plank Calve Raises 50
<https://vimeo.com/1007207648/c3a68bd2b0?share=copy>

13 Cardio Legs single leg tuck jumps (from reverse lunge) 15 each side
<https://vimeo.com/1007207707/13a09b5d63?share=copy>

Part Two: Complete one or two sets of each

Weighted Core (Grab a dumbbell, light to medium depending on athlete level)

1) Core Prone Rainbows 20
<https://vimeo.com/1007207869/8c0ab9730e?share=copy>

2) Core Kneeling Chops 15 each side
<https://vimeo.com/1007207331/05263d3d90?share=copy>

3)Core Weighted Tuck Taps 20
<https://vimeo.com/1007207717/ae62056187?share=copy>

4)Core weighted Reverse Plank Lift 20
<https://vimeo.com/1007207862/98c52ad61c?share=copy>

5)Core weighted side plank with arm raise 20
<https://vimeo.com/1007207605/c623c7581a?share=copy>

6)Core weighted VUP 20
<https://vimeo.com/1007207810/c6b2230a6a?share=copy>

7)Core weighted Leg lift in “high V” 15 slow and controlled (not a VUP)
<https://vimeo.com/1007207480/02d7e7903b?share=copy>

8)Core weighted arch rockers 20
<https://vimeo.com/1007207374/92712639a1?share=copy>

9)Core weighted DeadBugs 20 total
<https://vimeo.com/1007207615/75309f6e64?share=copy>

GRAB LONG BANDS FOR UPPER LEVELS (optional for lower)

10)Core Prone Snow Angels Bands 30 (bands optional)
<https://vimeo.com/1007207744/8633ca7b97?share=copy>

11)Core Banded Supine Snow angels 30
<https://vimeo.com/1007207735/db9d1b18be?share=copy>

12) Core Tension Bear Inchworm Walkout with bands 15
<https://vimeo.com/1007207727/788d06029d?share=copy>

Part Three: Active Shoulders and Back

1)Active Shoulders Arm Drops with bands 15 each side
<https://vimeo.com/1007207877/d787b862c5?share=copy>

2)Active Shoulders Overhead circles 20 up and back
<https://vimeo.com/1007207645/84bf3dbde9?share=copy>

3)Shoulder Pull Backs Partner 20 each
<https://vimeo.com/696282039/70aeb7a158>

4)IP Cat Backs 20
<https://vimeo.com/891959956/236fbce8f4>

5)Back Stretch Cross Knee 30 seconds each
<https://vimeo.com/771328406/b80c08e115>

6)Glute Bridge Hold 10 up with a 3 second hold
<https://vimeo.com/771329071/b1507ecb3d>