

Bite-Sized Workout 1: Active Flex & Calves

FOCUS

Active Flexibility • Calf Strength • Ankle Stability • Split Development • Leap Technique • Lower Leg Injury Prevention

DEVELOPS

Active flexibility • Calf strength • Ankle stability • Lower leg control • Split positions • Leap technique • Injury resilience

BEST USED

As a side station, floor rotation, event station, or quick conditioning circuit to improve flexibility and lower leg strength between turns.

COACHING GOAL

Develop stronger active flexibility, healthier ankles, and more powerful leap mechanics while keeping athletes active and productive during practice.

LOWER LEVEL

- Reduce repetitions and hold times.
- Perform movements without sliders until proper technique is mastered.
- Use lower blocks or mats when needed.
- Focus on quality movement, body alignment, and control before increasing range of motion.

ADVANCED

- Increase hold times during active flexibility exercises.
- Add additional rounds.
- Slow each repetition to improve control.
- Emphasize maximum toe point and complete body tension throughout every movement.

EQUIPMENT

Spotting blocks
Cones
Paralettes
Sliders
Kettlebells
BOSU Ball

RECOMMENDED FOR

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

COACH TIP

Set this station up before practice begins so athletes can rotate through it between turns on floor or other events. It's an easy way to maximize training time while continuously improving flexibility, ankle strength, and body control.

WORKOUT LENGTH

10–15 Minutes

Betsy's Coaching Insight

"I use this workout all the time as a side station because it keeps athletes improving instead of standing around waiting for their next turn. It's one of my favorite ways to build better leaps, stronger splits, healthier ankles, and more productive practices."

Exercises, Sets & Reps → Below

All Exercise Link: <https://vimeo.com/1127651748/c1bb1a5339?share=copy&fl=sv&fe=ci>



Complete One Set of each or more, time depending!

- 1) Seated Calves Raises 20
- 2) Elevated Slider Splits 10 each side
- 3) Kneeling Full Swing around Kick Right 10
- 4) Kneeling Slide Kick back 10
- 5) Kneeling Swing Kick Around Left 10
- 6) Squatted Bosu Abduction (hold Kettle) 30
- 7) Parallette assisted leg slides Left and Right 5 each side
- 8) Kneeling Kick to Block Left/Right 5 each side

Bite-Sized Workout 2: Upper Body Strength, Body Tension & Core

FOCUS

Upper Body Strength • Body Tension • Core Stability • Back Strength • Shoulder Stability •
Gymnastics-Specific Strength

DEVELOPS

Upper body strength • Core stability • Back strength • Shoulder stability • Body tension •
Gymnastics-specific strength

BEST USED

As side stations during event training to build upper body strength without adding extra conditioning time. Can also be completed as a full 30-minute workout.

COACHING GOAL

Integrate upper body strength into everyday practice so athletes continue developing strength while waiting for turns, maximizing both conditioning and skill training.

LOWER LEVEL

- Use lighter resistance bands.
- Reduce repetitions or hold times.
- Introduce one station at a time.
- Focus on body position before increasing difficulty.
- Provide assistance during bar exercises as needed.

ADVANCED

- Increase hold times.
- Add additional rounds.
- Use heavier resistance bands.
- Slow the tempo to increase time under tension.
- Minimize rest while maintaining excellent technique.

EQUIPMENT

Paralettes
Sliders
Carpeted wall
Uneven bars
Heavy resistance bands

RECOMMENDED FOR

Intermediate to advanced athletes. Easily modified for lower-level gymnasts **without the bands, which can be the most challenging part finding the right bands/lengths etc. but is worth the setup especially for upper levels!**

COACH TIP

Set each station up before practice begins and allow athletes to rotate through while waiting for turns. By the end of practice, they'll have completed a full upper body workout without sacrificing event training.

WORKOUT LENGTH

Individual Stations: 10–15 Minutes Each
Combined Workout: Approximately 30 Minutes

Betsy's Coaching Insight

"This is one of my favorite time-saving workouts because it builds strength without taking athletes away from event training. By weaving these stations into practice, athletes develop upper body strength, body tension, and core stability while they're already rotating through events."

Exercises, Sets & Reps → Below

All Exercise Link:

<https://vimeo.com/1213241384/a1ee5fcd12?share=copy&fl=sv&fe=ci>

Station One: Wall Exercises: Complete one set of each

1)Core Upper/Wall Assisted Press 10
<https://vimeo.com/1009978016/d39d67a642?share=copy>

2)Core upper wall assisted slide ups 10
<https://vimeo.com/1009977736/624805968a?share=copy>

3)Core wall pike seat dip 20
<https://vimeo.com/1009977636/6dbb6dccef?share=copy>

Station Two: High Bar Exercises: Complete one set of each

1)Banded pike downs (high bar) 20
<https://vimeo.com/1009977636/6dbb6dccef?share=copy>

2)Banded pike pull up (high bar) 15
<https://vimeo.com/1009977556/ea31edb6b5?share=copy>

3)Legs banded tuck down (high bar) 20
<https://vimeo.com/1009977692/d3ac890909?share=copy>

4)Bar band single leg pushdowns (high bar) 20
<https://vimeo.com/1009977708/ff1342a829?share=copy>

5)High Bar Pull Back Sit-up Bands 30
<https://vimeo.com/1009977836/96a6514741?share=copy>

6)Core band high bar sit up stand up 10
<https://vimeo.com/1009977891/95b3ca2edd?share=copy>

Station Three: Low bar exercises: Complete one set of each

1)Back reverse lung pull back with bands (low bar) 20
<https://vimeo.com/1009977853/e2f4308527?share=copy>

2)Back seated band pull downs (stability ball, low bar) 30
<https://vimeo.com/1009977530/e3f7681707?share=copy>

3)Bar double banded straddle abductors (low bar) 30
<https://vimeo.com/1009977970/45163c693f?share=copy>
<https://vimeo.com/1009977915/fa04fc69fd?share=copy>

4)Banded straddle pulses (low bar) 30
<https://vimeo.com/1009977871/04c4877a4e?share=copy>

5)Back Cross back pull back (low bar) 30
<https://vimeo.com/1009977647/d4dcd1f178?share=copy>

Bite-Sized Workout 3: Cardio, Core & Injury Prevention (Condensed)

FOCUS

Cardiovascular Conditioning • Core Strength • Upper Body Strength • Injury Prevention • Time-Efficient Training

DEVELOPS

Cardiovascular endurance • Core strength • Upper body strength • Muscular endurance • Movement quality • Injury resilience

BEST USED

On busy practice days as a quick conditioning session, practice finisher, or lighter training day to reinforce the key elements of the full Performance Workout.

COACHING GOAL

Maintain cardiovascular fitness, core strength, and injury prevention while maximizing practice time with a short, high-impact workout.

LOWER LEVEL

- Reduce repetitions or number of rounds.
- Use lighter dumbbells or bodyweight only.
- Decrease band resistance as needed.
- Prioritize proper technique over speed.
- Increase recovery time between exercises.

ADVANCED

- Increase resistance.
- Add an additional round.
- Reduce recovery time.
- Emphasize continuous movement while maintaining excellent technique.

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

Don't think of this as "less" of a workout. Think of it as an efficient way to reinforce the most important movements from the full Performance Workout, helping athletes continue making progress even during your busiest weeks.

WORKOUT LENGTH

Approximately 10–15 Minutes

Betsy's Coaching Insight

"Not every practice allows for a full 30–40 minute conditioning session—and that's okay. I created this workout for those busy days when you still want quality training. Consistently completing the most important exercises is far more valuable than skipping conditioning altogether."

Exercises, Sets & Reps → Below

All Exercise Link:

<https://vimeo.com/1213243943/17513630da?share=copy&fl=sv&fe=ci>

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

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

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

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

Part Two: Complete one set of each :

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

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

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

Part Three: Active Shoulders and Back: Complete one set of each:

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

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

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

Bite-Sized Workout 4: Quick Total Body Warm-Up & Injury Prevention Booster

FOCUS

Total Body Activation • Injury Prevention • Core Stability • Mobility • Athletic Readiness

DEVELOPS

Movement Quality • Core Stability • Mobility • Injury Prevention • Practice Readiness

BEST USED

Warm-up • Practice Booster • Recovery Days • Event Prep

COACHING GOAL

Prepare athletes to move well, train safely, and perform at their best.

LOWER LEVEL

- Reduce reps or rounds.
- Use bodyweight only.
- Slow the pace.
- Complete one section if needed.

ADVANCED

- Increase resistance.
- Add a round.
- Reduce rest.
- Slow the tempo for greater control.

EQUIPMENT

Small Loop Bands

RECOMMENDED FOR

Levels 4–10, Xcel & Optional (modifiable for younger athletes)

COACH TIP

Use the entire workout or plug individual sections into practice whenever you need a quick warm-up or injury prevention boost.

WORKOUT LENGTH

15–20 Minutes

BETSY'S COACHING INSIGHT

"This is one of my most-used workouts because it's fast, effective, and incredibly versatile. I use it all season long to prepare athletes for quality training."

EXERCISES, SETS & REPS → BELOW

All Exercise Link:

<https://vimeo.com/1213442871/aa7dd7378e?share=copy&fl=sv&fe=ci>

Part One: Complete one set of each:

<https://youtu.be/jzQMrBhBxeE>

High Knee Running 30
Straight Leg Kick UPs 30
Lateral Hops 30
Single Leg Side Hops 2 passes
Side shuffle 2 passes low
Diagonal Run forward and Backward 2
Skip Hops 2 passes
2 in 2 out hoppers 2 passes

Part Two: Complete each exercise then rest 2-3 seconds between each one.

Core Shaper

<https://vimeo.com/1129324580/54c0677d83?share=copy&fl=sv&fe=ci>

- 1) Arch Rock To Pushup 20
- 2) Arch Hold Arms Back 1 minute
- 3) Weighted Twisting Rocker 50 total
- 4) Side Rockers L/R 40 each side
- 5) Side Plank Active Arm Circle Forward and Back 10/10 Left and Right Side
- 6) Tuck In Kick Out 30
- 7) Hollow taps 30
- 8) Reverse Plank Knee Kick In 15 each leg

Part Three; Injury Prevention: Complete each exercise one time

<https://vimeo.com/1129652438/4ceb2e774a?share=copy&fl=sv&fe=ci>

You Need:

Foam Blocks

Long Bands

Small Loop Bands

1. Releve Alternating Lunges 20 total
2. Table Single Leg Heel rock 20 each side
3. Prone Figure 4 abduction 15 each leg
4. Rolling abduction 20 total
5. Wristy twisties 20 each
6. Cat Backs 20
7. Shoulder Goal Post Rotations 20
6. Toe Grippers 10 each foot
7. Prone Shoulder Up and Overs 10 total