Gymnastics stretching exercises pdf free printable worksheets template

I'm not robot!

## WORKOUT CHART

Structure your weekly strength training plan.

WEEK \_\_\_/\_\_/ - \_\_\_/\_\_/\_

GOALS\_\_\_

WARM UP				DAYS:	
ACTIVITY	TIME / DIST	SETS / REPS	INTENSITY	NOTES	
	1	1.			
	1	1			

CORE BODY - S'	TRENGTH TRAININ	DAYS:		
EXERCISES	SETS/REPS	WEIGHT	RESTTIME	NOTES
	1			
	1			
	1			

UPPER BODY - 3	STRENGTH TRAINI	DAY5:		
EXERCISES	SETS/REPS	WEIGHT	RESTTIME	NOTES
	/			
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	1	×.		
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	1			
			1	1

LOWER BODY - S	STRENGTH TRAIN	DAYS:			
EXERCISES	SETS/REPS	WEIGHT	RESTTIME	NOTES	
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COOL DOWN				DAYS:	
ACTIVITY	TIME / DIST	SETS/REPS	INTENSITY	NOTES	
	1	1		*********	
	1	1			

<sup>\*</sup> intensity; easy/medium/hard or poor/good/excellent

Workout Chart Template

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#### Exercise

S	E	1	R	0	L	А	С	J	Т	Р	1	L	L	Ε
Т	R	Α	L	N	Ε	R	S	T	Н	G	1	Ε	W	R
Ν	0	1	S	Ν	E	Т	Ε	N	N	1	S	Ε	Α	U
	S	W	A	T	Ε	R	D	0	Р	1	S	L	L	S
R	С	В	S	Т	R	Ε	T	С	Н	W	U	С	K	s
P	1	U	L	Д	S	Н	1	K	Ε	С	F	S	С	Ε
S	Ν	L	L	R	Т	1	Υ	Α	S	L	1	U	1	R
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U	T	В	D	T	G	0	J	W	Р	G	0	K	R	0
N	S	0	A	М	1	W	S	Υ	N	U	R	S	Ε	0
Ε	1	R	E	D	E	N	Ε	R	G	Υ	М	C	А	L
R	L	Ε	R	С	0	0	L	D	0	W	N	R	Ν	В
Т	Α	Α	Т	R	0	U	T	1	N	E	С	N	Д	D
S	С	Н	Ε	D	U	L	Ε	Т	U	0	K	R	0	W

ENERGY ROW AEROBIC TENNIS ANAEROBIC RUN TENSION FIT BLOOD PRESSURE SCHEDULE GOAL TRAINER SKI TREADMILL BMI GYM CALISTHENICS HIKE SPRINT WALK STAIRS CALORIES IPOD WARM UP STRENUOUS WATER WEIGHTS CARDIO VASCULAR JOG CLUB COOL DOWN STRETCH MAT SWEAT WORKOUT MUSCLE DANCE SWIM PULSE YMCA ELLIPTICAL ROUTINE TARGET YWCA

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# THE S.M.A.R.T. TEMPLATE

Use this template to help set and write your S.M.A.R.T. goals.

## Be Specific

What do you want to achieve and why? Who is involved? What are the requirements/constraints?

#### Measure Success

How sell you track progress and measure the outcome? How much? How many?

#### Make it Attainable

How will you accomplish the goel? How do you know it's realistic?

#### Stay Relevant

Is this a worthwhile goal? How does it align with our organization's goals?

#### Time It

When will you accomplish this goal?

### Finalize Your Goal Statement

(WHO) IACTION WORDS (OBJECT OF GOAL)







taht si epoh yM .gnimmargorp ssucsid dna ,selpmaxe oediv ynam reffo ,seirogetac tnemevom tnereffid eht nwod kaerb lliw I ,yltsaL .gniniart yad ot yad lacitcarp rof snaem siht tahw tuoba snoitseggus Evig neht silw i .stpecnoc desab-hcraeser rewen eht dna stpecnot lanoitid eht htob Dnelb ot ot mâ€ã¢ Snoitome ro roef gniganam ekel gniart fo sara lattem tnatr opmi rehto tnemelpmoc yehT .erom dna ,yrevocer ,ytilibixelf ,tnempoleved lacinhcet era saera yek rehto ,gninoitidnoc dna htgnerts edisgnolA .noitaraperP lacisyhP fo yrogetac allerbmu regral eht rednu sllaf tI .ksir yrujni fo ksir decuder a dna ,htlaeh lamitpo ,sseccus ecnamrofrep rof gniniart ni tneserp eb tsum taht rallip lanoitadnuof a si yearly, block, monthly, and daily planningStrength and conditioning templates to use for planningColor coded examples for planning season structureFree 90 minute lecture on step by step planning folor coded examples for planning season structureFree 90 minute lecture on step by step planning folor coded examples for planning folor coded example gymnastics has evolved significantly. It is now substantially harder than it ever was twenty or even ten years ago. Alongside this, the equipment and technology used also have advanced are useful for pushing the frontier of gymnastics skills that can be performed, they also bring about exponentially more force being placed on the bodies of gymnasts. This brings more risk and more need for baseline physical preparation. A This advance skill level demands more strength, power, and technical development from athletes. It also brings about notable increases in the risk of both acute and overuse injury. When you look at the global landscape of gymnastics one thing is clear: younger gymnasts are doing harder skills, at higher repetitions, many more hours per week, and in some cases competing more times per year. A vast majority of these circumstances, adequate physical preparation for gymnasts is paramount. This main reason strength and power development are so crucial is because they allow a gymnasts to produce, transfer, and absorb force more efficiently. Being able to manage high amounts of force is how advanced gymnasts perform incredible skills and optimize their safety over multiple years. Gymnasts that are not physically, technically, or mentally prepared for high repetitions of difficult skills are at very high risk for injuries. They also tend to be set up for with a lack of skill progress. They tend to feel excessive strain when training or competing. For these reasons, we cannot afford to drop the ball on strength and power development in gymnasts. The desire for gymnasts to compete bigger skills, or move up to higher levels at a younger age, has elevated the amount of risk in pre-pubescent gymnasts. When this is combined with issues like early specialization, year-round training, a lack of workload monitoring, and early recruiting, it creates the perfect storm for overuse injuries to stack up and burnout to creep in. I have seen this combination of overuse injury and burnout cause many gymnasts to lose months or years of training. I¢ÄÄÄve also seen it cause them to fail to make progress in their skill level. Worst of all, many chose to quit the sport. It is now very common to see young, talented male and female gymnasts speeding through lower compulsory levels to train levels 9, 10, and elite at 11-14 years old. This creates a situation where we have, The most at-risk age group of rapidly developing skeletal systems (9-13 years old in males), Making significant jumps in the amount of force each skill puts on their body (think of the huge force jump from kip cast handstands, compared to giants, compared to blind fulls, compared to Jeagers, etc.), Also making significant increases in the amount of time they spend training in the gym (4x/week at 12 hours total for optional/elite levels), While often going through drastic body changes (physically, hormonally, neurologically, developmentally, socially) and not being at their full peak potential strength capacity. This is not meant to scare people into stopping gymnastics. It¢Ã It is when gymnasts are jumping in skill level during their most Thgiewydob tub gnihtyna ssanam ni nees sesicrexe htgnerts lareneg ,sthgiew lanretxe fo esu eht ot desoppo ylnepo saw I .grinoitidnoc thgiewydob cificeps scitsanmyg ylno gnisu yb erows I ,trops eht ni devlovni elpoep dna sehcaoc rehto ynam ekiL .stnirps dna ,sepmuj xob ,segnul ,staugs ,spu- HSU ,stfil gel ,SBMMMMID ,spu-llup ,sdnatsdnah Sserp Thgiewydob Fo Lluf Erew Yeht .pu gniw org tsanmyg a sa did I tahw fo desirpmoc htiw dekrow I stsanmyg rof etorw I smargorp htgnerts eht fo tnecrep %59 .deriuger saw gninoitidnoc cificeps scitsanmyg ylno taht deveileb ylmrif I ,hcaoc a sa ylno gnikrow nehw ,oga sraey neT .scitsanmyg ni enoyreve ot Deilppa nac yeht leef i ,nosaer siht rof .Tetelhta Eseht Htiw yllufsseccus desu neeb evah rewop dna htgners ot detailed ot tgilhgiah ec-tvilp ehnmyg ehnmym Tsal ym taht ykcul ma i .Retac siht otni llaf OD OHW sehw dna ssanmyg ynam htw detlusnoc ro htiw dekrow evah and tanutrof ma i .eveihca tsanmyg sanmy sanmy Etile Ro ,1 Noicivid ,Dater yllanoitan to dehcaoc ton evah i timda ylnepo sliw i .yrujni Desercii DNA ECNamrofder ROF KSIRANTXE The exercises would cause bulky gymnasts, lose their flexibility and create injuries. I felt the concept of using external weights or doing more general force exercises such as the loaded deadlifting was a waste of time. I stopped at this idea with the thought that, due to gymnastics, being a bodily sport with unique qualities of qualifying, only body weight exercises should be trained. Then during a summer in 2014, I started noticing something. We have always had more gymnasts in our team that acquires excessive injuries despite our best efforts. On a weekly basis, the gymnasts we trained were diagnosed with stress fractures, growth plate problems, tendon strains, ligament problems or other pains that really limited their progress and the ability to obtain new skills or level climb. I saw huge groups of gymnasts frustrated, they disengaged from training and became depressed because they could not participate in their primary source of social interaction. The parents were equally upset to see their children in this state. As more gymnasts got hurt, the coaches felt blocked not knowing what to do to make the difference. Over the months, what has started as a new summer and an excitement to train the skills have slowly turned into an ankles recorded day after day, visits of doctors, wrists and constant aching elbows and need to change the training due to injuries. This peak of accidents came like a two-way road, with a parallel drop in performance, etnardaug etnardaug li erazla onavevod ehc itelta inucla onare'C .anamittes al etnarud Atiliba id acincet e oidrac, azrof rep ero iloveremunni osrocsart aibba etnatsonon otats A amelborp otseuQ .oressof ehc ovattepsa im emoc itnetop ¬Asoc onare non etsannig ertson elled etlom ehc otrepocs ehcna oh ,inoisel id asuac a isranella onavetop non ehc illeuq a cirE ,dlonieR ekiM ,sdnaS lliB .rD li emoc azrof alled itsinoisseforp icitsatnaf id oroval li ottel ehcna oH .icima ieim ied otnemanoizidnoc e azrof al erarucso id otseihc oh e isroc ia otadna onos ,ehcrecir otaiduts at ona nu isauq erassap ottaf ah im odoirep otseuQ .¹Ãip id enrepas odnelov odnoforp lad onem o <sup>1</sup>Aip otadna onos ,enoisselfir id idoirep e isrocsid ihgnul itseuq opoD .artselap ni adnamod ottaf ah gnihcaoc id ardauqs artson al ehc idotem ius odnettelfir iop e itanella onos is trops irtla ilg ittut emoc ovadraug odnauq 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play as the load was applied, or how much the capacity tissues had, the basic equation of the load was out of balance. at the foundational level, muscles, ligaments, tendons and bones were breaking because the load that is placed on these tissues repetitively during skills or routines was too high for them to manage. (8-14) for lack of force adjustments. I read in multiple textbooks as the increased force was the basis of power and speed of development of force. I learned how the exercise of selection, intensity and volume must be adapted to the athletes were underdosed, causing them not to be stressed enough to increase their strength, some athletes were underdosed, causing them not to be stressed enough to increase their strength. athlete not to adapt positively to training. above all, I realized that I had no system to plan, track and object the workloads that occurred every day, textbooks I read had a "mad scientist" approach to how meticulously they designed training pieces, the highest level coaches had strength programs that went from single sets or repetitions in an exercise, to four-year plans that aimed at reaching athletes for the main competitions. I came to know this term, periodization, which existed in all successful sports programs, and discovered a considerable body of incredible science on this topic (15-22). I was not guite aware of counting repeats of skill or routine. I was also not tracking strength exercises in several weeks. oroval oroval id ocirac id otroppar id ottecnoc lus eregreme a otaizini aneppa are elimis oroval II. acisif enoizaraperp artson al otiploc ah otseuq emoc e ,odnanella omavats icitegrene imetsis id ipit ilauq us etnemacitirc aznatsabba odnasnep ovats. Their concepts were echoing research in periodization. In conclusion, I felt that there was not enough emphasis being placed on scientific-based physical preparation, wound emphasis being placed on scientific-based physical preparation, wound emphasis being placed on scientific-based physical preparation, wound mechanisms, periodization and labor load management. I took away some important concepts that I wanted to apply in training. For one, my time spent studying literature validated the idea that tissue breakup was probably occurring in many gymnasts due to excessive use or under preparation, along with a lack of load planning and monitoring. I always had the instinct instinct instinct that there is a "sweet point" to do too much or too little, with both possibly leading to problems. Tim Gabbett, and many other great academic strength and conditioning researchers have helped to outline this (16-27). It seemed that if the fabric had been prepared, it created a high risk of breaking during sports training If the fabric was overlayed, it also seems to increase the risk of breaking during sports training. These concepts in periodization literature, which has outlined an optimal dose of work and recovery, so that athletes can progress over time and peak for great competitions. It also seemed to correlate with the abundance of physiological and biomechanic research I studied on the rehabilitation of injuries. It affects how much of these ideas from fieldsSeveral overlap. The second great take away that I wanted to apply in formation was the science of strength and conditioning. Through these books and research, I learned the neuromuscular physiology of the force force And how the basis for explosive power was many desired gymnasts. Several academic texts have outlined the need of muscle tissue stress beyond the load of body weight. The concept of progressive overload for the improvements of the resistance was present as the theme for all research relating to the progress of performance and the management of injuries. It seemed that force was the fundamental basis to increase speed, improve explosive power and maximize output. I read on how athletes through more sports (some research including gymnastics) have been able to see enormous increases in their power with the correct application of resistance training. The programs included adequate planning, a selection of exercises and a systematic approach periodized to physical preparation programs. The third take away I wanted to apply, as I found more interesting, was the science of the formation of cardiovascular and energy systems. I learned on specific energy systems such as anaerobic and aerobic systems, and the complexities included in each systems. I learned on specific energy systems such as anaerobic and aerobic paths, have different metabolic paths. contribution to the use of energy based on the exercise at hand. I saw how these different systems had a particular way of being trained to increase the cardiovascular ability of an athlete to create enormous power. When I reflected on the stories, the gymnasts told me about how their wounds occurred, many times the word "fatigue" was used. If tiredness refers to a â € œy family infraiting "or stress fracture in a bone or tiredness in a floor routine that caused someone to land short and yes In their last step, it was a prevalent theme in injured gymnasts. All this made me scratch my head a little. I was shocked to see how much information was available relating to the science of the factors that contribute to lesions and formation of energy systems. When I stepped back to synthesize all ideas, I was in conflict with what I was seeing done in gymnastics for the first five years of my career, what I was seeing done in gymnastics throughout the world, and what the current body of suggested science was the best way to approach these areas. It seemed that there was a connection between updating gymnastics and conditioning methods, reducing the risk of injury and elevation and what information was taking its way in daily training. I ended up combining my most traditional strength gymnastics programs with aspects of "non-gym resistance programs", based on expert coaching opinion and available science. I wanted to try out a newer "hybrid" approach of the gymnastic force and the conditioning I felt was desperately necessary. I had seen the versions of this in many college programs, including our team in college that raised 2x/week in preseason. I also saw some suggestions with other high-level coaches trying to branch out. I wanted to try it, but more, dipping me with both feet instead of immersing my feet in the water. The sports of gymnastics appeared could be better served with a model that combines the best and most essential exercises of traditional bodyweight strength gymnastics with proper weight lifting, external load, and more general approaches of physical preparation. One who also combined the expert opinion of many great gymnastics and strength and conditioning like the benefits or lifting external weights, it ecnamrofrep strops ni sesaercni evissam gnitaerc ni tsissa nac yehT. laicifeneb yrev sa sloot eseht fo noitacilppa etairporppa eht ot stniop gniniart htgnerts fo ecneics lacigoloisyhp ehT. Daolrevo hguorht Noitattada tsof tsof ot sloot gnidaol suoirav rehto dna, stev thgiew, sllebelttek, sllebmud Evlovni lareneg erom edoyg esehcretsanmymygsanms nisserp thgiew ,gnitfildaed ,gnittauqs( snrettap stnemevom cisab gnirud daol lanretxe esehT .sesicrexe ni od ot laitnesse era Srehto dna ,slid gnipahs ,sescrexe noisnet ydob ,scirtfil gel ,sbmilc epo ,spu-llup ,burss sissser sissser sisssser sisssser sisssser sisssser sisssser sisssser sissser sisssser sisse sis injuries that afflict gymnasts. These categories include growth, cartilage or lesions of the wrist or elbow, (35-36) There are many variants of overload lesions of the wrist or elbow, but some of the most common are known are "stress fractures" growth plate or carpal bone injuries), OCD (osteochondrite dissicans) spins In male gymnasts (ulnar bone stress reactions) and lesions to the traction of the traction of the strength of the upper part of the body required to perform high -level gymnastics skills, I consider it to be fundamental that we adequately prepare the upper part of the body of the young gymnasts over time. I think that the correct use of external weights can help to fill the gap between the limited ability of the weight of these joints and the incredibly high forces placed on them in the skills of gymnastics. I feel that an opening to this approach drastically reduces the risk of injuries and improve performance. When you look at the lower body and the nucleus, it is also very clear to see that there is a big problem with excessive injuries from high loads. The vertebral column takes enormous strength during the qualities and nervous irritation, muscle strains and binding distortions can help stress the nucleus for dab the high forces of the skills. Cié is particularly true when you look at the falls and bar events. Therefore, finally, it is well known that high jump and landing gymnastics forces (measured between 10-14 times body weight) can produce a huge of injuries. Year after year drawn or I feel about 100 gymnasts who suffer injury by the body due to the high load as the disease of Sever and Osgood Schlatters Tears and tendinopathy Stintins S rates being a huge world problem on all levels in gymnastics. You can find the latest searches here. Campbell Ra., Et al. Epidemiology of lesions and risk factors in competitive artistic gymnastics. You can find the latest searches here. Campbell Ra., Et al. Epidemiology, and risk factors in gymnastics. You can find the latest searches here. Campbell Ra., Et al. Epidemiology of lesions and risk factors in gymnastics. You can find the latest searches here. evaluation and treatment. Westerman Ra, et al. Evaluation of the gynestical lesions of men and women: 10 years N., et al. A systematic revision of the prevalence of injuries behind, proportion, rate, type, debut, gravity, mechanism and risk factors in female artistic gymnasts. Hart E., et al. The young wounded gymnast: a review of literature and discussion. If we take a big step back, we must appreciate that all these lesions have a common risk factor of strength overload (including many others). The load guantity that is made on the body is higher than its ability. Both over time (stress fracture) or in one case (acl tear) the load is so high that it causes damage to the fabrics, and often the results of the lesions. The most mixed resistance programs are one of the best tests based on tests to reduce the risk of these things thus causing many problems for gymnasts. The guestion if the gymnasts should raise weights during their strength programs is one of the most controversial topics in our current culture. My opinion is that there are many myths and misunderstandings about the potential role of weight lifting in gymnastics. Consequently, I feel that we lack bright potential benefits. A close approach to this topic that exists in current culture is the trap that I once fell into as indicated above, misunderstandings, together with a lack of time spent studying academic work, create a situationCoaches, medical providers and gymnasts lose a great source of potential gain. Here are some things to consider related to the role of weights a gymnast will automatically become large, bulky and loses their lean body. Many fear that this will launch the strength and weight ratio of an athlete and will cause a loss of gymnastic skills. Although in theory this has some truth, the reality of the situation is that this thought is very misguided about how the maximum hypertrophy and body mass are added to an athlete and will cause a loss of gymnastic skills. Although in theory this has some truth, the reality of the situation is that this thought is very misguided about how the maximum hypertrophy and body mass are added to an athlete and will cause a loss of gymnastic skills. gymnastics and other sports require precise methods. in his paper, "would female gymnasts lift weights?" (published in 2000!) describes some interesting unpublished research that led with members of the U.S. national team who did or did not incorporate weight training in their strength programs that bring sydney Olympics. Note: "anthropmetry on gymnasts during preparation camps before sydney Olympics indicate that weight training does not cause gymnasts to increase (unpublished data, wa sands, 2000). The gymnasts were 33 members of the national team of the United States, 14 of which were trained for two or more sessions a week. in spite of being older (18.1 ű 2.0 vs 16.5 ű 1.0 v), these gymnasts were lighter (48.0 Å $\pm$  5.4 vs 52.1 Å $\pm$  5.9 kg), had a lower body mass index (20.3 Å $\pm$  1.9), and were slightly shorter (153,5 â $\pm$  4,0 versus 154,9  $\pm$  4,3 cm) than members of the team who did not train. no more detailed anthropometry was allowed on these gymnasts, due to concerns about body fat and body fatto trigger food disorders (Nattiv et al., 1994; Nattiv & Mandelbaum, 1993; Noden, 1994; Rosen & Hough, 1988; Wilmore, 1996). € I don't know the details of this But this was incredibly interesting for me when I read it. This story about the gymnasts at the level of the Lite is in line with the great corpus of search myths of research of athletes who raise weights and automatically become too "bulky" for the success of sport. Research and literature support particular programming methods that must be used to discourage great mass gains and instead promote the mass of the lean body and the development of power. (See these fantastic reviews in the reference sections for more information). Over time with the right coaching, exercises, periodization methods, programming, nutritional guide and training habits, this fear of muscle mass that has an impact on gymnastics skills can quickly be put aside. When an adequate approach is adopted, a resistance program that uses external weights can be oriented to increase the maximum explosive power in an anaerobic context, which is mainly there that gymnastics requires (39-42). He will be honest, it takes a long time and conditioning professionals who can know gymnastics and be part of the interdisciplinary team. Just like being able to know the gymnastic skills and teaching them to athletes requires a lot of work and time, so this concept does. Since he has adopted this new model, every gymnast that I have worked in the last five years, coaching or rehabilitation by accident, has made some form of strength of force that using the external load. I feel that it is one of the main reasons why progress has been observed after prolonged Plateau periods. Dr. William Sands, who is an expert in biomechanical fields and strength of gymnastics, this idea brilliantly in his article, "would they be helves to lift weights?" Weight training workouts that develop strength with minimal muscle hypertrophy areksir eht, euqinheet terroc rof noisivrepus

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research that supports the idea that organized force programs that use external weight lifting can be one of the most effective methods for preventing injuries (44, 47). When you think about it, that makes sense. Remember I have highlighted that the injury tends to occur when the tissues are underprepared and overloaded, causing damage and injury
over time. It is difficult to wrap the head around this in gymnastics, often because we do not see the amount of weight someone raises and the strength that passes through their body. Gymnastics skills show a huge amount of power, height
and amplitude, which make it difficult to conceptualize how much strength passes through the bodies of athletes. The fact remains, the forces are real. There is even more research on the role of formal strength and conditioning with external load about improving sports performance, reducing the risk of burnout, and encouraging long-term athletic
development (47-58). The resistance training that uses the external load properly is useful to help increase the power, break the monotony that often comes with only one sports training, and is related to the remaining athletes in their sport for a longer period. This also makes sense, since being able to prepare young gymnasts for high strength skills
physically can maintain their long-term potential and add varieties to their weekly routine. Honestly I feel that many gymnasts simply do not have the strength to manage gymnastics forces. If it manifests itself as the ability to perform skill or unfortunately how to be afflicted by injuries after injury, This in gymnasts on a weekly basis. The point comes
 where only the exercise of body weight or even light dumbbells are not enough to prepare the body of a gymnast for the High gymnastics forces. This problem is where lifting additional weights can come into play. Weight lifting and periodization are tools used to systematically teach the body to manage more strength, prepare the tissue for the load
of skills, and teach the correct mechanics of movement as a method of prevention of injuries Unavoidably when considering age concerns and a developing athlete, lesions of the growth plate come into play. Once again, the research is well established that with proper programming and intelligent coaching, the risk of long-term damage or acrobat
growth to young athletes with external load can be minimized (40, 44-47, 52, 56). I will say that in the younger and less developed population, attention should be much more on the proper movement models and not so much heavy load movement. We are cautious in our gym and rehabilitation clinic to give younger gymnasts a close supervision, as
they often do not possess maturation and awareness of safety as older athletes. We begin to introduce models of external load movement about 10 with little or no weight, and then from 12 start to actually train them with load. As with anything else in gymnastics, it is a correct mechanic and texture before the intensity. When we add weight to our
younger gymnasts, it is only when they demonstrate sound mechanics and understand what they are doing. If they show impeccable technique, they do not get weight. Just like with gymnastics, their goal is more on development and consistency in their movement. If you work with a force coach who teaches appropriate motion schemes, understands
programming, uses the right exercises, apply close supervision, and understands "A enoizammargorp al e otterroc oiccorppa'l odnauq inoisel id oihcsir li coviuqe ozret li .ominim "A inavoig Aip itelta ilg noc isep onazzilitu is odnauq inoisel id oihcsir li coviuqe ozret li .ominim "A inavoig Aip itelta ilg noc isep onazzilitu is odnauq inoisel id oihcsir li
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snoititeper rewef htiw smargorp gniniart ecnatsiser Develop a wide range of athletic and social qualities and attributes that will encourage the participation in various strength and air conditioning, test and prevention of accidents is ã ¢ âvelop "Crivbishing regular participation in various strength and air conditioning, test and prevention of accidents is ã ¢ âvelop "Crivbishing regular participation in various strength and air conditioning programs that are
adequately based on the age, guided technical quality, safe and fun. "Design development programs of the youth athlete who include the diversity and variability of athletic exposure, to mitigate the risk of excessive use injuries and other health problems driven by inappropriate training and competition that exceed safe loading thresholds, while
position of medical and fitness organizations and has outlined the benefits for health, physical fitness and performance associated with this training for children and teenagers. The training of resistance by children and teenagers are supported in the condition that qualified professionals design and supervise training programs consistent with the
needs, objectives and skills of the most young populations. Parents, teachers, coaches and health workers should recognize potential health Benefits for fitness of endurance exercise for all children and adolescents. Young people who do not participate in activities that improve muscle strength and motor skills at the beginning of life can be increased.
of negative health results later in life. The appropriately designed endurance training programs can reduce sports injuries and should be considered an essential component of the preparatory training during childhood and
 adolescence can support and encourage participation in physical activity as a lifestyle choice that is going on later in life. The prescription of resistance training should be based on the age of training, the skills of motor skills, technical expertise and existing resistance levels. Qualified professionals should also consider the biological age and the level
of psychosocial maturity of the child or adolescents. The focus of training on resistance to young people should be on developing technical skills and expertise to perform a variety of training on resistance to young people the opportunity to participate in safe, effective and fun programs (44) The
fantastic chapter of Gregory Haff, dissipating the myths of endurance training for young people in The gymnastics world to search for qualified strength and conditioning coaches to help them learn about science for strength training. Guess
or use methods you're not sure of, nu nu occe ,acitsannig ni aznetsiser id otnemanella'llus arutluc artson alled otnemanella 'Aip id erageips e itnava eradna id amirP .otatturfs non elaiznetop nu noc etsannig el eraicsal ehcna 'Aup am ,osolocirep olos "A non ,etaugeda acincet e amrof id attart is odnauq quote from Dr. William Sands to wrap things
up. This section is on page 303 of Gymnastics Science: Advanced concepts. (URL Link - "Finally, while most sports use weight training to improve fitness strength, gymnastics has been stubbornly reticent to fully engage in practice, usually for fear of "reflating". However, at least one study of female senior team gymnasts showed that those who
practiced weight training were lighter, leaner, same height and even older than their non-weight training homologues." After people have changed their thinking process on a new model of strength and conditioning in gymnastics, they often have many other questions to ask when I am talking to them. In this section, I will share some information on
the effects and applications of physical gymnastic preparations. Many people in the gym community with whom I speak are curious to know the basic adaptations of strength training, power training, pliometry and cardio programs. They want to understand the basics of how gymnasts can jump higher, run faster, become more flexible, or do higher.
level skills. I think it is of incredible importance, and I respect them for wanting to learn more ways to help their athletes. All coaches, support staff and medical providers should have a basic understanding of how physical fitness programs effect and change the human body. Without this knowledge, it is like trying to navigate the forest without a
compass. It is very easy to get lost, and waste hours walk in the wrong direction. The way to understand this is to study the basic science of the principles of force and conditioning. In the next section of this id id esab id aigoloisif alled ilatnemadnof
ittecnoc ied inucla eredividnoc id 2Arehcrec and training of energy systems. I don't want to go too deeply on this, all textbooks are written on these topics (many in the section of the references for those interested), but I want to give people some basic concepts. Despite a certain use of terminology, my goal is not to overwhelm people, but instead,
take complex information and translate them in an understandable way for gymnastics training every day. If muscle or neurological physiology is not in your heart, feel free to try to collect central concepts and see the practical pieces. As with all areas, I encourage people to find the local force and the conditioning professionals to learn more. I
consider the entire neuromuscular system as divided into three general categories: real muscle tissue (containing units controller) the energy of the brain energy of the brain) systems that feed muscle tissue (ATP
molecules and various metabolic paths for supply refueling) in its most elementary form, force training aims to overload neuromuscular tissue, bone and cartilage, to cause adaptation and growth. This is the reason why so many people
take part in sport, they do regular exercises and try to go within their athletic training regimes. The appropriate dosage of stress (resistance exercises, pliometric exercises, pliometric exercises, external load) followed by the adequate recovery dosage, signals the body to respond to overload and improve itself, itrof 'Aip onatnevid asso el iuc ni odom li "A', elamitto
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load (77-80). This is well known in gymnastics and is the reason why many people spend so much time on physical preparation. We want the gymnasts to have muscles, ligaments, bones and cartilages that are strong to perform skills and absorb the strength safely. With these adequate workloads, recovery and training parameters, some adaptations.
lead to an increase in strength and power over time (71). He brought together the categories of strength and power have many differences in specific body adaptations. Some of the most important principles for adaptation include the following. Muscular transversal
area a production force of muscle force is mainly dictated by the quantity of present muscle tissue, combined with neurological factors (covered below) and energy systems factors (included later). From a point of view of muscle tissue, a more transversal area develops a muscle, more potential must create strength (41-42). The minds of many people
jump to thoughts of hypertrophy or enormous muscle mass as seen in bodybuilders when they think of the training, it is possible to create a lean muscle mass that is not enormously harmful to the needs of the body weight of gymnastics.
The training of force, generally in the form of resistance training or other advanced body weight requests, has shown to increase the transversal area within the muscles, thus creating a potential increased for greater production production (41 -42). This acts as a fundamental component of muscle strength. On the of the type of exercises, you can get
the number of sets or repetitions, the total volume, the type of contraction and other factors related to the intensity, you can get progress in the transversal muscle area. Cross them. eratnemua'llA .eroirefni azrof id adnamod anu a emirp rep etatulcer onognev atnel enoizartnoc a erbif el e I opit li osseps, Ativitta etlom id arutan alled asuac A .eirotom
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aruttetihcrA activity needs, the largest fibers and type II fast-acting motor units are recruited for additional force (42). (42). Gymnastics primarily requires very fast, high power, there are also many important times in gymnastics when slower, type I, more aerobic fibers are required to perform skills over
an extended period of time. Increased Motor Unit Firing Frequency (also called rate coding) The firing frequency of motor units has to do with the rate of impulse signaling that occurs. If a motor unit fires with much faster frequency of motor units has to do with the rate of impulse signaling that occurs.
units can be improved. This can lead to more rapid and more significant total force production within a muscle. Increased Motor Unit Synchronization Similar to the number of motor units firing together (41). With more
coordination between groups of motor units in surrounding musculature, we may see significant jumps in strength or power over time. As synchronicity develops within a muscle or between joints. Muscle groups along the kinetic chain can be taught to fire
with improved coordination as specific patterns of movement are repeatedly trained, and the brain adapts. A clear example would be power increase over time because an athlete learns to use their core, hip, knee, and ankle at the same time during a squat jump (41.) This concept is mostly seen in gymnastics skill training. A demonstration of this
 would be when a gymnast learns to use their arms, core, and hips together during tumbling to increase power. Along with the mastery of technique, the increased Neuromuscular Inhibition Our bodies have a built-in braking system led attolac id innade
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 odnauq onacifirev is ehc inoisel el ettut onos etseuQ or insufficient recovery, and over time inflammation or structural changes transpire. Remember that on the other side of the coin exists. The positive effects of bone loading when adequately dosed gymnastics progressions, strength training, and overload occur. This approach can be a beneficial wa
to help bridge the gap between excessive loading from high force gymnastics skills and lacking loading capacity within bones. Performance Point: Why This Matters for Gymnastics skills and lacking loading capacity within bones.
training with resistance or other forms of overload can tap into the larger, less recruited motor units. We can also increase cross-sectional area of lean muscle tissue, and when combined with concepts above, increase strength output. These muscle and neurological adaptations then can be used down the road in rate of force exercises (jumping
sprints, explosive drills) to help see increases in power during gymnastics skills. For example, using dumbbells for Turkish Get ups and other movements over a few months
 while continuing to optimize skill technique, we may be able to increase the wrist and elbow joints capacity to handle weight bearing forces. This could increase bone and muscle strength, as well as improve the ability to produce force through the arms and core. alled oppulivs id ossat li eratnemua rep idipar itnemivom i onazzitafine ehc izicrese de
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 eretop li, ovitom otseuq reP. ilocsum ied gymnasts should focus on increasing maximum resistance during non-competitive periods of the year. Put more emphasis on fundamental strength programs in the first months of summer, compared to doing only new exercises and skills, it can be one of the most important parts of the whole year of training,
Following this gain in force over 3-4 months, gymnasts can then be put through more specific power, the rate of development of force, balistic, and pliometric type training blocks. This helps to translate strength gains made to multiple gymnastics particular goals, such as power explosive body weight. I feel that this will help many athletes to develop
more optimally the power for skills and routines, along with not overload them excessively in off season with high strength of quads, hamstrings through goblet squat to deadlifts in summer training. These exercises are well known to build the strength of quads, hamstrings through goblet squat or deadlifts in summer training.
buttocks and nucleus (85). Strength gains can be used at the top of teaching gymnasts how to land properly. The increase in muscle strength, along with knowing how to move correctly, can take a significant tension out the growth plates of the young gymnast, tendons and ligaments during the next eight months in which they will probably be put
 through 1000 repetitions of landings on hard surfaces that have been recorded at 10-14x body weight. (This will be covered in depth in the medical chapter, but see the Science of Gymnastics: Advanced concepts for research on this). The strength gains seen from the training of these movements can also be applied in the preseason for squat jumps
lung leaps, kettlebell swings, or speed moults, to increase the output ofin the legs. This can be transferred very quickly to the specific technique of gymnastics during the rolling and the time. Passing from a systematic force cycle with squeezing and decompression, to moreyhportrepyh rebif laudividni dna elcsum elohw ni segnahc eniltuo taht sweive
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tnempoleved ECROF FO ETAR DNA Pliometry training. 80 it is possible that over time the training of pliometry influence the production of power in this category and my need to understand this concept more fully, it did not describe it more than to affirm its existence in research. Increase in the
accumulation of energy of the elastic tendon and the changes in the rigiditate one of the most frequently discussed mechanisms to increase the ability of the elastic tissues can be adapted
storage of the tendons that work with the muscles. There are controversy between the world of gymnast on the "optimal". A certain degree of tendon rigidity is important for the transfer of energy and the energy of skills. On the other side of the fence, there is the argument that too much rigidity of the tendon can prepare an overload and injury. This
is a difficult line to walk in relation to long -term athletic development in athletes, which is may it is necessary to study more information on the best approach to the search for experts of strength and conditioning to find out more. However, in my intestine, I am still collecting my thoughts on the best approach to the search for experts of strength and conditioning to find out more. However, in my intestine, I am still collecting my thoughts on the best approach to the search for experts of strength and conditioning to find out more.
feel that we should lean on the side of the rigidity of the tendon slightly less structural and more of the neuromuscular system to produce and store the enormous quantities of energy observed in the
gymnastics skills. gym. lus etsiv Ätiliba el ©Āhciop ,acitsannig al rep osoiggatnav otlom eresse 2Ãup otseuQ .)98-88( isselfir i odnednecca otnemagnulla'lled otnemaicrocca id olcic li eraroilgim onassop ehcirtemoilp inoizaticrese el ,ovissergorp otnemanella'l osrevartta ehc otsoporp otats Ä ,itnatsartnoc ireisnep i etnatsonoN .inoisel erineverp rep
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 which helps to enhance force output (88). Increased Central Nervous System through Disinhibition Effects This concept parallels what was mentioned in the strength training section, but with some different applications. There has been some research that suggests over time with more plyometric training; the brain may become more anticipatory in
its preparation for bounding. This is thought to be because pre- activation of muscle firing may enhance with training. Primarily, the brain and nervous system learn to anticipate contractions rather than simply react to them. Many people refer to this as a gymnast being able to ¢ÄÄÄtune¢ÄÄÄ the equipment and respond to force transfer more
efficiently. More information related to the dosage of plyometric training (frequency, intensity, and volume) for youth athletes: Science and Application by Lloyd and Oliver. 91 For full chapters on plyometrics see Chapter 13 of Jeffreys and Moody 89, and Chapter 16 of
Comfort and Turner (88). Performance Point: What This Means for Gymnastics When used in the proper dosage with an understanding of the training effects, plyometric training can be of enormous benefit to gymnasts. This is even truer when it is built into the proper periodization and formal strength program structure. Plyometrics have been widely
used in gymnastics, but I often fear due to our lack of physiological understanding of what it does to the body, we easily get carried away regarding suddenly spiking the amount of plyometric work done by increasing the intensity of exercises rapidly and not considering total volume. We must remember we are working with children and adolescents
who have not fully developed. We certainly want to prepare gymnasts for the massive forces and impacts that come with gymnastics skills, we would never do a full skill without proper technical training, drills,
progressions and physical preparation. It can undermine the performance and safety of the athlete. The same applies to psych exercises, strength training and power training with young gymnasts. There are techniques, exercises or high volumes. If we do
not respect the forces and demands of these exercises, we could cause more damage than well. I know that many people want to know more about specific exercises for strength, power and pliometric training to use with large groups
limited time, limited space and limited equipment. To help bring back these nerd concepts down to the earth on what we do in the training of daily gymnastics, here are some thoughts on the design of strength programs and ideas of exercise. First, we begin with how to implement the information that emerges on strength exercises and program
many times people look for online exercises and get excited to try them, to be disappointed when they do not have time, space, equipment or alignment with the design of the program and then break into specific exercises
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notitettetsys eht sthgnocnocnocdoirep tpeectrowis lives. Sometimes super compensation may be missed by a subdose of stressors in gymnastics, but which tends to be the minority of cases. Multi Year Goals Feel to get the most optimal result in the first image with supercompensation, the best option for readers is before making a giant step back and
watching the annual training programs and general goals. From there, programs can be divided into monthly, weekly and daily exercises based on what fits for gymnasts, coaching staff and structure. If this is not done before, trying to implement the overwhelming amount of information in the search for strength and conditioning can feel both chaotic
and frustrating. I will treat it in bullet tip and pattern form, and then for visual students include a summary picture below. The process begins with the large framework of a multi-month blocks. From this, we proceed to single blocks months and in weekly
pieces. Finally, individual practices are outlined, followed by the specific drill, skill, or routine tasks, or specific sets and repetitions for physical preparation. Keep in mind; There is great variability in this based on the
 objectives of the gym, staff or resources available, gymnasts within the gym, other programs within the gym, available space and training time. I suggest people focus on the principles, and then print it to what fits in their gym based on all these factors. Here are some questions to be addressed for the planning of strength and conditioning time.
REMEMBER - AllContent, slides and models are available for free download. There is also a 90 -minute free conference video that I filmed that you can find here. Download my new gymnastics id esaf alleN **itnava ni etnatropmi otnup nU** yrevoceR daoleD â etnedecerp avititepmoc enoigats al opod ataciraced atelpmoc enoigament of all representation of the conference video that I filmed that you can find here. Download my new gymnastics id esaf alleN **itnava ni etnatropmi otnup nU** yrevoceR daoleD â etnedecerp avititepmoc enoigats al opod ataciraced atelpmoc enoigats all opod ataciraced atelpmoc enoigats at a second at a se
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ossap opod ossaP aznerefnoC eerF; pma& etalpmeT Initial year of training, I recommend that people go back from top competition. This approach is to help watch monthly, monthly, and weekly goals. Once this yearly plan is outlined, I find it more helpful to work forwards from the rest period following a competition season, moving into the next
training year. I think following chronological order allows everyone involved to see the logical progression of training and helps to build specific programs more effectively. For this reason, for the remainder of this explanation, I will be moving forward in the year starting from the rest period (Deload) and ending with the peak competition
(Competitive Season B). Keep this in mind, or it may feel a little confusing. Please also keep in mind, this is just an example of my experiences. I primarily work in a competitive team setting for women¢ÃÂs compulsory and optional levels. This will look different for other variants of gymnastics including excel, high school, college, elite, men¢ÃÂs
compulsory or optional gymnastics, as well as any other levels or age groups. Given the training blocks (month or multi-month), what is the main goal of training as you will see in the chart. Gymnastics Specific ¢ÄÄÄ actual gymnastics
skill development, technical drills or progressions, routines, meet preparation, etc. Strength, Power, and Flexibility ¢Ã physical preparation subset training Energy Systems ¢ÃÂÂnetabolic pathway training Athlete Wellness ¢ÃÂÂoverall athlete physical, mental, and emotional well being (Remember now starting from the end of the competitive year
and moving forward to build training year plan, and it will be based on the U.S. Competitive calendars) Monthly Block 1 ¢ÄÄÄ Deload / Recovery (Typically May into June, then June/July/Aug) Deload/RecoveryÄ ¢ÄÄÄ 2 week rest + 2 week slow ramping Gymnastics Specific ¢ÄÄÄ Complete rest for two weeks Followed by two weeks of skill basics,
Referral Movement screens for correct medical assistance for the resolution of injuries from the last education season to athletes about the management of personalized injury energy systems â €" two weeks of general anatomical adaptation *the anatomical adaptation simply refers to A slow ramp period of a new program. It is more general
preparation work, rather than heavy intensive load, which allows athletes to learn the models of movement before and perform them with high quality, before intensive formation to be prescribed. Followed by ten weeks of aerobic/anaerobic air conditioning in a general context of physical preparation wellness athlete â € "continuous formation to be prescribed."
transfer of max strength to general power and rate of Development of the phase force. Introduce more pliometric switch exercises and power emphasis or incorporates specific gymnastics energy systems â € "transfer of the general/anaerobic aerobic base to anaerobic fitness general wellness of athletic â €" increase in
recovery education, implementation and rigorous monitoring of work to rest relationships to avoid injury on the typical pre-season B â € half-season training set "(2 months, typically with the end of the training block simulate pressure / strength
development rate, and gymnastics specific exercises regular body weight active flexibility and optimization of the hip / shoulder movement for skills energy systems â €" biases focus on specific fitness gymnastics anaerobic typically through interval training with a day of Actobic Recovery Act Act HLETE WELLNESS â € "Regular adaptation of the
  seasonal Gymnastics Specific focus on routines, pressure groups and planning, htqnerts, slliks htiw ssergorp ro snoitatpada ees ot ekat yam ti gnol woh dna ,qniniart fo laog eht no sdneped lla tI .eludehcs nosaes teem eht tif retteb ot skcolb keew-6 rof nalp netfo I .stnemercni htnom-1 ni nalp ot deen Swawla ton od od ;dnim o
laudividni ot if ew ,ereh morf .dednetni snoitatda dna ,slaog gniart eht no dessabmoc htnom-itm edno-it's noitamrofni siht htiw gnitratS snoititepmoc kaep eldnah ot gniniart sa llew sa yrevocer lacigolohcysp dna ,latnem ,lacisyhp no sucof desaeron ¢ ssenlleW etelhtA snoititepmoc dna senituor no sucof ,erac ecnanetnian ¢ smetsyS ygrenE
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¢ smetsyS ygrenE senituor dna slliks ot refsnart no sucof dna ytilibixelf fo ecnanetniaM o daolrevo deniatsus naht rehtar snoitatpada fo erac ecnanetniam erom emoceb ot snigeb tub ,tnempoleveD ecroF fo etaR dna rewoP evisolpxE Deunitnoc if sesucof â€â€ ytilibixelf dna ,htgners senituor decnavda of EtirPpa in sllicks yes dda senituor fo
noitove sgnittes nottepmoc skeew or formation of energy systems. He begins to consider: given the most wide objectives of each month, the level of the athlete's age, and how many hours of training per week, what will be a monthly planning program and employment relationship at rest? Out of season Example: Week 1 â € "Week 2 â €"
Building Week 3 â € "Building Week 4 â €" Load Week For Example Week 1 â € "Weeks satisfied with a single month or six weeks increase, then we move to plan weeks of single training. Weekly training block that I wait have an individual weekly program? Taking
into consideration, the most significant goals of the week (Meet Week vs. Week of recovery), how many days / hours of training, the level of athlete and time in the season. What does the work of rest and modulation of intensity has? MONDAY â € "Heavy Day Specific Gymnastics Full Event Training WorkLoad Strengy Full Day
1 WorkLoad Energy Systems Full Day of Energy 1 WorkLoad Athlete Wellness Athlete Recovery Time at the end of the practice (Soft Tissue, Stretching, etc.) Tuesday" day "day of the Specific Gymnastics Light Trapani, Technique, Prevention Programs Accident Energy Systems Nobody or Light
Aerobic Recovery Athlete Wellness Athlete Wellness Athlete Recovery Time at the end of the practice (Tissue Soft, Stretching, etc.) Wednesday ¬ â € "Average Gymnastics Day specific training of event 1 day of work loading day full of resistance 2 or day full of energy systems 2 or average of both energy systems day 2 or full energy system day 2 or medium of both
well -being of athletics without online blocks Thursday â € "Specific training Day 3 or average of both energy systems day 3 or average of both well-being athlete no block specifically Saturday - heavy-day gymnastics specific
event training day 4 full-strength working day 4 working energy systems day 4 athletics work well-being work - athletic recovery time at the end of the practice (soft fabric, stretching, etc.) Sunday - rest day specific strength energy athletes here is a chart for this individual practice plan by holding with the trend, then we move from the training week
to plan for individual practice or training units. later, how will the individual training days appear? view, the biggest goals of the weather in the season, female artistic gymnastics example wag practice program moons - heavy heating vault beam
training day, we can then plan out specific event assignments, training loads, strength programs, flexibility assignments, energy systems workouts, or instructional time blocks. What will the actual assignments, energy systems training session, or flexibility
training session. I will include a picture of an individual workout taken from our strength program, but will go into this much more in depth in the last piece of the chapter above. Strength and Metabolic Program Design Example We will continue this last piece of the chapter above. Strength programs. So far, I have
covered a much larger overview into how I approach gymnastics program design. It also builds in a lot of the current science on periodization, work to rest ratios, and overall holistic long-term athletic development. When we zoom in all the way down to the individual training level, there is a massive amount of variability that comes into play with
regards to gymnastics specific training load. The warm-ups, skills, drills, progressions, and routine assignments have infinite possibilities due to the nature of gymnastics. The second most common question I get following, ¢ÃÂÂI like these concepts, where do I start,¢Ã is ¢ÃÂAokay what exercises should I use, and how many of them should we do.
¢Ã One important caveat to this question; just as there is a need to individualize skill training to a gymnast, there is a need to individualize strength, flexibility, and energy systems training to a gymnast. Every athlete is different. Despite there being solid foundational principles of both skill training and strength training, not every gymnast will take
the same path to reach their end goal. With this in mind, You always answer the question of "what exercises should I hate, and how many athletes should have" and transparent. when a gymnast tries to learn a giant, there are fundamental principles they need to master (body tension, appropriate cast bonding, swing mechanics, timing, etc.). However,
there may be several coaching signals, exercises, modeling corrections and solving problems for each athlete. the same applies to the design of the force program. when a gymnast tries to get a lower part of the body stronger, there are some basic principles that need to master (core control, body weight toe and hinge patterns, keeping the load
properly, breathing, body tension, etc.). but just as with the skills, there may be several signals of coaching, regressions and changes that may need to master the exercises. Just like athletes have
individual strengths or areas to improve specific skills or events, they also have strength and conditioning, but also to hate the art of coaching to ensure that we shape the needs of our gymnasts. Keep it in mind while you read. I
am happy to offer my thoughts and suggestions. but in reality, when I work with gymnasts both for coaching and rehabilitation, I'm always changing things to flight, if necessary, to better meet their personal needs. Once we have come to the weekly and daily creation of real force programs, I think it is better to break the e e oproc led eroirefni etrap
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nu occE and and because of that we can not forget how important things like handstand training, presses, rope climbs, core development, shaping, and specific bounding or stiffness drills are. In my experience personally and having consulted with 100s of gymnastics programs, the combination of these two things can create incredibly results for
strength, power, technical development, and performance. I have taken these categories from my observations and coaching experiences, but also from learning from amazing coaches. I highly suggest people check out Nick Ruddock for more on this topic. Also remember, some of these start to blur the lines between strength and power training
(coming in next section). This is okay, we just always have to remember the bigger picture about the number of impacts we are subjecting young athletes too. It¢ÃÂÂs very easy to get carried away with drill training, gymnastics strength, and lower body plyometrics. Suddenly you look back and there have been 1000s of impacts in a few weeks, and
growth plate issues like Sever¢ÂÂÂs Disease, OsGood Schlatters, and Gymnast¢ÂÂs Wrist occur. Or in older athletes issues like stress fractures, elbow/knee OCD, and tendon pain. More on programming below, but keep this in mind as you start to brainstorm implementation. Gymnastics Specific Categories and Examples Line Tension Stomach Back
Standing Hanging Handstand Å Handstand Å Handstand Å Pressing Å Rope Climb Seated ¢ÅÂÂ> With Legs ¢ÃÂA>No Leg Progressions Å Shoulder Opening Elastic Band Opens At Wall Å Shoulder Closing Elastic Band Hollow Closes on Ground (same exercise as above just body is turned 180 degrees) Shoulder Blade
Elevation/Depression Tall Kneeling Shoulder Elevation à Shoulder Elevation à Shoulder Blade Protraction/Retraction Springboard / Trampoline / Floor Push Up Bounces à Hollow Shape Uppers, Lowers, Togethers â € "A leg â €" Arch Progressions â Change Change / Floor Push Uppers, Lowers, Togethers and Elevation Floor Push Uppers, Elevati
Korbet Action Suspension Tray Between Rollers / Blocks Arch Snaps Cable Snaps / Stomaco Snap Cables Hang Arch Hollow Snap in Vertica , One leg up, bottom 90, full leg lift, 90 body lower lifting / limit inside and out the peluch skips the lever paste. Spec -swing Swing Show Development Studio Iper extension of the hyper-extension force (pomo
oscillation is not an exhaustive list. There are hundreds of exercises that can be programmed in a workout routine. This is just the tip of the iceberg. To start, consider the categories and try to organize exercises based on the movement or muscles involved. In
general, approaching the body based on movements is more practical for planning, but there are many times when individual isolated muscle strengthening is essential. Besides, I understand that the lower part of the body can be confused muscle strengthening is essential.
jobs (glutes in all planes, back muscles of the thigh, deep hip rotating) to the commonly developed front chain (quad, inner thigh or adductors, hip flexors). Gymnastics poses a great question on the lower part of the body and should be trained appropriately with equal balance in all movements. If you want a complete overview of the design of the out-
of-season training program, you can take a look at this video tutorial I did with my friend Kiefer Lammi. These same concepts apply len len onatsops is ,kcolb cificeps eht fo slaoG snoititepmoc fo ytimixorp dna nosaes fo emiT slevel eugitaF tnemevom fo ytilauQ) daol lanretxe gnisu sraey fo rebmun( ega gniniart gnitfil dna )scitsanmyg ni sraey fo
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and the weekly times for individual exercises is highly variable. I hope that the above sections have highlighted the necessary gymnastics to embrace the work with well -qualified strength and conditioning coaches. Here are some generally decrease
depending on the goal power â €" 2-5 set of 3-7 repetitions depending on the Operating sets and repeaters generally decreases as the speedyastics speed increases â € "large variety based on the lens, # of land contacts and the intensity of the program from the number of land
contacts (3nd - 10, I personally use a variety of approaches, but mainly designing mates or triples for exercises. I can also use the circuits during some parts of the season. A straight set is when all the sets and repetitions of An exercise are performed consecutively. D㬠a 5ã—5 Squat or a Deadlift 1a â € "5ã—5 Goblet Squat Athlete performs 5 Goblet
Squat, then rests, then 5 more goblet squat, then 7 push ups, then 10 cables rockers, then 5 goblets squat, then 7 push ups, then 10 cables rockers, then 5 goblets squat, then 7 push ups, then 10 cables rockers, then 5 goblets squat, then 7 push ups, then 10 cables rockers, then 5 goblets squat, then 7 push ups, then 10 cables rockers, then 5 goblets squat, and so on. The training of the circuit is when a group of fo exercises is done in a cycle, both for repetitions and for time domains. 4
laps â € " Seconds of work, 15 seconds or rest/transition for the following exercise. Squat by Calice Push Ups Hollow Rocks Larghi jump the rope Rocce Rocce the athletes move on a timer for a total of 24 minutes this photo below from our strength program has a hat -trick (1a/1b/1c), followed by a double (2nd/2b), and then another double (3A/3B). I
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find that in a group environment with many athletes and limited time, working in this way of a marvel and triple is the best way to dose our athletes optimally. The main exercise can be followed by a secondary exercise or accessory exercise in most cases. It also helps with the organization and the ability to regulate programs according to need.

ersonally, I find less stressful to program in this way to make sure all the exercises that must be done are in place. There are times when we focus on the strength that we can start a program with a single exercise, such as 5\textit{a}  - 5 of Calice squats, to focus on the effort in a single exercise with an appropriate rest. However, this is quite rare. It is eyond the purpose of this book to really outline every concept of sets, repetition, rest or intensity for each exercise in the sections of resources have entire chapters dedicated to this concept that readers can investigate. Proceeding force programs week by week to apply practically this information, each athlete in our gym has his own collector with sheets printed for each week, month and block for force assignments. I create advanced programs based on the level, so each athlete has his own copy. This approach allows them to check sets and repetitions, write weights or level of resistance.	;
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thlete, to reflect upon when positive or negative bumps in the road occur. We keep a global spreadsheet of all the months of training on our wall, so coaches and athletes are in the loop. Just as the season progresses from general strength to more power-based exercises, now I will cover some exercise examples for this category. Power Exercise	
xamples Power training is intended to use the baseline levels of strength present and teach the neuromuscular system to produce force rapidly. This adaptation is accomplished through adaptations in the mechanical, neurological, and energy systems within the muscular tissue. Primarily, we are helping muscles learn to turn on very quickly, active neurons are more units, produce considerable amounts of force, and transfer/absorb energy. Building off the strength section, I wanted to include some examples for power or rate of force development exercises not widely used. Following a strength cycle, I	vate
rpically like to start gymnasts with more challenging versions of power exercises where they are only able to use specific body segments (arms or legs) vs. their entire body. As an example, if the lower body is the focus, I may have athletes place their arms across their chest during squat jumps from a box, so they cannot use their arms to swing an	nd
ssist. If the upper body is the focus, I may have athletes sit down when doing overhead medball throws so they cannot use their legs to assist. Although this typically does not look nearly as impressive in relation to power output, it helps significantly narrow in training to the specific body parts intended. Then, as a progression or within another	
raining cycle, exercises can be progressed to involve the whole body or be more dynamic. From a point of view, we are theoretically aiming to activate local motor units within a muscle group, improve their frequency of coding or rate exhaust, and encourage the disinhibition to create more exit force. We are also trying to encourage changes in local motor units within a muscle group, improve their frequency of coding or rate exhaust, and encourage the disinhibition to create more exit force. We are also trying to encourage changes in local motor units within a muscle group, improve their frequency of coding or rate exhaust, and encourage the disinhibition to create more exit force. We are also trying to encourage changes in local motor units within a muscle group, improve their frequency of coding or rate exhaust, and encourage the disinhibition to create more exit force. We are also trying to encourage changes in local motor units within a muscle group, improve their frequency of coding or rate exhaust, and encourage the disinhibition to create more exit force. We are also trying to encourage the disinhibition to create more exit force. We are also trying to encourage the disinhibition to create more exit force. We are also trying to encourage the disinhibition to create more exit force. We are also trying to encourage the disinhibition to create more exit force. We are also trying to encourage the disinhibition to create more exit force. We are also trying to encourage the distinhibition to create more exit force. We are also trying to encourage the distinhibition to create more exit force. We are also trying to encourage the distinhibition to create more exit force.	cal
to vertical force (pushing for height) and horizontal force (print speed). Local without arm oscillation vertical force double leg and monogama jump from a block, arms on the chest for no over -the -height jump swing oscillation vertical force double leg and monogama jump from a position sitting with the arms through the chest caps Speed (all	beit.
an arguardly the involvement of the arm and the horizontal strength) velocity cable or bandwidth through (even if in a questionable way the involvement of the arm and the horizontal strength) horizontal force double pin or mono-jambe lift the hip Jump with the rear upper part on a block, and opposite knees embraced to the chest to limit the	
ssistance of the arm or lower hyperextension Explosive pushed to the sled with only legs, arms in a double static position addition of arms and upper body vertical force double leg and a range Ba alone jumps from a block, oscillation arm and lean trunk llowed moderate height steps (must land in the correct position of the pumpkin) oscillating arm and a lean permitted horizontal force double leg or single leg hip lift skips with the rear top rear on oscillating arm and lean trunk allowed permitted Arm oscillation and lean trunk permitted Explosive Sled Pushs or Pulls with leg and arm Drive Overheads	ead
ledball jets and slam from a static start by adding the whole body, external load, or storage of energy vertical force Candle Stick roll with double leg or single legs jumping of the voltage of the rejecting body different blocks of weight of higher level gym, lifting Olympic weight	ghts,
r moderate jumping jumps double box jumps, focusing on the minimum contact of the ground jump depths from blocks with forwarding, vertical, or lateral jump in width (must land in a correct position of squats) using oscillating arm and lean truncated permitted full overweight revenue and slam Horizontal force advanced gym jump or jump jump in the seat pushing pack rebounds on knees, pad trampoline, pads or floor fast horizontal lines, legs on the back to the partner the medall breast passes to a wall in the seat pushing back rebounds on knees, pad trampoline, pads or floor fast horizontal lines, legs on	
lock Shots on the knees or half knees fighting rope slams on the knees medball slams and overhead gets Speed shots or rope climbs without leg use Knees fighting rope waves from the knees fighting rope waves Kneeling ball Horizontal Force Medball chest passes to a wall in high position knees for hip extension Spin shape bounces on the floor, sworht, secnuob llabdem dednah-owt	
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espond positively. As a final thought, remember that the implementation and execution of actual program design depends on: Training goals and age of athletes Exercise knowledge of athletes and coaches Time per day of strength programs (30 minutes, etc.) Days per week for strength programs (3x/week, 4x/week, 5x/week, pamphlet omfy programs, etc.) General equipment and staff Available Season time As for younger athletes, I feel that they need to focus on making the basics really well, consistent, and with good quality. These are the basics that prepare them for more complex exercises in the future. This refers to both the essential gymnastics strength (model, core,	t
andstand, presses, etc.) and the essential non-gymnastics resistance (size model, handlebar pressing mechanics, etc.). From this foundation of basic movement, strength and core control, and gymnastics technique, are ready to make significant progress along the way. General preparation with a mix of gymnastics / non-gymnastics	
novements is fire out of season. I would say it is a 50% - 50% mix during summer. This is a precious time to create a well rounded durable athlete through incorporating weights, general movements, and more non-traditional exercises. Since the season progresses transitions of training from general preparation too more specific gymnastics	
reparation. Usually, once the season begins, we are all doing body weight and specific exercises. The division of non-gymnastics to strength and powerIt is generally about 30% to 70%. Then, finally, how the competitive season enters full force, the relationship moves to almost all the specific conditioning with some foundation exercises (squat, squat, horizontal rowing in the upper body). The percentage becomes more 20% to 80%. I feel this is the best way to help mold the athlete into higher performance and longevity. The cycle continues with postseason moving back to almost all general base work again. Again, keep in mind this is just my approach to designing strength and power	
rograms for gymnasts. I have already outlined my approach to flexibility and will cover my thoughts on energy systems in the next chapter. Several other coaches, and strength and conditioning friends. Even in the last five years, I have completely change the completely change the coaches, and strength and conditioning friends. Even in the last five years, I have completely change the coaches, and strength and conditioning friends.	
ow I approach specific areas. Please just think about the principles I have outlined, and how it best fits your athletes. Once you have covered this, sit with all the staff and brainstorm collaboratively on the best approach. Due to how crucial physical preparation is for gymnastics performance and overall health, we must be highly focused on improvants are areas that I feel can have the most substantial impact in gymnastics. We cannot be afraid to break from the mold of doing what we have always done in fear of the unknot are areas that I feel can have the most substantial impact in gymnastics.	
r seeing something fail to work immediately. We do not have to abandon the traditional models of gymnastics physical preparation. We just need to dissect the approaches to take with us what works, leave behind what does not, infuse the best available scientific methods/support, and collaborate with other disciplines to find the best approach. The	
nbelievable amount of possible benefits to gymnasts is compelling. The massive impact an updated model of physical preparation can make on gymnasts¢Ã health and performance is even more substantial. I That this blog has contributed to summarizing the very overwhelming, but crucial concepts related to strength, power, pliometry and	
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