

Get Fit

Strength training is an integral part of all gymnastics training, from the early stages to the elite levels. Proper strength/power training provides the athlete with the ability to not only perform skills more easily, but also with great amplitude and less chance of injury. The attention to proper body positions during the strength exercise is of utmost importance and the coach should be ready to supervise and constantly correct any misalignments so the athletes receive the full benefit of the exercise.

It's recommended that coaches provide charts to record the individual athlete's progress, either by an increase in the number of repetitions, increase in resistance or an improvement in time.

Candlestick to Straight Jump for Leg Strength

Starting position – Straight Stand.

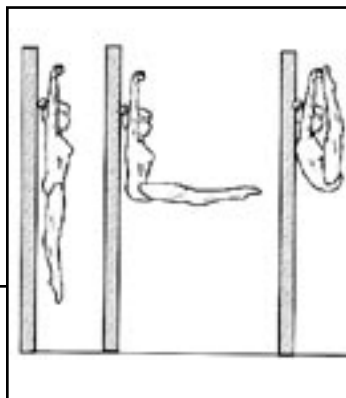
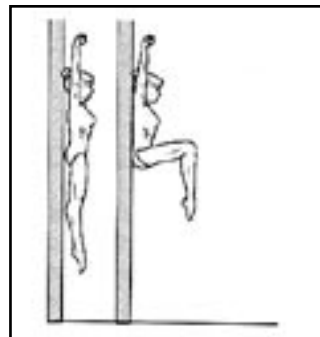


Bend the knees to arrive in a tuck sit with the feet on the floor and begin rolling backward to extend the body into a candlestick position (high on the shoulders, toes pointed to the ceiling, hip angle straight). Roll up to a tuck stand and immediately execute a straight jump. Repeat the candlestick and jump, progressively increasing the repetitions.

Flexed Knee Lift for Abdominal Strength

Starting position – Hang on the high bar or stall bars with an overgrip without swing.

Bring the knees above horizontal with the feet pointed. Keep the head neutral. Lower the legs downward to a long hang and repeat, progressively increasing the number of repetitions.



Leg Lifts for Abdominal Strength

Starting position – Hang on the high bar or stall bars with an overgrip without swing.

Lift the legs upward until the toes touch the bar. Slight knee flexion is allowed. Lower the legs downward to a long hang and repeat, progressively increasing the number of repetitions. As the gymnast becomes stronger, require straight legs and add a time limit.

Technique will highlight conditioning exercises in future issues. If you have a favorite conditioning exercise you'd like to share, please send it to us. Please explain how to do the move and take photos of your gymnast doing the move. Send to: *Technique*, USA Gymnastics, Pan American Plaza, 201 S. Capitol Ave., Ste. 300, Indianapolis, IN 46225 or email it to publications@usa-gymnastics.org