

# GetFit

## Conditioning Drills

At the Tyson American Cup, coach Mary Lee Tracy and two of her gymnasts, Bianca Flohr and Jacquelyn Johnson, shared with us some conditioning drills that they use at Cincinnati Gymnastics Academy. Mary Lee has her gymnasts perform these drills in conjunction with vault training.



### 1 Small and quick jumps on the board.

This drill is used for firing the quads upon contact on the board and stresses correct body shape.

### How To:

Have the gymnast stand on the board, arms over head, shoulders pushing towards ears, hips flat, high releve' and begin punching the board with tight knees. Do 2 sets of 20.

### 2 Arm Swings

This arm swing drill is to increase the speed of the arms in the hurdle, from the floor back to the horse, and also the initial arm lift off the horse.



### How To:

Have the gymnast lie on her back on a soft surface (8" mat) and place hands by legs on floor. Quickly swing arms overhead in a full range of motion next to ears, fully extended as they make contact with the mat and return arms back down to legs. Both the up and the down motions should be done quickly. Do 2 sets of 20.

## About The Gymnasts

**Jacquelyn Johnson** (shown in photo far left) is 16 years old and from West Chester, Ohio. She's a first-year member of the USA Women's Senior National Team.

**Bianca Flohr** (shown on p. 22) is 15 years old from Creston, Ohio. She's the 2005 Junior National Uneven Bar Champion.

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## 3 Hurdle Drill

The hurdle drill is for vertical extension when lifting the knee into the hurdle. Arms should be in full extension, shoulders up to ears, chest in and hips flat. Gymnast should push through her bottom ankle to complete the extension in the air.

### How To:

Have the gymnast start at board and do drill down the runway. Hurdle, step, step, hurdle with arms swinging overhead to proper body shape (as explained above) keeping arms overhead as long as possible. Then quickly circle to next hurdle.

*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. 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](mailto:publications@usa-gymnastics.org)