

Condition With The Champions

By Luan Peszek

Blaine Wilson

Maltese Hold

Using two vaulting boards, lie across the boards in a Maltese position. With a spotter, press your body towards a handstand and slowly lower to a Maltese and hold for three seconds. I do three sets of four, at least three times per week.

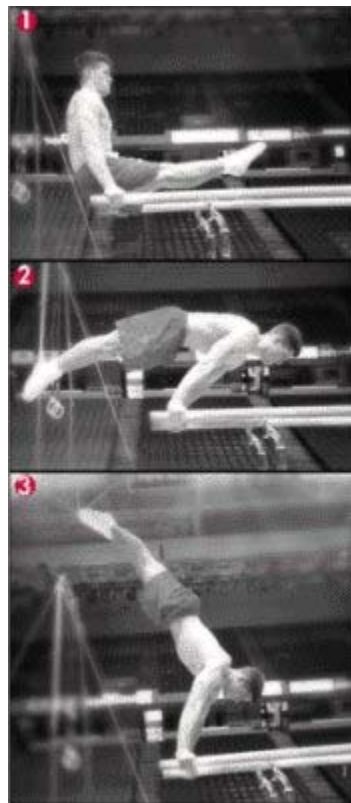
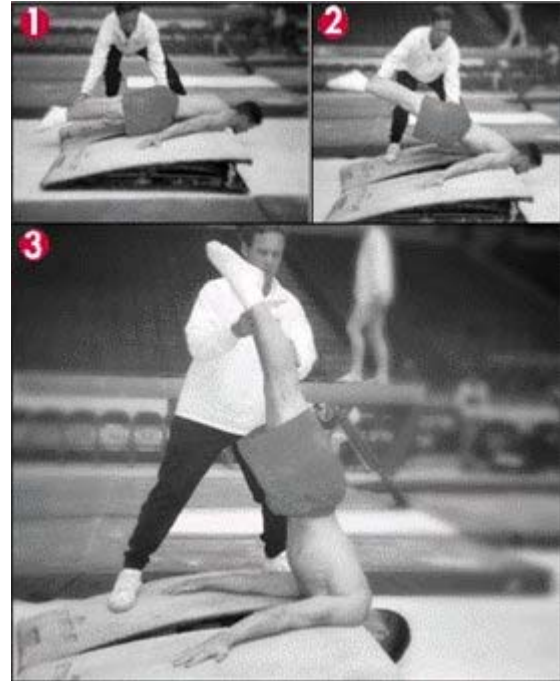


Planche To Handstand

From an "L" position on the parallel bars, swing through the planche position to a handstand. Use as little swing as possible and keep your body tight throughout the entire movement. I do three sets of five, at least three times per week.



crutch

on the rings, hold a Maltese position for three seconds, press to a planche and again hold for three seconds. I do three sets of three, at least three times per week.

NOTE: These exercises may be difficult for you to do in the beginning. You may need extra spotting until your strength develops. It's important that you work as hard as you can to hit the proper positions.

This article is reprinted from the January/February 1998 *USA Gymnastics* magazine.