

LEGS - 2 x CIRCUIT

Bent knee glute pushes

Toe raisers

Frog jumps between double panel mats

Soft mat jumps

Side squat walks with weight and band

Beam or safety zone jumps

Over and back squat jumps with panel mat and foam above head

CORE

Circuit x 2 -

Uppers body lifts (feet up in pike)

V-ups elbows touch knees

Ankle touches

Hollow holds

Butterfly crunches (slow)

Side ups - 2x20 with 20 second hold at end on each side

Arch ups - 2x20 with 20 second hold at end



Conditioning For Gymnastics

L Manion



Conditioning For Gymnastics:

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