

AT HOME CONDITIONING FOR GYMNASTS

From time to time a parent will ask if gymnasts can do something at home to complement their work at the gym. Stretching and strength conditioning are always okay to do. Below is a list of stretches and basic strength conditioning that can be done at home.

Stretching should be done *after* strength conditioning.

STRENGTH CONDITIONING:

- 10 push ups
- 20 sit ups
- 10 arch rockers
- 10 hollow rockers
- 10 additional push ups
- 20 additional sit ups
- 20 toe raisers; each foot
- 2 sets of 10 straddle leg lifts – with straight legs
- 2 sets of 10 pull ups if there is a safe place to do them
- 2 sets of 5 under grip skin the cat pull outs

STRETCHING: 15 SECONDS EACH

- Straddle stretch
 - Right
 - Left
 - Middle
- Pike stretch
- Splits
 - Right
 - Left
 - Middle
- Shoulders
- Bridge