Geddert’s Phase Conditioning ™

by John Geddert
USA World & Olympic Women’s Gymnastics Team Head Coach
Proper physical preparation of our athletes should be at the base of every gymnastics program with goals and aspirations of producing advanced level gymnasts. There isn’t any substitute, this is pure and simple, tried and tested. You can be more organized, more efficient ... you can be better technically ... motivationally ... and mentally, but the bottom line is that there is no replacement for proper and adequate physical preparation.

This is certainly not an earth shattering, ground breaking discovery. There are not too many coaches who don’t know that stronger and faster athletes will generally beat out weaker and slower ones. Then why are most clubs and programs failing when it comes to preparing their athletes? I think the answer generally revolves around a couple of realities. 1) a genuine lack of understanding or the willingness to admit this short coming as a coach, 2) a lack of consistent application of the established standard, 3) the unwillingness to push or the fear of actually making a kid work harder than they want too.

All successful conditioning programs have very distinct common denominators. 1) They will have a consistent application of the expectations of how conditioning exercises are to be executed. 2) They have a passionate coaching staff willing to push athletes through perceived limitations. 3) They have a plan built around sound fundamental beliefs.

TWISTARS USA- PHASE CONDITIONING PROGRAM- This system of conditioning has been honed over time and caters to the optional level athletes and those that may be on an accelerated track.

We have been very fortunate to have Dr. Larry Nassar associated with our club for the past 24 years. In fact much of the research and studies conducted to compile his book “CONDITIONING THE JUNIOR OLYMPIC ATHLETE” was done on/with our athletes. Through this association we have tweaked his program to fit our needs while still adhering to some of the general concepts related to conditioning.

It is important to note that neither Dr. Nassar’s book, nor the Twistars conditioning program are exactly right for every program. Our program has been the compilation of bits and pieces of many programs.
1. RAISE EXPECTATIONS - As simplistic as this may sound, it is probably the most important of all concepts. Even the most basic of exercises can reap large returns IF the expectations for the execution of that exercise are maximized. Regardless of the exercise being performed RAISE your expectations. Athletes will deliver what is expected but also give you what you accept. Expect and Accept the highest of quality.
   - Improve the Form and Execution
   - Increase the Range of Motion
   - Emphasize the desired body shapes
   - Stress Quality over Quantity
   - Improve speed and quickness without sacrificing the above listed

2. ADAPTATION - It is widely accepted that the body will eventually adapt to the stimulus provided thus the exercises need to be changed periodically in order to provide and new stimulus. This creates progress. You can created a new stimulus by:
   - Increasing numbers
   - Increasing angles for greater resistance
   - Decrease angles for improved alignment and great difficulty
   - Increasing resistance by adding weights, bands, tubing etc.
   - Increasing the speed or the time allowed to perform the exercise.

3. DESIRED SHAPES - You can not expect improvement in form and execution of gymnastics skills IF the same emphasis is not applied to your conditioning program. Some basic shapes/techniques correlate well to assisting with skill development.
   - Arch and or Hollow Shapes - Not only for aesthetic purposes but also for biomechanical efficiency
   - Rounded Upper Back - this is the gymnasts strong shape
   - Hips Tucked Under - Abdominals in
   - Quick explosive effort against gravity, Slow Controlled Lowering action with gravity
   - Head Neutral
   - Active Butt and Lower Abs at all times - Core conditioning

4. ALL ENCOMPASSING – A well rounded conditioning program will provide balance and in turn help prevent overuse, improper alignment, and injuries. We separate our Phase conditioning program into 4 general areas. Conditioning rotations are 30 minutes in duration and each body area is covered 2-3 times per week.
   - Legs
   - Stomach/Core
   - Arms/Shoulders
   - Back/Hamstring/Calves
5. SUPPLEMENTAL CONDITIONING (COMPLEXES) - We have found that 30 minutes of physical ability training per day is not sufficient time to get the job done. We could increase the time of the “Conditioning Rotations” but instead we choose to supplement the conditioning on each event in the form of COMPLEXES (another word for conditioning).

- Vaulting - speed enhancement, wrist conditioning, ankle conditioning, proprioceptive training (kinesthetic awareness).
- Bars - additional core shaping, handstand alignment, shoulder strengthening
- Beam - ballistic flexibility, ankle conditioning
- Floor - Passive flexibility, active flexibility, plyometric ability

6. PHASES - In order to progress and to set up a system designed to achieve maximum results during the championship season, it is important to progress through phases. Each phase has a specific intention.

- BUILD UP PHASE - this phase is post competitive (usually late spring to early summer). 6-12 weeks. We actually use an A-B-C version that gradually increases in intensity. Build Up is designed to get the body ready for work. The exercises used are generally simple callisthenic type skills with high volume (numbers) and low intensity (resistance).

- MAX STRENGTH - this phase is used during isolated skill development (usually summer and early fall) with the intention being to develop “max strength”. Exercises are generally lower in number but higher in resistance. Although smaller micro cycles of the Max Strength phase may be used during the year for “a shot in the arm”, strategically it would not be a good idea to use a max strength phase when you are trying to increase full routine numbers. This would be risking injury due to over fatigue.

- CONVERSION PHASE - This is a phase done in conjunction with routine parts (mid to late fall, early winter) and is design to take the “max strength” gain and convert it to a more useful, sports specific strength. This is the phase for body shaping emphasis, quickness training, explosive movements and plyro-metrics. This is a less fatiguing conditioning phase thus leaving energy for routine development.

- MAINTENANCE PHASE- This is a phase used during important the final preparations for important competitions. Generally the exercises are somewhat intense yet the number of sets lower. The idea here is to maintain strength while reserving as much energy for routine refinement as possible.
7. REST AND ADAPTATION - Nothing wrong with throwing in a week of rest from time to time. Non stop conditioning will wear on the athlete both mentally and physically.

8. MICRO CYCLES - If you stayed with a consistent 6-8 week cycle for every phase you would inevitably run into conflicts with competitions, vacations, etc. From time to time we will throw in shorter micro cycles (i.e. max strength just before holiday breaks or longer stretches of inactivity).

9. COMPULSORY LEVEL CONDITIONING - We have decided that the time spent on a periodization program is well spent and worth while for the upper level athletes. The compulsory athletes however fall into a different category and for the sake of pure efficiency and organization we have developed a more generalized program for these levels. The concepts remain the same but little attention is given to tapering or peaking the athlete during their championships seasons. We simply condition, condition, condition.

Our compulsory program consists of a gradual progression through 4 levels. Each athlete is progressed individually after showing that they can execute the exercises according to our standards. An athlete may be at level 1 for legs but be level 3 for arms etc. This requires the coaches for these conditioning rotations to be aware of the level each athlete is on and adjust the demands accordingly.
Geddert’s Phase Conditioning™

Compulsory Conditioning Program
# Geddert’s Phase Conditioning™

## Phase 1 – Compulsory Conditioning Program

**LEVEL 1**

<table>
<thead>
<tr>
<th>ARMS</th>
<th>LEVEL 2</th>
<th>LEVEL 3</th>
<th>LEVEL 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>3/10 PUSH UPS</td>
<td>3/10 DIPS</td>
<td>3/20 PUSH UPS</td>
<td>3/15 Crunch and Slide Push Ups</td>
</tr>
<tr>
<td>3/8 PULL UPS</td>
<td>3/10 PULL/CHIN UPS</td>
<td>3/12 PULL/CHIN UPS</td>
<td>3/10 Weighted Tucked Pull/Chin Ups</td>
</tr>
<tr>
<td>2 Ropes with Legs</td>
<td>2 Roles- No Legs</td>
<td>2 Ropes- Straddle L</td>
<td>2 Ropes- Pike</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>LEGS</th>
<th>LEVEL 2</th>
<th>LEVEL 3</th>
<th>LEVEL 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>3/Passes Straight Punches</td>
<td>3/Passes Side to Side Punch</td>
<td>3/15 Block Rebounds</td>
<td>3/15 Block Rebounds- Backward</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>STOM</th>
<th>LEVEL 2</th>
<th>LEVEL 3</th>
<th>LEVEL 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>25 Sit Ups</td>
<td>25 Twisting Sit Ups</td>
<td>25 Weighted Sit Ups- 5 lbs</td>
<td>25 Weighted Sit Ups- 10 Lbs</td>
</tr>
<tr>
<td>3/8 Leg Lifts</td>
<td>3/10 Leg Lifts</td>
<td>3/15 Leg Lifts</td>
<td>3/12 Leg Lifts from L to L</td>
</tr>
<tr>
<td>3/10 Toe Touch</td>
<td>3/10 Toe Touch</td>
<td>3/25 Toe Touch</td>
<td>3/15 Arch Roll-Toe Touch</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>BACK</th>
<th>LEVEL 2</th>
<th>LEVEL 3</th>
<th>LEVEL 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>3/10 Reverse Leg Lifts-Hor.</td>
<td>3/15 Reverse Leg Lifts-45</td>
<td>3/15 RLL- Foam Block</td>
<td>3/15 RLL- Weighted</td>
</tr>
<tr>
<td>10 Count Butt Circuit</td>
<td>15/15/15/15 Butt Circuit</td>
<td>20/20/20/20 Butt Circuit</td>
<td>25/25/25/25 Butt Circuit</td>
</tr>
</tbody>
</table>
## Geddert’s Phase Conditioning™
**Phase 2 – Compulsory Conditioning Program**

<table>
<thead>
<tr>
<th>LEVEL 1</th>
<th>LEVEL 2</th>
<th>LEVEL 3</th>
<th>LEVEL 4</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ARMS</strong></td>
<td><strong>LEVEL 2</strong></td>
<td><strong>LEVEL 3</strong></td>
<td><strong>LEVEL 4</strong></td>
</tr>
<tr>
<td>3/10 BALL PUSH UPS</td>
<td>3/15 SLING PUSH UPS</td>
<td>3/12 90° Degree HSPU</td>
<td>3/12 Single Leg HSPU</td>
</tr>
<tr>
<td>3/5 WALK OUT PUSH UPS</td>
<td>3/10 WALK OUT PUSH UPS</td>
<td>3/15 ELEVATED PUSH UPS</td>
<td>3/6 JACK KNIFE PUSH UPS</td>
</tr>
<tr>
<td>3/8 WIDE GRIP CHIN UPS</td>
<td>3/10 WIDE GRIP CHIN UPS</td>
<td>3/6 BEHIND NECK CHIN UP</td>
<td>3/10 BEHIND NECK CHIN UPS</td>
</tr>
<tr>
<td>3/8 STRADDLE UP HS</td>
<td>3/10 STRADDLE UPS</td>
<td>3 Sets- MEAN 18s</td>
<td>3/10 Straight Arm Lifts</td>
</tr>
<tr>
<td>2-1 Minute Handstands</td>
<td>3 Passes- HS Walks</td>
<td>1 Minute Single Arm HS</td>
<td>3 x2 Passes HS Walks</td>
</tr>
<tr>
<td><strong>LEGs</strong></td>
<td><strong>LEGs</strong></td>
<td><strong>LEGs</strong></td>
<td><strong>LEGs</strong></td>
</tr>
<tr>
<td>3/15 Butt Kicks</td>
<td>3/25 Butt Kicks</td>
<td>3/10 Hamstring Curls</td>
<td>3/10 Dead Lifts</td>
</tr>
<tr>
<td>3/10 Punch/P Strdle -Grey</td>
<td>3/10 Punch/P Strdle -Red</td>
<td>3/10 Punch/P Strdle -Blue</td>
<td>5 Rounds Triple Jump Punch Front</td>
</tr>
<tr>
<td></td>
<td>Rise/Bounce/Punch</td>
<td></td>
<td>Rise/Bounce/Punch</td>
</tr>
<tr>
<td><strong>STOM</strong></td>
<td><strong>STOM</strong></td>
<td><strong>STOM</strong></td>
<td><strong>STOM</strong></td>
</tr>
<tr>
<td>15 Straight Leg Sit Ups</td>
<td>25 Straight Leg Sit Ups</td>
<td>10 Up Hill Sit Ups</td>
<td>15 Up Hill Sit Ups</td>
</tr>
<tr>
<td>3/8 Stalder Leg Lifts</td>
<td>3/10 Stalder Leg Lifts</td>
<td>3/15 Stalder Leg Lifts</td>
<td>3/10 Wind Shield Wipers</td>
</tr>
<tr>
<td>3/10 Elbow Leg Lifts</td>
<td>3/15 Elbow Leg Lifts</td>
<td>3/8 Arch Roll V Ups</td>
<td>3/12 Arch Roll V Ups</td>
</tr>
<tr>
<td><strong>BACK</strong></td>
<td><strong>BACK</strong></td>
<td><strong>BACK</strong></td>
<td><strong>BACK</strong></td>
</tr>
<tr>
<td>3/12 Reverse Flutter Kicks</td>
<td>3/25 Reverse Flutter Kicks</td>
<td>3/10 RLL to Vertical</td>
<td>3/15 RLL to Vertical</td>
</tr>
<tr>
<td>10 Count Core Circuit</td>
<td>15/15/15/15 Core Circuit</td>
<td>20/20/20/20 Core Circuit</td>
<td>25/25/25/25 Core Circuit</td>
</tr>
</tbody>
</table>
Geddert’s Phase Conditioning™

Optional Level Conditioning Program
1) LEGS - Day 1-3
   2/12 Roll and Jumps (strong Candle position)
   2/20 Tuck Jumps (knees up above belly)
   2/20 Alternates- Front leg slightly elevated- Push off front/punch off back leg- alternate
   2/20 Straight Punches- Tight core
   2/20 Mountain Climbers – Hands on Hips

2) STOMACH - Day 1-3
   2/25 Twisting Crunchers- Hands behind head, elbow to opposite knee
   2/15 Toe Touches- Flat on back, feet vertical, touch the toes
   2/15 Hip Lifts- On back with feet at 90 degrees, press on floor and lift hips
   2/45 Second Hollow Hold/Rocks- Elbows extended
   2/12 V- Ups

3) ARMS- Day 2-4
   2/5 Piked Press Handstands
   2/15 Push Ups-Hands shoulder width apart- Hollow Body
   2/15 Dips
   2/10 90 Degree HSPU – Feet up, bend 90 degrees at hip
   2/10 Pull Ups- (chin above the bar without swinging)

4) BACK, HAMSTRINGS, CALVES, WRISTS
   2/50/50/50 Toe Rises- (50 Forces arch SLOW- 50 Fast POPPING-50 punches)
   2/25 Side Arch Ups- Lay on side, straight body, lift shoulder and heels to side arch
   2/12 Hamstring Push ups- Do not push off the floor with hands
   2/12 Reverse Leg Lifts
   2/12 Reverse Sit Ups - Arch up to 45 degrees

TIME TO GO TO WORK!
There won't ever be success IF the things we believe in are DIFFERENT from the things we DO.
1) LEGS- Day 1-3
   3/12 Roll and Jumps- increase height up onto elevated surface
   3- Passes Traveling Mountain Climbers- Forward/Backward- Hands on Hips
   3/10 Block Rebound OR 5 Rounds of Jump Circuit (multiple elevated surfaces)
   3/50 Side to Side Straight Jumps
   3/10- Ball/Wall Squats- Back to wall with ball- +25+ lbs in each hand

2) STOMACH- Day 1-3
   3/15 Uphill Sit Ups- Hands behind head, nose to knees
   3/12 Leg Lifts- Feet to bar
   3/12 Leg Slides on Slider
   3/12- V Ups
   STOMACH CURCUIT- 30 second hollow hold/ 30 second hollow rock/ 30 second
   Hollow side to side/ 10 Side roll to hollow L and R, 15 V – Ups, 25 Speed crunchers.

3) ARMS- Day 2-4
   3/5 Press Handstands-
   3/15 Push Ups- Hollow Body- Feet elevated and chest must touch floor
   3/15 Dips- Thumbs to arm pits for full range of motion
   3/12 90 Degree HSPU- rounded back, full ROM
   3 Passes Handstand Walks
   2 Rope Climbs- with feet acceptable

4) BACK, HAMSTRINGS, CALVES, WRISTS -
   3/15 Reverse Twisting Sit Ups- Up and twist L/R 45 above horizontal.
   3/15 Tube Rows
   3/15 Weighted Dead Lifts
   3/25- Elevated Toe Rises
   BUTT CURCUIT- 25 each of knee to chest and extend/ straight leg lifts to 45 degrees above horizontal/ straight leg circle with leg above horizontal/ straight leg horizontal swings/ bend knee side lift, straight leg side lift and end with 10 second holds back high/ back horizontal and side horizontal.
1) LEGS - Day 1-3
   3/12 Roll and Jump- Increase Height
   3/15 Mountain Climbers- front leg elevated
   3 Passes Traveling Tuck Jumps- For distance, knees up to belly
   5 Rounds of Triple Jump to Punch Front- distance
   3/12- Single Leg Roll and Jump (6 on each leg) (jump to 2 feet)

2) STOMACH - Day 1-3
   3/15 Uphill Sit Ups- Hands behind with weight
   3/12 L- Leg Lifts- Start and finish in L position
   3/12 Stalder Leg Lifts- Finish leg lift in straddle lever position
   10 Count Core- Hold, Shoulder Sag, Arch Sag, Side Hold, Side Hip Dip, Side Pirouette, Single Leg hold leq,
   Single leg right, Alternate L/R, Belly Circle, Arch hold, Arch Rock,
   STOMACH CURCUT- 30 second hollow hold/ 30 second hollow rock/ 30 second Hollow side to side/ 10 Side

3) ARMS - Day 2-4
   3/12 Triangle Push Ups- hands close together- feet elevated
   3/12 Single Leg 90 Degree Hand Stand Push Up- Support leg 90, one leg vertical
   3/12 Weighted Dips- Use weight vest of dumbbell behind the knees
   3/12 Handstand Shoulder Shrugs-
   2 Rope Climbs- No Feet

4) BACK, HAMSTRINGS, CALVES, WRISTS
   3/15 Reverse Sit Ups- With Weight across chest
   3/12 Lat Flies- Sitting position- Lift weight from under legs to the side
   3/15 Hamstring Pull downs- With ankle straps and tubing
   3/15 Reverse Leg Lifts- with ankle weights
   Butt Circuit - 25 each of knee to chest and extend/ straight leg lifts to 45 degrees above horizontal/
   straight leg circle with leg above horizontal/ straight leg horizontal swings/ bend knee side lift, straight
   leg side lift and end with 10 second holds back high/ back horizontal and side horizontal.
1) LEGS
2/15 Mountain Climbers – Front leg up with weight vest
2/15 Roll and Jumps (up onto spotting block) (Increase height as needed)
2/15 Punch Tuck Jumps (For distance, knees up to belly)
2/25 LapToe Rises (partner or weight plate on lap) (press to forced arch)
2/15 Block Drop Punches- Jump down, Punch back up BACKWARDS- Weighted
2/8 Single Leg Roll and Jump- Up onto panel Mat- Weighted

2) STOMACH
2/15 Uphill Sit-ups (weight behind head)- Chin above knees
2/20 Leg Lifts (legs straight and touch the bar)
2/10 Stalder Leg Lifts
2/15 Side Sit Ups- perfect straight line- Large Side Arch
2/10 Windshield Wipers
* All Exercises can be done with added ankle or wrist weights

3) ARMS
2/8 Straddle Presses+ 2/8 90 Degree HSPU (rounded back, good forward lean)
2/10 Straight Arm Pulls- 10-25 lbs- Off the Wall- Control the core
2/15 Slanted Dips (more than 90 degree elbow bend) (add weight)
2/12 Tucked Pull Ups (knees above horizontal) (with 10 lbs)
2/12 Single Leg 90 Degree Handstand Push Ups-

4) BACK, HAMSTRINGS, CALVES
2 of 25/25/25/25 Single leg demi plea, Single Leg, Double leg, Quick Pulse bounces
2/12 Reverse Leg Lifts (add ankle weights or weight between the feet)
2/12 Reverse Sit Up (with 10 LBS and 10 Second hold on last rep)
2/15 Heel Lifts- Hands flat on floor- Lift heels to tight arch
2/10 Hamstring Curls- Off elevated surface, hold weight with feet

The Pace of the Pack is Determined by the Speed of the Leader
Geddert’s Phase Conditioning™
Phase 2B – August
MAX STRENGTH

1) LEGS
   - 3/10 Mountain Climbers- (Front leg elevated) (add Weight Vest or Hand Weights)
   - 2/10 Block Drop Rebounds-(drop from one/rebound to another)
   - 2/10 Single Leg Squats (between P-bars) (Use arms for balance only)
   - 3/10 Squat Jumps- (Up onto Elevated Surface) (Add Weight Vest)
   - 2/15 Arabesque Extensions- (Front leg High High on Block, Stand up, Extend Back Leg)

2) STOMACH
   - 3/15 Toe Touches- (On back, legs piked, reach for toes with weight plate)
   - 2/15 L- Leg Lifts- (From Hanging L position)
   - 2/15 Side Leg Lifts (Straight body on elevated surface) (hold last rep 10 sec.)
   - 3/15 V-ups with FOAM BLOCK- exchange from hands to feet
   - 2/1 Minute- Hollow Rocks (Arms at ears, feet tight, pointed and together)- FOAM

3) ARMS
   - 2/10 Ball Dips- Using a ball slightly support the feet
   - 3/12 Single Leg HSPU- one leg support at 90 degrees, free leg vertical
   - 3/10 Military Press- From behind the neck with weighted bar bell
   - 3/10 Close Grip Pull Ups- hands must be touching
   - 2/30 Second- Planche Holds-

4) BACK, HAMSTRING, CALVES
   - 2/25 Toe Rises- Inward and Outward foot position- Weighted
   - 2/15 Single Leg Toe Rises- (25 lbs hand weights)
   - 2/12 Hamstring Push ups (No Arms slow lower to chest use hamstrings)
   - 2/15 Reverse Leg Lift – With Tubing
   - 3/12 Rows- With kettle weights (lay over balance beam so that arms hang downward)

Winning is the Bi Product of Efficient Use of Time Combined with an Intense Desire to Achieve
Geddert's Phase Conditioning™
Phase 2C – September
MAX STRENGTH

1) LEGS
   3/15 Mountain Climbers – Front leg up with weight vest-back leg under
   2/12 Block Drop Rebounds- Weighted
   2/10 Single Leg Squats- Weighted with Free leg above horizontal- Sit below knee level
   3/10 Squat Jumps- Weighted up onto Elevated Surface
   2/10 Arabesque Step Ups- Front leg elevated hip high, Step up to Arabesque with HOP
   2/15 Alternates – weighted. Increase front leg elevated, push off front, punch off back

2) STOMACH
   3/15 Uphill Sit-ups (Push weight to ceiling)
   2/15 Ball Curl Up Leg Lifts (medicine ball between the knees)
   3 30 Second Hanging V Holds- Hold feet to the bar
   2/15 Side Sit Ups- Elbows extended
   2/25 Sit Ups- Weight behind head (10lbs)

3) ARMS
   2/8 Straddle Presses+ 2/8 90 Degree HSPU (rounded back, good forward lean) - Wth Weight Vest
   2/10 Straight Arm Pulls- 10-25 lbs- Off the Wall- Control the core Increase Weight
   2/15 Dips (more than 90 degree elbow bend) (Increase weight)
   2/12 Wide Grip Chin Ups (knees bent (with 10 lbs)- Pull chest to bar
   2/10 Handstand Push Ups- Use wall or spotter

4) BACK, HAMSTRINGS, CALVES
   2 of 25/25/25/25 Single leg demi plea, Single Leg, Double leg, Quick Pulse bounces
   2/15 Reverse Leg Lifts (add ankle weights or weight between the feet)
   2/15 Reverse Sit Up (with 10 LBS and 10 Second hold on last rep)- Straight Arms
   2/15 Heel Lifts- Hands flat on floor- Lift heels to tight arch
   2/10 Dead Lifts- Weighted, elevated straddle stand, control lower the weight and stand.
1.) LEGS - (Quickness)
    Plyrometric Training
    5 Rounds Triple Jump Punch Front
    3/10 Single Leg Tuck Jump (back leg elevated)
    3/10 Block Rebounds OR 2-1 Minute weighted jump rope
    3/15 Alternates (front leg elevated, push off front, punch off back leg)
    3/10 Punch Handstands- Using Spotting block or Vault Board

2.) STOMACH - (SPEED)
    2/25 Speed Sit Ups-
    2/10 Partner Leg Throws (holder partners ankles, partner throws legs to the side)
    2/1 Minute- Hollow Holds/Rocks – (1 Set of Each)
    2/12 Speed Leg Lifts- NO STOPPING- (if stop do 4 sets)
    10-12 Count Core Circuit

3.) ARMS
    3/15 Clapping Push Ups (from Knees)
    3 Passes Dip Travel
    3 Handstand Walks with Pirouette (walk 4 steps, pirouette)
    3/10 Pulls Ups- Wide Arm- Pull Neck to the Bar
    3/10 Swinging SAP- Kettle Bell Weights, Between knees/over head

4.) BACK, HAMS, AND CALVES
    2/15 Speed Reverse Leg Lifts- To Horizontal
    2/15- Speed Reverse Scissor Kicks-
    2/15- Side Sit Ups- (With 10 Second Hold on Final Rep) (Each Side) (Arms Extended)
    2-30 Second Arch Rocks
    100 Speed Toe Rises (bouncing action) (Soft Surface)
1.) LEGS - (Quickness)
   Plyrometric Training
   3 Passes Straight Punches Forward then Back (weighted)
   3/10 Split Jumps- Full 180
   3 Passes Slider Pulls or Block/Panel Mat Pushes
   3-25 Hitch Kicks- Legs above horizontal
   3/10 Punch to Handstand (With Rebound up onto elevated Surface)
   2/5 Back Tucks (In a row)- Elevated

2.) STOMACH - (SPEED)
   3/12 Leg Slide Pike Ups (using sliders)
   3/12 V- Ups With stick (up and over the feet on each)
   2- 1 Minute Push Up Holds (Feet on ball add crunch)
   2/- 1 Minute Push Up Holds- Hands on Ball
   3/12 Side Hip Lifts- (With Leg Lift)
   Core Circuit- Hollow hold, shoulder sag, hip drop, Side hold, Side Hip drop, Pirouette, back to hold, single leg hold L-R, alternates foot holds

3.) ARMS
   3/15 Blocking Push Ups – Up and down off elevated surface
   2 Rope Climbs- piked, speed with foam block between feet
   3/10 Straight Arm Pulls + 10 Shoulder Shrugs
   3/8 Press Handstand
   2 Passes Crab Walk Sliders

4.) BACK, HAMS, AND CALVES
   3/15 Reverse Sit Ups- With foam block and arms extended
   3/12-Seated Flies (With Dumbbell)
   3/12- Side Sit Ups- With foam block- fully extended (each Side)
   3/12 Ball Hamstring Curls (Plank Position, Hips High)
   3/30 Arch Rocks with foam block fully extended on elevated Surface
1.) LEGS- (Quickness)
   Plyrometric Training
   3/30 Second Side to Side Punches
   3/30 Second Sprint in Place OR Block Kick Sprint
   3/30 Double Board rebounds- Forward/Backward, Alternates, Side to Side
   3 Passes Traveling Mountain Climbers- Elbows at the ears
   3/30 Second Butt Kicks Straight punch with butt kick OR Travel for Distance

2.) STOMACH- (SPEED)
   3/15 Speed Leg Lifts- Less than 20 Seconds (17 seconds for group B)
   3/12 Triceps V-Ups – Lift Butt off the floor while executing the V Up
   2/30 Second Hollow Hold- Feet Elevate, Push Up Position – one foot on top one on bottom
   2/30 Second Plank Hollow Hold- On Elbows-Belly Up one leg on top one on bottom- squeeze
   2/30 Second Side Hollow Holds- One leg on top the other on bottom

3.) ARMS
   3/10 Clapping Push Ups- IF hands do not CLAP- add a set ( Max 5 sets)
   2/30 Second 90 Degree Shoulder Shrugs- Rapid shrugs
   2 Passes Dip Travel- Slanted P-Bars
   3 Passes Triceps V Slider Travels- Sit on Slider and Pull/Push Across Floor
   2 Passes Wheel Borrow Hops

4.) BACK, HAMS, AND CALVES
   3/12 Reverse Leg Lifts- With foam block- Touch foam to partner’s hand
   3/12 Reverse Sit Ups- With foam block- Touch foam exchange with partner
   2/25 Split Jumps- tumble track
   2/25 Straddle Jumps- Tumble track
   3/12 Convulsions- Lay on Barrel and Arch Up Quickly, Controlled lowering action
1) LEGS
3/25 Mountain Climbers – Front leg up with Arms OVER HEAD/10 Lbs
3/10 Roll and Jumps (up onto largest spotting block)- Immediate Jump
3/15 Punch Tuck Jumps (For distance, knees up to belly)- MAX EFFORT
3/15 Straight Jumps (Jump/Jump/Straddle) Red Blocks- Arms lift to vertical
5 Bounding Fronts + 5 Connected Tuck Jump/Split Jump Combo

2) STOMACH
2/25 ¾ Uphill Sit-ups (Chin above bar) – Push 10 lbs to ceiling
2/15 Leg Lifts (legs straight and touch the bar)- must touch to count
2/10 Medicine Ball Knee Lifts- (hold medicine ball between the knees)
2/10 Arch Hollow Rolls/V Up- Arms at ears with foam block
2/15 Side Hip Lift with Leg Kick (between blocks) (Hips open)
2/1 Minute – Hollow rocks – Arms at Ears with foam block

3) ARMS
3/10- Flying Push Ups- Body leaves the ground
3/10 Dead Lift SAP
3/15 Dips (more than 90 degree elbow bend) (with 25 lbs)
3/12 Tucked Pull Ups (knees above horizontal) (with 10 lbs)
3/15 Single Leg 90 Degree Handstand Push Ups- (hands shoulder width)

4) BACK, HAMSTRINGS, CALVES
3/50- Bouncing Toe Rises- in soft surface (full extension)
3/10 Dumb Bell Curls- Full extension of legs (25 lbs- younger / 35 lbs older)
3/15 Reverse Sit Ups- Arms at ears with 10 lbs- Arms to Vertical
3/15 Reverse Leg Lifts- Legs to vertical

Regret is being Haunted by the Thought
"What if I would have Trained a Little Harder?"
Lets have ZERO Regrets this Season!
The maintenance phase is used to allow the body to concentrate on the fine tuning of the routines while at the same time maintaining an adequate amount of strength. This also is somewhat of a rest for the body so in fact the athlete will have more energy and feel stronger at the time of the competition.

1.) Legs
- 2-1:30 Minute Sprints/ Tuck Jumps (sprint for 30, jump for 30, sprint for 30)
- 2/10 Squat Jumps- Up onto Elevated surface- (with Weight Vest)
- 2-30 Second Straight Jump- (straight punches)
- 1-10 single leg roll and jumps (one set each leg)

2.) Stomach
- 1/15 Up Hill Sit Up Pushes (Push 25 lbs to the ceiling) (hanging sit ups)
- 2/10 Arch Roll V Ups-
- 2/10 Leg lifts (knees straight and all the way to the bar)
  - Hollow rock/ crunker circuit- (30sec. hollow hold, followed by 15 crunchers, followed by 30 sec. hollow rock, followed by 15 crunchers)
- 2/25 Twisting Speed Sit Ups (opposite elbow to knee)- Partner holds Feet/Knees

3.) Arms
- 2/10 90 Degree HSPU (ankles only on the elevated surface)
- 2/8 Pull ups- (with weight)
- 2/15 Alternate Push ups (feet elevated, Extend one arm to front or side, alternate sides)
- 2/10 Straight Arm Lifts (Straight arm pulls with weight)

4.) Back, Hamstrings, Calves
- 1/25 Reverse Sit Ups (With Weight over head) Lift to vertical
- 2/10 Hamstring Push Ups (hook feet under mat, slowly lower down to hands)
- 1/25 Single Leg Toe Rises (on elevated surface, full ROM.) One set each leg
- 2/25 Arch Ups (large ROM)- Over barrel

This program should reduce the time by 15 minutes. Use the extra for other weaker events.
Prepared by

John Geddert

Region 5 Junior Olympic Program Chair
Owner/Head Coach of Twistars USA Gymnastics Club
USA National Team Coach
2011 World Team Head Coach
2012 Olympic Team Head Coach


Creator of Success Videos
Email: [info@thegymnasticscoach.com](mailto:info@thegymnasticscoach.com)