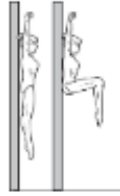










Abdominal / Core Conditioning



Abdominal Conditioning	
<i>Leg lifts</i>	
FLEXED KNEE LIFTS	
<p>SP: Hang on the HB or stall bars with an overgrip without swing.</p> <p>Bring the knees above horizontal with the feet pointed. Keep the head neutral. Lower the legs downward to a long hang and repeat, progressively increasing the number of repetitions.</p>	
LEG LIFTS	
<p>SP: Hang on the HB or stall bars with an overgrip without swing. Lift the legs upward until the toes touch the bar. Slight knee flexion is allowed. Lower the legs downward to a long hang and repeat, progressively increasing the number of repetitions.</p> <p>As the gymnast becomes stronger, require straight legs and also challenge them with a time limit.</p>	

<i>Hollow body holds</i>	
<p>SP: Lie on the back. Progress through the various start positions as the gymnast becomes strong enough to maintain the position for at least 30 seconds.</p>	
<p>Place the hands on top of the thighs (quads) and contract the body by reaching the fingers toward the knees to achieve a hollow body position. Lift the shoulders off the ground to a rounded back position. Simultaneously lift the feet off the ground with the legs slightly bent. The back and shoulders should be approximately six (6) inches off the ground. The lower back remains on the floor at all times. Progressively increase the length of the hold.</p>	
<p>Place the hands on top of the thighs (quads) and contract the body by reaching the fingers toward the knees to achieve a hollow body position. Lift the shoulders off the ground to a rounded back position. Simultaneously lift the feet off the ground with the legs straight. The back and shoulders should be approximately six (6) inches off the ground. The lower back remains on the floor at all times. Progressively increase the length of the hold.</p>	

<p>Contract the body to achieve a hollow body position, with the arms folded across the chest. Lift the shoulders off the ground to a rounded back position. Simultaneously lift the feet off the ground with the legs straight. The back and shoulders should be approximately six (6) inches off the ground. The lower back remains on the floor at all times. Progressively increase the length of the hold.</p>	
<p>With the arms extended overhead, lift the shoulders off the ground to a rounded back position. Simultaneously lift the feet off the ground with the legs straight. The back and shoulders should be approximately six (6) inches off the ground. The lower back remains on the floor at all times. Progressively increase the length of the hold.</p>	

Suggested Core Session – beginner

Repeat the following set 3 times. Complete the exercises in each set without taking any breaks. Take a short break BETWEEN sets.

Maintain proper shape on each exercise! Reduce the reps if needed – maintaining proper shape is most important!

- **Crunch-ups** – 10 reps (example [here](#))
- **Reverse crunches**– 10 reps (example [here](#))
- **Plank hold (straight or bent arm)** – 15 sec. (example [here](#))
- **Superwoman hold** – 15 sec. (example [here](#))
- **Superwoman lifts** – 10 reps (example [here](#))
- **Hollow hold (arms at sides or by ears)** – 10 sec. (example [here](#))



Hollow
shape

Superwoman
shape

Suggested Core Session – intermediate

Repeat the following set 3 times. Maintain proper hollow shape and legs together (well, except on the straddle-ups)!

- **V-ups** – 15 reps (example [here](#))
- **Superwoman hold** – 30 sec. (example [here](#))
- **Tuck-ups** (V-up, but bend legs into tuck @top) – 15 reps
- **Left side plank hip lifts** – 30 reps (see example [here](#))
- **Right side plank hip lifts** – 30 reps
- **Straddle-ups** (V-up, but straddle legs @top) – 15 reps
- **Superwoman rockers** – 30 reps (example [here](#))



Keep holding those plucks and you'll be lifting buildings in no time!

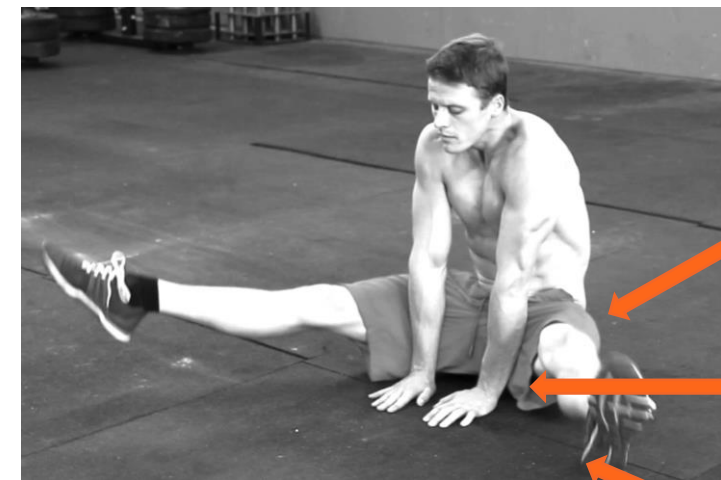
P.S. I know the v-up video is weird...but it was the best at explaining proper form

Suggested Core Session – advanced

Repeat the following set 3 times WITHOUT touching your feet to the floor between exercises (so roll from one exercise right into the next).

Take a break between sets (be sure to stretch out your core). Maintain proper hollow shape, straight legs, and pointed toes throughout each set!

- **V-ups** – 25 reps (example [here](#))
- **Left hollow side rockers** – 30 reps (example [here](#))
- **Superwoman rockers** – 30 reps (example [here](#))
- **Right hollow side rockers** – 30 reps
- **Hollow rockers** – 30 reps (see example [here](#))
- **Seated stalder hold** – 30 sec.
- **Seated stalder hold with toe lifts** – 30 toe lifts



Seated stalder hold:

Butty stays on floor

Hands in line with knees

Legs shoulder-width apart