



# Lower Body Conditioning



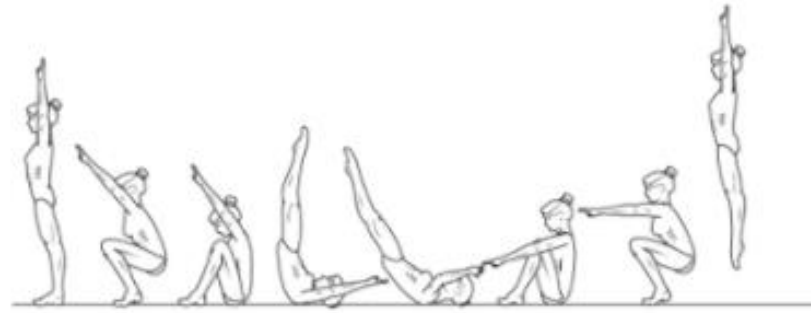
## Leg Conditioning

### 60-foot run



**SP:** The gymnast begins from a standing start. The gymnast's rear foot may be placed against a wall or other immovable object. The running surface must be a clear, straight run space of 60 feet with no obstructions, allowing adequate additional space for deceleration. The coach gives a "ready, set, go" command to the gymnast and starts the stopwatch at the first observable forward motion of the gymnast. The watch is stopped as the first body part of the gymnast crosses the line marking 60 feet. The gymnast's time should be recorded on a chart to track improvements in time. By the time the gymnast has completed Level 3, she should be capable of running 60 feet in 4.0 seconds or less.

## Candlestick to stretch jumps



**SP:** Straight stand.

Bend the knees to arrive in a tuck sit with the feet on the floor and begin rolling backward to extend the body into a CANDLESTICK position (high on the shoulders, toes pointed to the ceiling, hip angle straight). Roll up to a tuck stand and immediately execute a STRETCH JUMP. Repeat the candlestick and jump, progressively increasing the repetitions.

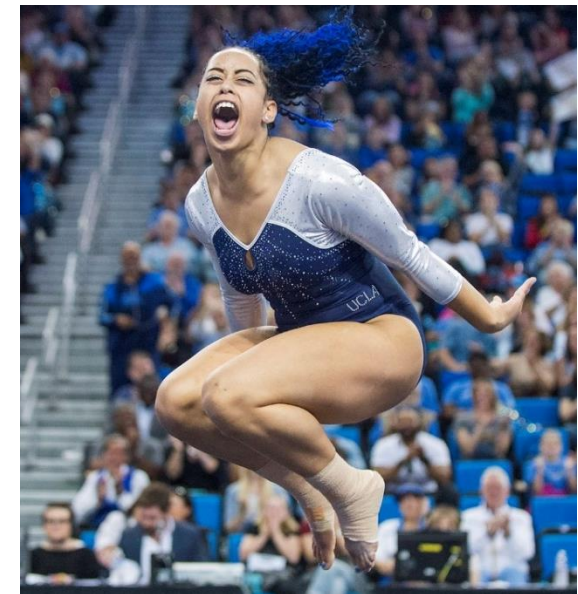


# Suggested Leg Session – beginner

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

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

- **Run in place (high knees)** – 30 sec.
- **Squat jumps (touch the ground each time)** – 7 reps (example [here](#))
- **Mountain climbers (knees to nose)**– 15 sec. (example [here](#))
- **Backward leg lifts (straight knee!)** – 10 reps left leg, 10 reps right (example [here](#))
- **Heel raisers (two-foot, straight knees)** – 10 reps (example [here](#))



The look of pure joy experienced after a GREAT leg workout.

# Suggested Leg Session – intermediate

Repeat the following set 3 times (break between each set). Maintain proper shape on every rep! Straight legs and pointed toes on the leg lifts!

- **Run in place (high knees, pointed toes)** – 45 sec.
- **Mountain climbers (knee to nose)** – 30 sec.
- **Candlestick roll-up jumps** – 10 reps (example [here](#))
- **Bridge-ups (go slow!)** – 10 reps (example [here](#))
- **Forward leg lifts (horizontal, straight leg!)** – 10 reps left, 10 reps right
- **Backward leg lifts (straight knee!)** – 10 reps left, 10 reps right
- **Single leg heel raisers** – 10 reps each: left foot, right foot (example [here](#) @ 1:17)



# Suggested Leg Session – advanced

Repeat the following set 3 times (break between each set). Focus on form and power -- making every jump higher and every heel raiser higher on toe!

- **Mountain climbers (knee to nose) – 60 sec.**
- **Squat thrust push-up jumps (hollow on push-up) – 10 reps (example [here](#))**
- **Forward lunges (toes always in front of knees!) – 10 reps per leg (example [here](#))**
- **Side leg lifts (straight legs, pointed toes) – 15 reps left leg, 15 reps right**
- **Kneeling hamstring curls (feet under couch, etc.) – 10 reps (example [here](#) @ 0:28)**
- **Wall sit (to horizontal, toes in front of knees) – 30 sec. (example [here](#))**
- **Single leg heel raisers (releve position) – 15 reps each: left foot, right foot**



Hollow body on every jump!