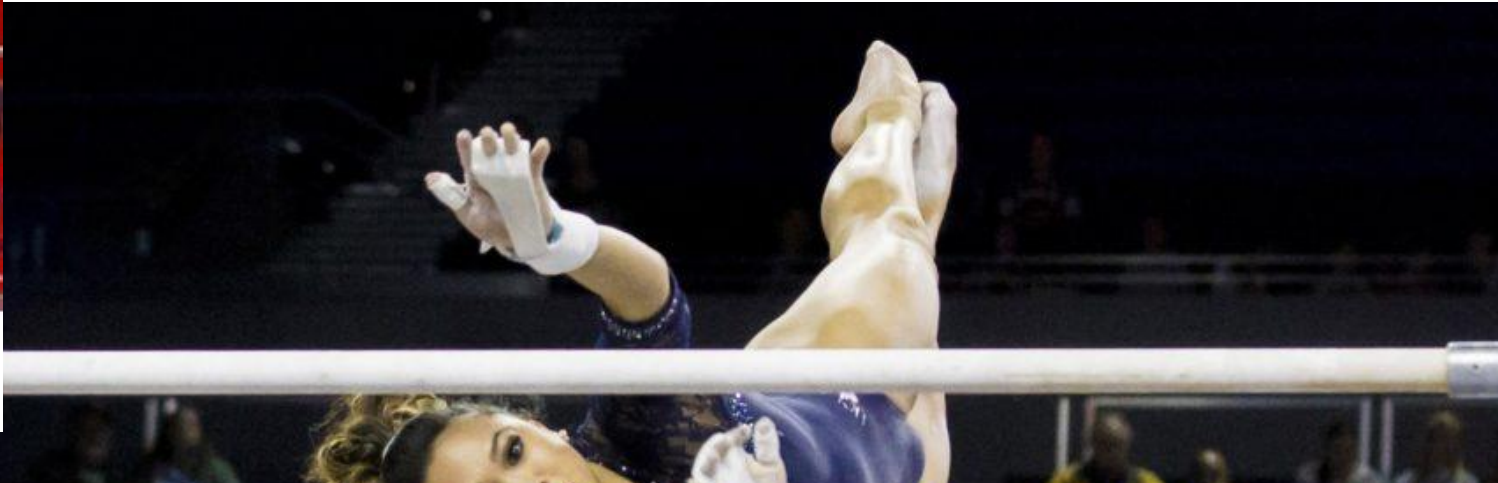







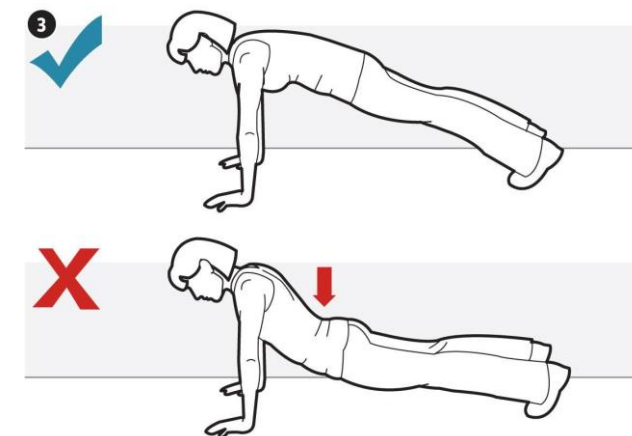


Upper Body Conditioning



Arm Conditioning	
<i>Pull-ups</i>	
STATIC CHIN HOLD	
SP: Hang on the HB with an undergrip without swing. The coach lifts the gymnast to a flexed arm position with the chin above, but not touching the bar. The gymnast then maintains this position with no assistance, progressively increasing the length of time held.	
PULL-UPS	
SP: Hang on the HB with an undergrip without swing. Execute a pull-up by flexing the arms until the chin is parallel to the bar. Repeat, progressively increasing the number of repetitions.	

<i>Push-ups</i>	
Use the following variations in start position to challenge the gymnast as she becomes stronger. Flex the arms (keeping the elbows by the ribs) to lower the body to within two inches of the block or floor. Maintain a straight body position parallel to the floor. Extend the arms to return to a straight body prone support. Repeat, progressively increasing the number of repetitions.	
SP: Straight body prone support with hands on a spotting block or mat.	
SP: Straight body prone support with hands and feet on the floor.	
SP: Straight body prone support with the feet on a spotting block or mat.	



Suggested Upper Body Session – beginner

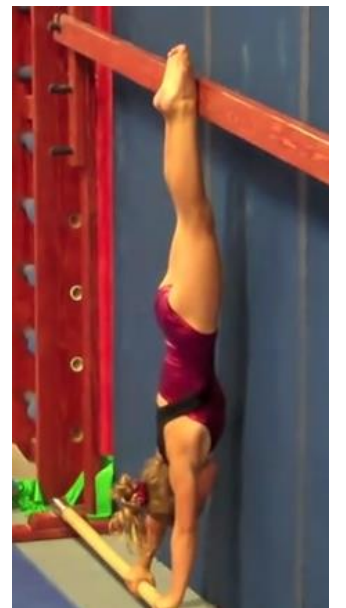
Repeat the following set 3 times. Complete the exercises in each set without taking any breaks. Take a short break **BETWEEN** each set.

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

- **Arm circles** – 10 reps forward, 10 reps backward
- **Push-ups (hands shoulder width apart)** – 5 reps
- **Tricep dips** – 7 reps (example [here](#))
- **Handstand wall hold (belly against wall)** – 10 sec.
- **Diamond push-ups (hands form diamond)** – 3 reps (example [here](#))
- **Wide arm push-ups (wider than should width)**– 5 reps



Proper form!



Suggested Upper Body Session – intermediate

Repeat the following set 3 times (break between each set). Maintain proper shape on every rep! Go all the way down on each push-up!

- **Mini arm circles** – 20 reps forward, 20 reps backward
- **Regular push-ups (hands shoulder width apart)** – 10 reps
- **Modified handstand push-ups (crown of head to floor)** – 5 reps (example [here](#))
- **Diamond push-ups (hands form diamond)** – 5 reps (example [here](#))
- **Tricep dips** – 10 reps
- **Wall handstand hold (back to wall)** – 30 sec.
- **Wide arm push-ups** – 10 reps

Suggested Upper Body Session – advanced

Repeat the following set 3 times (break between each set). Maintain proper shape on every rep! Go all the way down on each push-up and squeeze every muscle in the handstands!

- **Mini arm circles** – 20 reps forward, 20 reps backward
- **Regular push-ups (hands shoulder width apart)** – 15 reps
- **Modified handstand push-ups (crown of head to floor)** – 7 reps (example [here](#))
- **Diamond push-ups (hands form diamond)** – 7 reps (example [here](#))
- **Wall handstand should shrugs (belly to wall, STRAIGHT arms)** – 20 reps. (example [here](#))
- **Tricep dips** – 15 reps
- **Wide arm push-ups** – 15 reps
- **Wall handstand hold (back to wall)** – 45 sec.