



PROGRAM SAMPLE

Beginner

Gymnastics Strength & Conditioning



Written by Ben Wood (Owner & Head Coach, Handspring)

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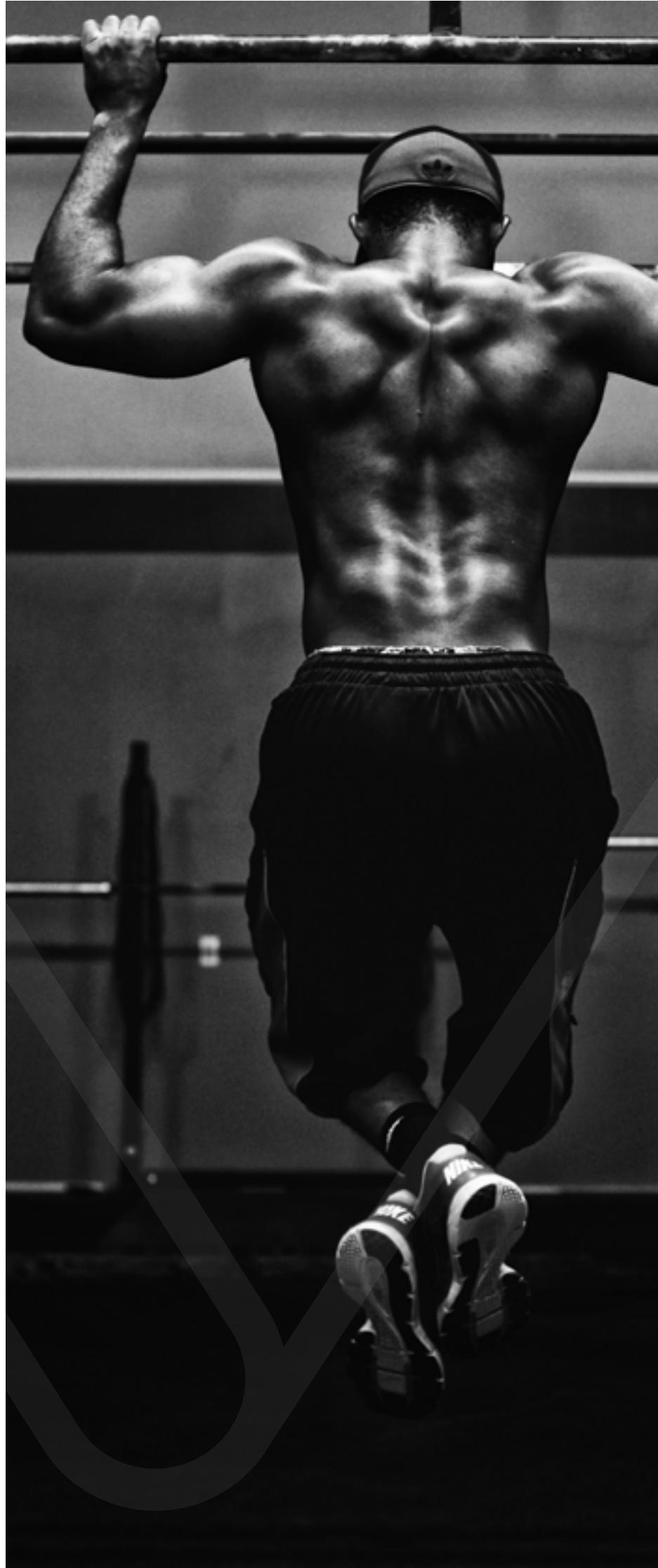
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ABOUT

Ben Wood

Ben established Handspring Gymnastics in mid-2016, with the aim of using the last 25+ years' experience in gymnastics (with 17 of those being a coach in both competitive & adult gymnastics) to help others achieve specific goals as it pertains to gymnastics strength, skill and mobility. Whether it's improving your overall bodyweight strength, core capacity and mobility or mastering skills like handstands and muscle-ups, Handspring has it all covered through a selection of online programming & available courses (along with weekly classes, workshops and personal training).

Ben was a competitive gymnast at the highest level (senior international) competing for Australia at the World University Games in 2007. During the 2008 Australian National Championships, Ben placed 6th overall with a 3rd place finish on the Pommel Horse. Ben's tenor in competitive gymnastics spanned 17+ years and included a 10-month training stint overseas at the University of Calgary. Following retirement from competitive

gymnastics in 2009, Ben was selected into the National Talent Identification Program for Flat Water Sprint Kayaking where, through hard work and dedication, was selected to represent Australia at the World University Championships in late 2010.

In mid-2012, Ben commenced training at CF Athletic, where it wasn't too long before he realised there was a real opportunity in helping people with their kipping gymnastic skill work and strength.

In January 2017, Ben commenced contract work as the 'Gymnastic Coach' for The Training Plan (an online fitness training program), providing specific gymnastic strength programming as well as numerous video tutorials on various gymnastic skills & drills. In November 2017, Ben had the opportunity (via The Training Plan) to meet and coach both Annie Thorisdottir and Björgvin Karl Gudmundsson from Iceland - two of the best athletes in the world.



WHY

Handspring Gymnastics

Our vast experience, knowledge and credibility helps demonstrate that at Handspring we know what it takes to excel in gymnastics, as well as understand the struggles you may face daily in your pursuit to becoming the athlete you want to be.

The last couple of years (through numerous classes, workshops and online programming) have helped shape, evolve and engineer our current gymnastics programming to be a product of great substance to the many that follow (our programs) or need more guidance. We've seen great results across the board and a high degree of transferability in terms of strength and body awareness gains across to other activities.

Having any old gymnastics program is a good start, however, there's a lot more to programming than meets the eye. Coach Ben invests hours upon hours into his programming and then goes ahead and tests these workouts both on himself and through his weekly adult strength classes. The exercise type, rep scheme, combination, sequencing and flow are all very well thought out and make for a much more enjoyable program that will benefit you immensely. Having the aid of professional video tutorials attached for all exercises (highlighting key cues on technique, positioning and regressions) makes a huge difference for the online purchaser. Why? Gymnastics is all about good technique and being efficient. If you're doing these exercises incorrectly or with poor technique, then like anything, the improvements and progression will take much longer (hence it's very important you watch these videos and match your technique to that of the tutorials).

Working with Jami Tikkainen (owner of The Training Plan) over the last couple of years, has really helped Ben produce online programs that are user friendly, provide good structure and are supplemented with plenty of notes (i.e key cues, exercise and workout descriptions and scalable movement options), all adding value to the user experience.



WORKSHOPS



THE TRAINING PLAN



HANDSPRING CLASSES

ABOUT

The Program

Giving some context to the program

Before you commence this program, it's important to understand how this all came about and why we've spent numerous hours, days and months putting this program all together.

As already mentioned, Coach Ben commenced his classes in mid-2016 specialising in gymnastics strength training, callisthenics, core and mobility. The niche nature of these classes coupled with the competence, knowledge and experience - when it comes to coaching & programming, sparked an interest from people around the world seeking to purchase online programming & courses directly from Handspring. This interest mostly comes from athletes who:

1. Really enjoy the unique style of classes we run and keen to tap into on our first-hand knowledge base
2. Want the reassurance they need when it comes to improving weaknesses and getting results

Similarly, Coach Ben's affiliation with The Training Plan and 6 years of CF training, has seen his programming particularly benefit those that do the sport of CF (who need to build, develop and/or improve in key areas of their gymnastic strength and skill work).

At Handspring, we acknowledge the lack of quality online gymnastic strength programs on the market that cater for specific athlete groups or provide the value add you deserve, in terms of:

1. **Expertise** - well thought out programs with good structure, continuity and proven workouts that have been tested with the general adult fitness population
2. **Transferability** - making the gains and results necessary to help you in your other athletic pursuits
3. **User Friendliness** - easy to follow along workouts which provide professional video tutorials and detailed notes (for every single exercise, sequence & workout) across each session, coupled with plenty of help and advice on how to scale various exercises
4. **Enjoyment** - the creativity of the workouts and variety of exercises on offer makes for a much more enjoyable and fun workout experience

Remember that you purchased this program because you're most likely an athlete looking to improve on your gymnastics strength abilities (so you can transfer this into other aspects of your training), hence for best results ensure you commit to the program 100% from week 1 and stick it out for the next 10 weeks. Make sure to complete one week at a time (i.e start week 1 in week 1, week 2 in week 2 etc, as each week builds on top of each other).

The beginner program is designed to challenge everyone (irrespective of strength level) and can be adaptable by all - helped by all the supporting video tutorials, notes and scalable movement options.

The Program

- ✓ **10 progressive workout sessions (45-60 minutes long)**
- ✓ **Over 100 professional video tutorials**
- ✓ **Detailed summary notes of each session**
- ✓ **Private Facebook group**
- ✓ **Beginner friendly with scalable options**
- ✓ **Great way to get those foundations stronger**
- ✓ **Improve your basic push, pull, toes-to-bar, straight-arm, core & handstand strength**

- This is a beginner friendly strength & conditioning program designed to help build your gymnastic strength capacity over a 10-week period.
- It's the perfect program to tackle before commencing the Intermediate strength & conditioning program (out soon) as well specific skill programs like handstands and muscle-ups, which all require solid foundations to be in place.
- Although this is a 'beginner friendly' program, it will certainly challenge and benefit anyone who works through each and every session. Don't forget that it's always a good idea to revisit the basics and fix any weaknesses before building back up.
- Having over 100 professional video tutorials spread throughout the

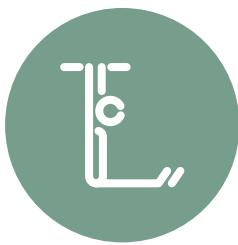
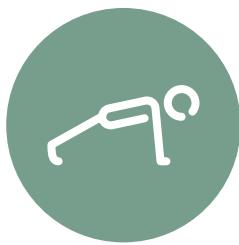
program (covering every exercise including mobility & warm-up flows) will help ensure your technique is sound - whether your gymnastics strength is adequate or not. This is the value add you deserve when it comes to online coaching!

Specifics of the program

- The program is structured so you learn to walk before you can run. We take you through the very basics to help build the foundations, learn the movements and get familiar with the technique, before introducing more challenging exercises and workouts. It's a good idea to redo these sessions a couple of times (when first starting out) especially if your strength and body awareness needs some work (this will benefit you at the back end of the program).
- As you move through the program, we introduce more specific straight arm strength exercises (in conjunction with the usual bent arm pull & push and hanging leg lift exercises) that will help you build strength for the rings as well as other gymnastic strength skills like front levers, planches and handstands. You will also see more endurance style finishers that are aimed at improving your overall bodyweight strength capacity.
- We've designed these workouts, so they are progressive over time, have good continuity and flow well (based on our experiences from the classes we run and numerous years in gymnastics).
- In Summary, this program is a great starting point for anyone looking to improve their gymnastics strength ability. Whether you're looking for a program to help build strength for particular gymnastic skills or supplement your other athletic pursuits, or you're simply looking to change up the type of training you do (due to particular interests, motivations or injuries) we have it all covered - right here at your fingertips!

The Program

The structure of the program:



<i>Part A:</i>	<i>Part B:</i>	<i>Part C:</i>	<i>Part D:</i>
Warm-Up	Core conditioning Workout or Lower Body Strength	Strength Focus	Strength or Endurance Finisher
<ul style="list-style-type: none"> Each week starts with a generic warm-up (animal walks & stretching) coupled with mobility flows (focusing on the shoulders, hips, glutes and wrists) that will help get you ready to tackle the workout 	<ul style="list-style-type: none"> Each week provides a different core workout to get through – focusing on (or a combination) of abdominal, oblique, lower back, trunk and hip flexor exercises. Having a solid core is essential for all movements to be performed with good technique and helping you to progress 	<ul style="list-style-type: none"> Working through various pull, push, straight arm, straight body, hanging leg lift and oblique strength exercises coupled with handstands and lower body exercises Reps are usually smaller with the goal to build maximal strength (to help you progress) whilst deploying best technique practices 	<ul style="list-style-type: none"> Reps and volume increase whilst the degree of difficulty (as it pertains to exercise selections) decreases. It's all about putting that strength to work and improving your capacity to push through the burn. This will not only help the athlete looking for a cross training option but will also help with muscle toning and burning calories

OTHER PRODUCTS

More Strength Based Programs to help you



10 WEEK PROGRAM

Intermediate

Gymnastics strength & conditioning



10 WEEK PROGRAM

Advanced

Gymnastics strength & conditioning



GYMNASTICS HIIT

Beginner Friendly

Bodyweight endurance & conditioning workouts



CORE PROGRAM

Beginner Friendly

Building that gymnastics core strength



HANDSTAND PROGRAM

Beginner Friendly

Helping you build your handstand



10 MINUTE WORKOUTS

Beginner Friendly

A perfect fit for your box's programming



THE PROGRAM

Week 1

A. Warm-Up:

A1. Warm-up rows & animal walks - refer to the following [video](#)

B. Core conditioning set - complete 4 rounds of the following (keeping rest to a minimum between sets):

B1. Hollow hold (tuck or straight legs) [45-35-25-15 seconds] [video](#)

B2. Back arch hold [15-25-35-45 seconds] [video](#)

C. Straight arm strength (planche basics) – complete 2-3 rounds of the following at your own pace:

C1. Wrist curls (2 x 15 reps in each position) [video](#)

C2. Front Support hold (30-60 seconds) [video](#)

C3. Weighted wall PPT (5-10 reps) [video](#)

C4. One arm plank hold (15-30 seconds) [video](#)

C5. Straight arm weighted hollow hold to overhead sit-ups (5-10 reps) [video](#)

C6. Planche lean hold (15-30 seconds) (ground - [video](#) or elevated - [video](#))

D. Finisher – complete 5 rounds of the following isometric holds (keeping rest to a minimum between sets):

D1. Ring row hold (feet elevated or on ground) [5-10-15-20-25 seconds]

D2. Weighted hanging tuck-sit hold [25-20-15-10-5 seconds] [video](#)

SESSION NOTES

It's important to remember that this workout is all about the quality of body positioning across every rep & hold – slow things down and ensure your technique resembles what is shown in the video tutorials (please check these out throughout the program). The video tutorials will help you gauge a better idea on technique, body positioning and key cues. These coaching tips will help make a difference when it comes to strength gains and prevent you from loading up incorrect muscles.

Notes part A.

A1. Follow the video best you can (each row is approximately 10 meters in length). Feel free to repeat any rows, add in extras and or increase the distance travelled

Notes part B.

Brief Notes:

- For all exercises below, refer to the respective video tutorial in the program above for key cues & technique
- Complete 4 rounds:
 - » Round 1 = 45 second hollow hold + a 15 second back arch hold

THE PROGRAM

- » Round 2 = 35 second hollow hold + a 25 second back arch hold
- » Continue the same pattern for round 3 and 4

B1. Hollow hold – have your lower back pushing firmly into the ground. If you’re not feeling your abdominal muscles, then make sure to bend your knees and place your arms by your side

B2. Back Arch hold – make sure your feet are squeezing together, and refrain from bending your knees to make it easier. Keep your arms off the ground and as straight as possible (placed in front of you)

Notes part C.

Brief Notes: Make sure that all exercises are done with STRAIGHT ARMS, and refer to the respective video tutorial in the program above for key cues & technique

C1. Wrist curls – make sure your forearms remain on the bench at all times and only move your actual wrist (not any other part of your arm). Use a DB weight of 1-3kg for this exercise

C2. Front support hold – keep your shoulder blades round (spread apart), chest hollow, hips tucked under (posterior pelvic hip tilt), arms shoulder width apart and shoulders stacked over wrists. Make sure you feel that core working hard and no arching of the lower back

C3. Weighted wall PPT (use a 2.5 -10kg weight plate) - make sure your lower back is flat to the wall at all times (with feet slightly away from the wall)

C4. One arm plank hold – same cues apply from the front support position

C5. Straight arm weighted hollow hold to overhead sit-ups (use 5-10kg weight plates) - if you find this exercise challenging, then do without the weight plate or regress to a 30 second tuck hollow hold

C6. Planche lean hold – the only difference in body positioning here vs the front support hold is the angle of your shoulders (lean forward over your wrists). Make sure you don’t sacrifice poor quality in order to lean further forward (i.e. bent arms and piked/raised hip level). You can do this with feet on the ground or elevated (slightly more challenging)

Notes part D.

Brief Notes:

- For all exercises below, refer to the respective video tutorial in the program above for key cues & technique

- Complete 5 rounds:

- » **Round 1 = 5 second ring row hold + a 25 second weighted hanging tuck-sit hold (using a DB weight)**

- » **Round 2 = 10 second ring row hold + a 20 second weighted hanging tuck-sit hold (using a DB weight)**

- » **Repeat the same pattern above for rounds 3, 4 and 5**

- Aim to keep rest as small as possible between rounds

D1. Ring row hold - use a box to elevate your feet to make more challenging or place your feet on the ground (the further underneath your feet are the more challenging it is). You will hold the top of the ring row (i.e. the bent arm position). Refer to the following videos of ring rows for the set up (feet elevated - [video](#) or on ground [video](#))

D2. Weighted hanging tuck-sit – use a DB (1-5kg) and place it between your feet before lifting your knees as high into your chest area as possible (i.e. holding a bent/tuck position)



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