

Equipment

I will try to keep equipment needs to a minimum with the following exercises. Most of the following exercises can be done with resistance bands vs. weights or machines.

Wrists

<https://youtu.be/982JZLdtyW0?si=IMGry9pOmOmzQbrz> - Wrist mobility and strengthening

https://youtu.be/T_ihqii6ENA?si=KXZfQU7M9fRdqe_y - helping heal pain

<https://youtu.be/4EkKhkSNjWY?si=udgksBejAUNRVFnl> - complete wrist and forearm strengthening. Can be done with resistance bands

Shoulders

<https://youtu.be/ljgqer1ZpXg?si=LvAYHTHeEe-3gJ54> - Primary exercise for shoulder stability. Strongly recommend the overhead press. Can be done with resistance bands.

<https://youtu.be/s9CLtOvcq7A?si=58QZ9bmsGGMki4CK> - some more exercises for the rotator cuff

Hips/Knees

<https://youtu.be/Eg8sViwWQlw?si=c6h73plT6we2mKCI> -Excellent exercises for hip and knee stability

<https://youtu.be/xCEkQ4-jnT4?si=pTuMkr20-g2XYVjh> - some repeat exercises, variation. Note the hamstring curl, very important!

https://youtu.be/hiLF_pF3EJM?si=yAwKck8YNhmZ24yl - Bulgarian Split Squat

<https://youtu.be/6pKKnVg1hzE?si=YfqCW6BgjO3xrRKp> - Glute medius strengthening

Ankles

https://youtu.be/ZYosnA-1_W0?si=plSyMUSvVxXXO9Ci - Very comprehensive, covers all bases for ankle strength and flexibility

<https://youtu.be/esdQSlxteQg?si=YznmncrIPWMkUmZ5> - Calf raise specific video. In depth, do it right!

Nutrition tips

https://youtu.be/DYwbU3wcZ04?si=XwW-j_XlztGBmYTJ- Very In-depth look at sports nutrition specific to gymnastics. Sorry for the length. The important info is from “roadmap to success” through “meal plan” chapters.

- 1.5-1 hour before practice, whenever possible: meal containing complex carbohydrates, protein, but relatively lean, little fat.
- 30 min. Before practice: some simpler carbs for easy energy
- During practice: simple carbs like fruit (grapes, cherries, orange slices) easy to absorb sugars. Sports drinks are also options here, but real food is good as it helps stave off hunger.
- After practice: protein, fats, and carbs to help refuel and repair.