



The
Ultimate Guide to
**WEIGHT
TRAINING**
for
GYMNASTICS

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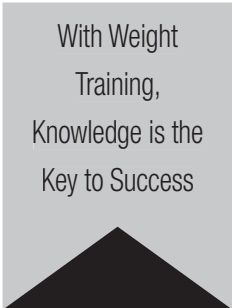
Part I

YEAR-ROUND PROGRAM



Introduction

By opening *The Ultimate Guide to Weight Training for Gymnastics*, you have taken your first step towards achieving your athletic potential. This book is loaded with the most up-to-date sports weight training information and features a year-round gymnastics-specific weight-training program. Upon completion of the text, you will know how to properly, safely, and effectively perform over 80 exercises and you will be ready to begin your training.



With Weight
Training,
Knowledge is the
Key to Success

The true importance of this book lies in the gymnastics-specific program in the front of the book. It was created for one reason and one reason only; to improve your gymnastics potential. It does this by increasing your strength, explosion, power, endurance, and flexibility in the parts of your body that are most important for gymnastics. The program was designed to supply you with the advantage you will need to outperform your opponents. By following the program, you will build your muscles with strength and endurance as well as explosion, power, and agility. When called upon, you will be physically prepared and mentally ready to compete at the highest of your potential.

This book does not teach you how to perform specific movements. It does not show you the best strategies to get a perfect score, nor does it give you any tips to improve your specific skills. This book does, however, provide you with the best methods, program, and strategies available to physically improve your body and maximize your gymnastics potential!

Off-Season Training

The off-season is the time in any sport to build up your muscles, become more powerful, and increase muscular endurance. The off-season program consists of four 4-week routines cycled together to maximize both muscular endurance and explosive power. The first and third routines are designed to build your stamina and muscular endurance, while the second and fourth routines are designed more for power and explosion.



After following the first two 4-week off-season programs, be sure to take one week away from the gym to let your muscles rest and grow stronger before beginning your final two 4-week programs.

Variation is very important to an effective workout program. Varying your routines keeps you making progress and gains. Your body eventually will adapt to any routine it's on, so it is very important to change routines once your gains have stopped and your strength has peaked. Changing programs every four weeks is the most effective time period to follow any one routine. For more information on the importance of variation to weight training, check *The Ultimate Guide to Weight Training for Sports*.

During the off-season, you must supplement your weight-training activities with some sort of sport-specific activities to keep your body in proper shape. You must continue to swing the racquet consistently throughout the off-season to help keep your body loose and ready to play the next season.

Muscular Endurance Training

The first and third routines of the off-season cycle are to enhance your muscular endurance. Weight training for muscular endurance differs greatly from strength and power training. Strength training builds up size, bulk, and strength; power training builds explosion, speed, and intensity; and endurance training builds your stamina by enabling your muscles to work longer without fatiguing. Weight training to increase your muscular endurance requires many slow movement repetitions to train and build your slow-twitch muscle fibers, which are responsible for increased endurance and stamina.