

ELITE SQUAD GYMNASTICS ACADEMY

Gymnastics **Training** *Guide*

FROM BASICS TO BRILLIANCE

  @elite_squad_gymnastics_academy

www.elitesquadgymnastics.in



FIG CONDITIONING & WORKOUTS

WEEKLY PLAN

BOYS (MAG) – WEEKLY CONDITIONING

TUESDAY/WEDNESDAY – FOUNDATIONAL STRENGTH + SHAPES

FIG SHAPING

- Hollow hold – 3 × 30 sec
- Arch hold – 3 × 30 sec
- Plank – 3 × 40 sec
- Side plank – 2 × 30 sec

CORE + BODY TENSION

- Leg lifts – 3 × 10
- V-ups – 3 × 12
- Dish ↔ Arch rocks – 3 × 15

HANDSTAND STRENGTH

- Wall HS – 3 × 30-45 sec
- HS shrugs – 3 × 10
- Planche lean – 3 × 20 sec

BASIC POWER

- Bounding – 3 × 20 m
- Fast knees / sprint – 3 × 10 sec

THURSDAY/FRIDAY – MAG POWER + APPARATUS STRENGTH

LOWER BODY POWER

- Box jumps – 3 × 8
- Broad jumps – 3 × 6
- Single-leg hops – 2 × 10

PB / PH STRENGTH

- Support hold – 3 × 20 sec
- L-sit – 3 × 20 sec
- Circle drills – 3 × 10
- Travel drills – 3 × 6

RINGS STRENGTH

- Inverted hang – 3 × 15 sec
- Tuck to inverted – 3 × 5
- Support hold (RTO) – 3 × 12 sec

FLEXIBILITY

- Hip flexor – 2 × 30 sec
- Hamstring – 2 × 30 sec
- Back bridge – 3 × 20 sec





WEEKLY PLAN

BOYS (MAG) – WEEKLY CONDITIONING

SATURDAY – SKILL CONDITIONING + CORE

HIGH BAR STRENGTH

- Tap swing shaping – 3 × 10
- Long hang ↔ hollow – 3 × 8
 - Leg lifts – 3 × 10
- Rope climb – 2 × (no legs)

POMMEL / PB

- Circles – 3 × 10
- Russian prep – 3 × 5
- Swing to HS prep – 3 × 6

CORE + BODY CONTROL

- Hanging L-hold – 3 × 12 sec
 - Arch rocks – 3 × 20
- Superman + hollow – 3 × 20 sec

FLEXIBILITY

- Pike – 40 sec
- Pancake – 40 sec
- Shoulder extension – 30 sec

SUNDAY – ENDURANCE + FULL BODY STRENGTH

CIRCUIT (3 ROUNDS)

- Push-ups – 15
- Pull-ups – 8
- Squat jumps – 15
- Mountain climbers – 20 sec
- Rope climb – 1

EVENT ENDURANCE

- Rebound conditioning – 3 × 20
- Tumbling line – 3 × 20 m

FLEXIBILITY

- Full body splits / shoulders / back / hip mobility



FIG CONDITIONING & WORKOUTS

WEEKLY PLAN

GIRLS (WAG) – WEEKLY CONDITIONING

TUESDAY – BALLET + BEAM + BASICS

SHAPING

- Hollow – 3 × 30 sec
- Arch – 3 × 30 sec
- Handstand (wall) – 3 × 30 sec
- Split balance (floor beam) – 3 × 20 sec

BEAM STABILITY

- Relevé walk – 2 × 10 m
- Jumps (straight/straddle) – 3 × 10
- Side HS prep – 3 × 5

CORE + TURNOUT

- Leg lifts – 3 × 12
- V-snap – 3 × 10
- Turnout kick series – 2 × 15

FLEXIBILITY

- Splits – 40 sec
- Shoulder bridge – 3 × 20 sec

THURSDAY – VAULT + BARS CONDITIONING

VAULT POWER

- Sprint drills – 4 × 20 m
- Board punch jumps – 3 × 10
- HS flatback conditioning – 3 × 5

BARS STRENGTH

- Glide swings – 3 × 8
- Cast HS – 3 × 10
- Leg lifts – 3 × 10
- Rope climb – 2 climbs

HANDSTAND LINE

- HS hold – 2 × 25 sec
- HS shrugs – 3 × 10

FLEXIBILITY

- Hip flexor – 40 sec
- Backbend rock – 3 × 10





WEEKLY PLAN

GIRLS (WAG) – WEEKLY CONDITIONING

SATURDAY – BEAM + BARS UPGRADE

BARS POWER

- Tap swings – 3 × 10
- Cast to HS prep – 3 × 6
- Baby giants – 3 × 10

BEAM ACRO STRENGTH

- BWO/BHS prep – 3 × 5
- Split jump conditioning – 3 × 10
- Core hollow march – 3 × 15

LOWER BODY STABILITY

- Single-leg balance – 2 × 30 sec
- Side kicks – 2 × 15
- Plyo leaps – 3 × 8

FLEXIBILITY

- Oversplits – 30 sec
- Shoulders – 30 sec

SUNDAY – FLOOR + DANCE + ENDURANCE

FLOOR POWER

- Round-off rebound – 3 × 10
- BHS arm swing conditioning – 3 × 10
- Jump height conditioning – 3 × 10

DANCE / ARTISTRY

- Leap lines – 3 × 20 m
- Turns practice – 3 × 10 each
- Choreo conditioning – 5 min

ENDURANCE CIRCUIT (3 ROUNDS)

- Push-ups – 12
- Pull-ups (assisted) – 10
- Plank – 20 sec
- Squat jumps – 15

FULL FLEXIBILITY

- Splits / Back /
Shoulders / Pancake





MONTHLY TRAINING PLAN



BOYS (MAG) – MONTHLY TRAINING PLAN

WEEK 1 – *Basics & Foundations*

- Floor: Handstands, Rolls, Cartwheel, Round-Off
- Rings: Swings, Support Hold, Inverted Hang
- Mushroom/Pommel: Single-Leg Circles
- Parallel Bars: Swings, Support Walk
- Strength: Core + Upper Body Basics
- Flexibility: Splits, Shoulder & Back

WEEK 2 – *Power & Technique*

- Vault: Run Technique, Board Punch
- High Bar: Tap Swing, Kip Prep
- Parallel Bars: L-Sit, Swing to HS
- Rings: Inverted Work
- Conditioning: Plyometrics + Leg Power
- Flexibility: Hamstring, Hip Flexor

WEEK 3 – *Skill Development*

- Floor: RO-BHS Drills, Shapes
- Pommel: Circles, Travel, Russians Prep
- High Bar: Casting Skills, Long Hang
- Vault: Handspring Progressions
- Conditioning: Rope Climb, Hollow/Arc
- Flexibility: Pike, Pancake

WEEK 4 – *Routines + Endurance*

- Floor: Skill Connection
- Apparatus Mix: Refinement on 2–3 events
- Conditioning: Circuits, Rope Climb
- Endurance: Full Body Stamina Work
- Flexibility: Complete routine

GIRLS (WAG) – MONTHLY TRAINING PLAN

WEEK 1 –

Basics + Beam Foundations

- ◆ Floor: Beam: Walks, Turns, Jumps, Cartwheel Prep
- ◆ Floor: Handstands, Leaps, Basics
- ◆ Bars: Glide Swings
- ◆ Strength: Shaping + Leg Strength
- ◆ Flexibility: Splits + Shoulder
- ◆ Flexibility: Splits, Shoulder & Back

WEEK 2 –

Vault + Bars Technique

- ◆ Vault: Run, Board Hit, Flatback
- ◆ Bars: Cast Drills, Glide → Kip Prep
- ◆ Beam: Jumps + Simple Acro
- ◆ Strength: Rope Climb + Shaping
- ◆ Flexibility: Hip Flexor, Back

WEEK 3 –

Skill Upgrades

- ◆ Beam: Cartwheel/BWO/BHS (based on level)
- ◆ Bars: Tap Swing + Circling Drills
- ◆ Floor: Tumbling Basics
- ◆ Conditioning: Stability + Legs
- ◆ Flexibility: Pike, Pancake

WEEK 4 –

Routines + Endurance

- ◆ Floor: Tumbling + Choreography
- ◆ Beam: Routine Sections
- ◆ Bars: Sequence Building
- ◆ Endurance: Circuits + Core
- ◆ Flexibility: Full-Body Routine



YEARLY TRAINING PLAN 2025

Advanced Creative Edition
BOYS (MAG) – YEAR PLAN

QUARTER 1 – BASICS & FOUNDATIONS

- ✓ Handstands, Rolls, Cartwheel Basics
- ✓ Rings Swings, Support Hold
- ✓ Parallel Bars Swings, Support Walk
- ✓ Mushroom Single-Leg Circles
- ✓ Core + Upper Body Conditioning
- ✓ Splits, Shoulder & Back Flexibility

QUARTER 2 – POWER & TECHNIQUE

- ✓ Vault Run Technique & Board Punch
- ✓ High Bar Tap Swings
- ✓ L-Sit + Swing to HS
- ✓ Inverted Rings Work
- ✓ Plyometrics + Leg Power
- ✓ Hip Flexor + Hamstring Mobility

QUARTER 3 - SKILL DEVELOPMENT

- ✓ RO-BHS Drills
- ✓ Pommel Circles & Travel
- ✓ High Bar Casting + Long Hang
- ✓ Vault Handspring Progressions
- ✓ Hollow/Arch Shaping
- ✓ Pike + Pancake Flexibility

QUARTER 4 - COMPETITION PREP

- ✓ Floor Connection Work
- ✓ Routine Building for 2-3 Events
- ✓ Full Endurance Circuits
- ✓ Strength Maintenance
- ✓ Mock Competition Preparation



YEARLY TRAINING PLAN 2025

**Advanced Creative Edition
GIRLS (WAG) – YEAR PLAN**

QUARTER 1 - BASICS & BEAM FOUNDATIONS

-  **Beam walks, Turns, Jumps**
-  **Floor Basics + Handstands**
-  **Bars Glide Swings**
-  **Splits + Shoulders Flexibility**

QUARTER 2 - VAULT + BARS TECHNIQUE

-  **Vault Run + Board Hit**
-  **Bars Cast & Kip Prep**
-  **Beam Acro Basics**
-  **Rope Climb + Shaping**

QUARTER 3 – SKILL UPGRADES

- ✓ Beam Cartwheel/BWO/BHS
- ✓ Bars Circling + Tap Swings
- ✓ Floor Tumbling Basics
- ✓ Oversplits + Conditioning

QUARTER 4 – ROUTINES + COMPETITION PREP

- ✓ Routine Upgrades
- ✓ Floor Choreography & Dance
- ✓ Bars Sequence Refinement
- ✓ Mock Meet + Endurance Circuits





OUR ACADEMIES-

Marathahalli:

Opposite Prestige Tech Park (Behind Croma),
Outer Ring Road, Marathahalli,
Kadubeesanahalli, Bengaluru - 560103

Chandapura:

#339/2, Shed No.5, Opp. Badminton Sports ARC,
Near MTRES School, Marasuru Gate,
Chandapura, Anekal Taluk, Bengaluru - 562 106

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