

## **Sports Medicine: Youth Programs Gymnastics Performance Enhancement**

Core strength and overall body condition is the key to strong performance in gymnastics. This program takes the young gymnast through a progressive conditioning and strengthening program focusing upon age and skill-level appropriate exercises.

### **Program Objectives**

- Improve core and extremity strength and endurance
- Enhance athletic power
- Develop custom warm-up and cool-down programs
- Improve upper and lower body dissociation

### **Program Focus**

- Building functional strength, coordination and agility
- Hands on stretching techniques for a proper warm-up and cool-down
- Pre and Post Video Analysis Testing of running form
- Core body strengthening

### **Program Provides**

- Six one-hour sessions over two weeks
- Personalized core strengthening program
- Video analysis for exercises
- Individual dynamic warm-up routine

### **For more information contact:**

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