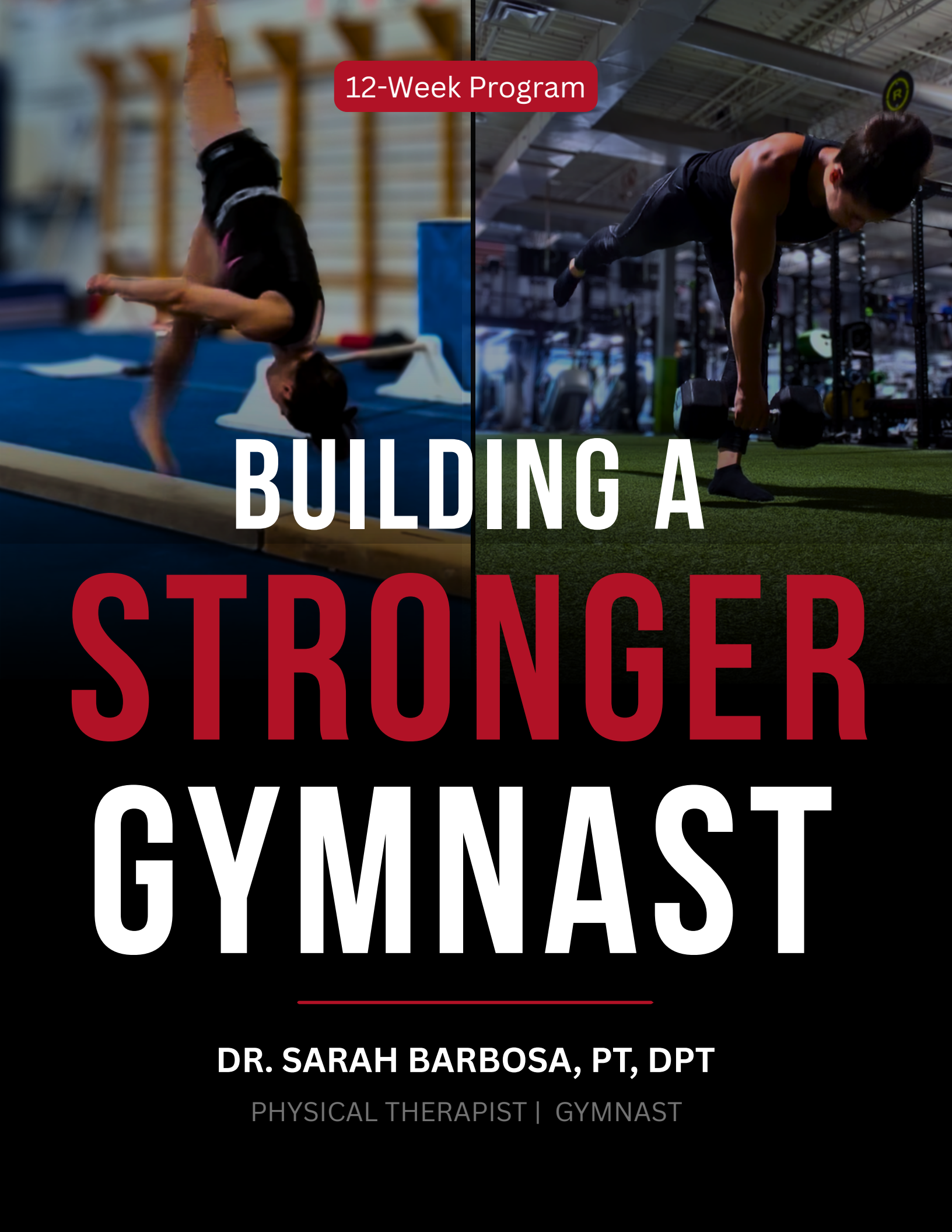




12-Week Program

BUILDING A STRONGER GYMNAST

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PHYSICAL THERAPIST | GYMNAST



SECTION 1

WELCOME

**EVERYTHING YOU NEED
BEFORE STARTING WEEK 1**

WELCOME

Hey, gymnast!

I'm so excited you're here!

I made this short video to personally welcome you, explain why I created this program, and help you get the most out of the next 12 weeks.

Go watch it first, then come back and let's build a stronger gymnast.



[Watch the Welcome Video](#)

START HERE

Safety First

This program is intended for educational purposes and is not a substitute for individualized medical advice, physical therapy, or treatment. If you are currently dealing with pain, recovering from an injury or surgery, or are unsure whether an exercise is appropriate for you, please consult a qualified healthcare professional before beginning the program.

Equipment Needed

Access to a basic gym set up is ideal, including:

- dumbbells (2lbs through 25lbs+)
- kettlebells helpful, but can use dumbbells instead if you don't have them
- resistance bands (long and short)
- a pull-up bar
- a bench or box
- physioball (yoga ball)

GET THE MOST OUT OF THIS PROGRAM

1) Master the Fundamentals First

If you're new to lifting, take some time to watch the foundational videos before jumping into the workouts. Learning proper technique first will take you much farther than rushing into the program.

2) Don't Be Afraid to Challenge Yourself

Your body gets stronger when it's challenged. If you're consistently doing more than the prescribed repetitions with ease, it's time to increase the weight or resistance.

3) Prioritize Quality Over Quantity

Every rep should be controlled and intentional. Focus on moving well rather than simply getting through the workout.

4) Stay Consistent

You don't have to be perfect - you just have to keep showing up. Missing a workout isn't the end of the program. Get back on track and continue to challenge your body.



PHYSIC THERAPY

SECTION 2

BUILD YOUR FOUNDATION

MASTER THESE MOVEMENT PATTERNS
BEFORE BEGINNING WEEK 1



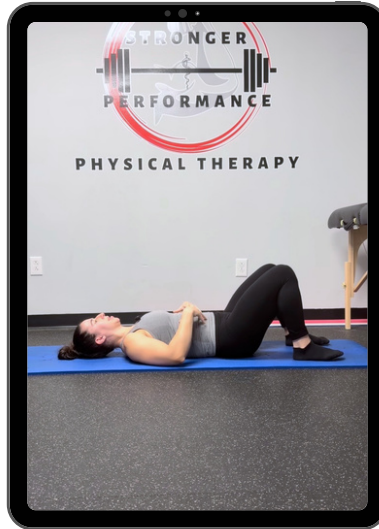
Introduction

Before building strength, it's important to build a solid foundation. The following videos will teach you the movement patterns you'll use throughout the program. Take your time with this section. You'll continue practicing these skills as you progress through each phase.

In this section, you'll learn technique for:

1. Core bracing
2. Squats
3. Hip hinging
4. Upper body pushing
5. Upper body pulling
6. Landing mechanics

1. CORE BRACING



[Watch the Demonstration](#)

Why It Matters

Your core is the foundation for everything. Learning how to properly brace helps:

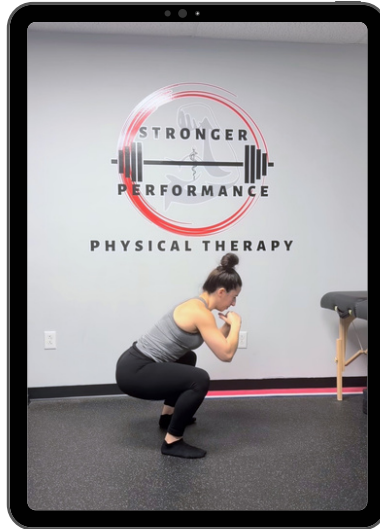
- better transfer force throughout your body
- avoids unnecessary stress on your lower back
- creates a stable base for lifting weights, plus landings and takeoffs in gymnastics

Learning to brace your core isn't just about getting strong abs. It's about creating a stable foundation so your arms and legs can generate more force while protecting your spine.

Focus On:

- ✓ Align first: stack your ribs with your pelvis
- ✓ Don't overdo the core bracing
- ✓ Breathe into your ribs/chest without losing core tension

2. SQUAT



[Watch the Demonstration](#)

Why It Matters

The squat is one of the most important movement patterns in this program because it builds the strength and power needed for jumping, tumbling, vaulting, and landing.

Every landing in gymnastics is essentially a squat. While it may feel like you're "just landing," your body is actually absorbing forces several times your body weight. The stronger your legs are, the better prepared they are to absorb those forces efficiently, minimizing your risk for injuries.

Focus On:

- ✓ Good core bracing/alignment before you move.
- ✓ Knees track in line with toes (avoid caving them in)

3. HIP HINGING



[Watch the Demonstration](#)

Why It Matters

Hip hinging means using your hips as the pivot point, not your back.

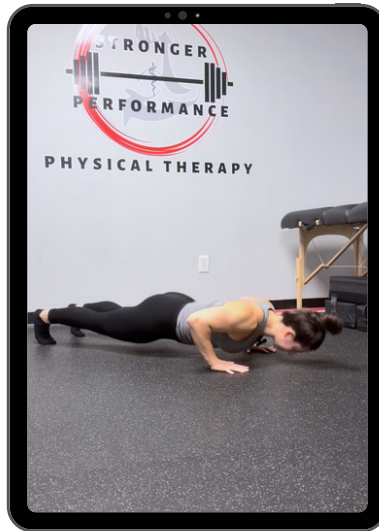
So many gymnasts naturally try to create movement through their lower back instead of their hips. While there is certainly a time and place for arch and hollow body positions in gymnastics, movements like jumping, landing, and a majority of lifting should be driven by the hips—not the lower back.

Learning to hinge properly will improve your power and control while reducing unnecessary stress on your lower back. Your knees and ankles will thank you too as your hips and glutes learn to absorb more of the force.

Focus On:

- ✓ Keep your trunk moving as one unit
- ✓ Push your hips back first
- ✓ Finish by squeezing your glutes to move your hips straight through

4. UPPER BODY PUSHING



[Watch the Demonstration](#)

Why It Matters

Gymnastics places tremendous demands on the shoulders (we use our arms to walk on!). Every handstand, back handspring, block, and cast requires your shoulders to produce force while remaining stable. Developing upper body pushing strength helps improve performance while building the strength and control needed to better tolerate these demands.

Focus On:

- ✓ Shoulders down and back for pushups
- ✓ Chest tall for overhead pressing

5. UPPER BODY PULLING



[Watch the Demonstration](#)

Why It Matters

Gymnastics is full of pulling movements—from kips and casts to giants, pullovers, and climbing the rope. Strong pulling muscles don't just improve performance on bars—they help balance the shoulder by strengthening the muscles that support proper posture and shoulder stability.

The stronger your back becomes, the more stable your shoulders become.

Focus On:

- ✓ Initiate the movement by pulling your shoulder blades down and back
- ✓ Pull until you bring your shoulder blade toward your back pocket - that's it - more range isn't always better.
- ✓ Control the lowering/stretching phase - the same back muscles are now lengthened which is when muscle grows the most

6. LANDING MECHANICS



[Watch the Demonstration](#)

Why It Matters

Every landing is an opportunity to either absorb force efficiently or place unnecessary stress on your body. Learning proper landing mechanics helps distribute force through your hips, knees, and ankles while improving control and reducing unnecessary stress on your joints.

Good landings don't just help prevent injuries—they create stronger, more consistent athletes.

Focus On:

- ✓ Land softly by allowing your hips and knees to both bend together
- ✓ Keep your knees tracking in line with your toes
- ✓ Maintain a neutral trunk instead of excessively arching your back

Common Mistakes:

- ✗ Knees collapsing inward
- ✗ Landing with an overarched lower back
- ✗ Letting the knees travel excessively forward without using the hips



SECTION 3

THE PROGRAM

TIME TO START TRAINING!

You've learned the fundamentals. Now it's time to put them to practice.

Click the link below to access your 12-week training tracker.

Day 1: Posterior Chain Strength

					LOG WEIGHT			
ORDER	EXERCISE & LINK	SETS/REPS	CUES/ NOTES	ALTERNATIVES	Week 1	Week 2	Week 3	Week 4
Warm Up	-5 min cardio/ movement				X			
1	Kettlebell Deadlift	3x10-12	-push hips back without arching -keep weight close -ribs down	No KB? Use a dumbbell.	10lbs-12 15lbs-10 15lbs-10			
2	Reverse Lunge	3x10-12	-hips square -don't let knee cave -squeeze glute to come up	Progression: Hold dumbbells	5lbs-10 5lbs-10 5lbs-10			
3	Single Leg Glute Bridge (Shoulders Elevated)	3x10-12	-core tight -ribs down -squeeze glutes	Progression: Add weight across hips Regression: On ground	12, 12, 12			
4	Side Lying Hip Abduction	3x12-15	-tuck pelvis -squeeze glute, then lift leg -leg stays behind you	Add ankle weights or small loop band around ankles to increase challenge	15, 15, 15			
5	Banded Row	3x12-15	-chest out, shoulder blades squeeze down and back as you row	No band? > Bent Over Dumbbell Row	red band: 12, 12, 12			
6	Weighted Calf Raises off Step	3x12-15	-full range up and down -keep ankle straight (pressure over 2nd toe)		10lbs-15 15lbs-12 15lbs-13			

Equipment Needed: kettlebells, dumbbells, bench, small loop band or ankle weights, long bands or dumbbells

[CLICK HERE TO ACCESS YOUR 12-WEEK TRAINING TRACKER](#)

Make sure to click File > Make a Copy so you can have your own editable version.

QUESTIONS?

If you have any questions while going through the program, feel free to reach out!

Please email me at:
Sarah@StrongerPerformancePT.com

If you're on Instagram, tag me in your training updates! I love seeing gymnasts getting stronger!

[@BuildingStrongerGymnasts](#)