A dramatic landscape featuring silhouetted mountains in the foreground and a sky filled with dark, heavy clouds. A bright light source, likely the sun, is breaking through the clouds on the left side, creating a golden glow and illuminating the scene. The overall mood is one of resilience and hope.

Our greatest glory is not in
never falling, but in rising
every time we fall.

Confucius

GREETINGS

- MINDSET - GOALS, VISION BOARD, WATCH, IMAGINE
- HOW LONG WILL IT TAKE ME TO GET BACK INTO SHAPE?
- WHAT IS SPECIFIC CONDITIONING?
- HOW CAN I KEEP UP REBOUND?
- SCHEDULE -

FROM SHAPES TO SKILLS

GYMNASTICSGURUCONSULTING.COM

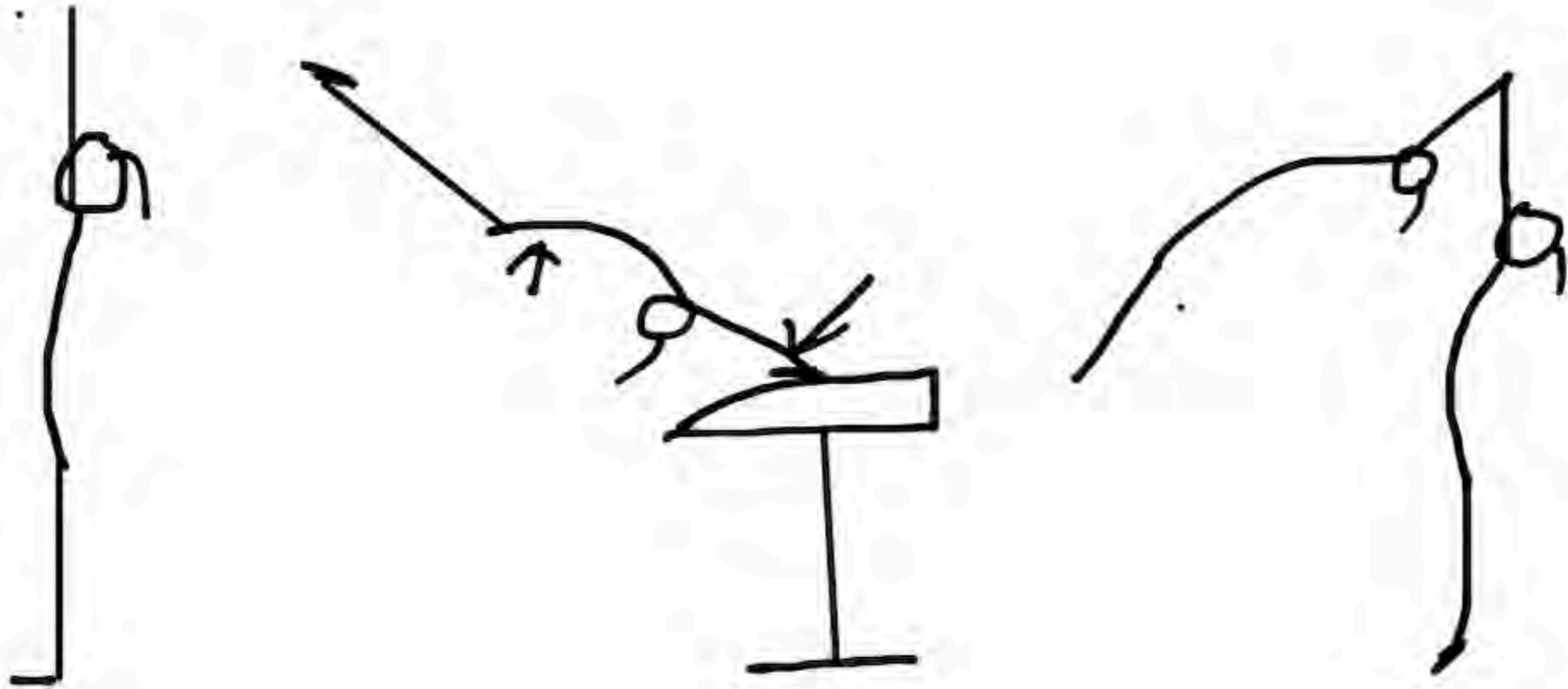
INTRO

- TO PROPERLY PERFORM SKILLS, THE ATHLETE NEEDS THE NECESSARY AMOUNT OF **STRENGTH AND FLEXIBILITY**

ORDER OF LEARNING

- 1. **SHAPE** (FLEXIBILITY/ HOLDS)
- 2. **STRENGTH** (SLOW ->FAST)
- 3. **SKILL** (BASIC->DIFFICULT)

Poor posture



STRAIGHT



SHOULDER FLEXIBILITY











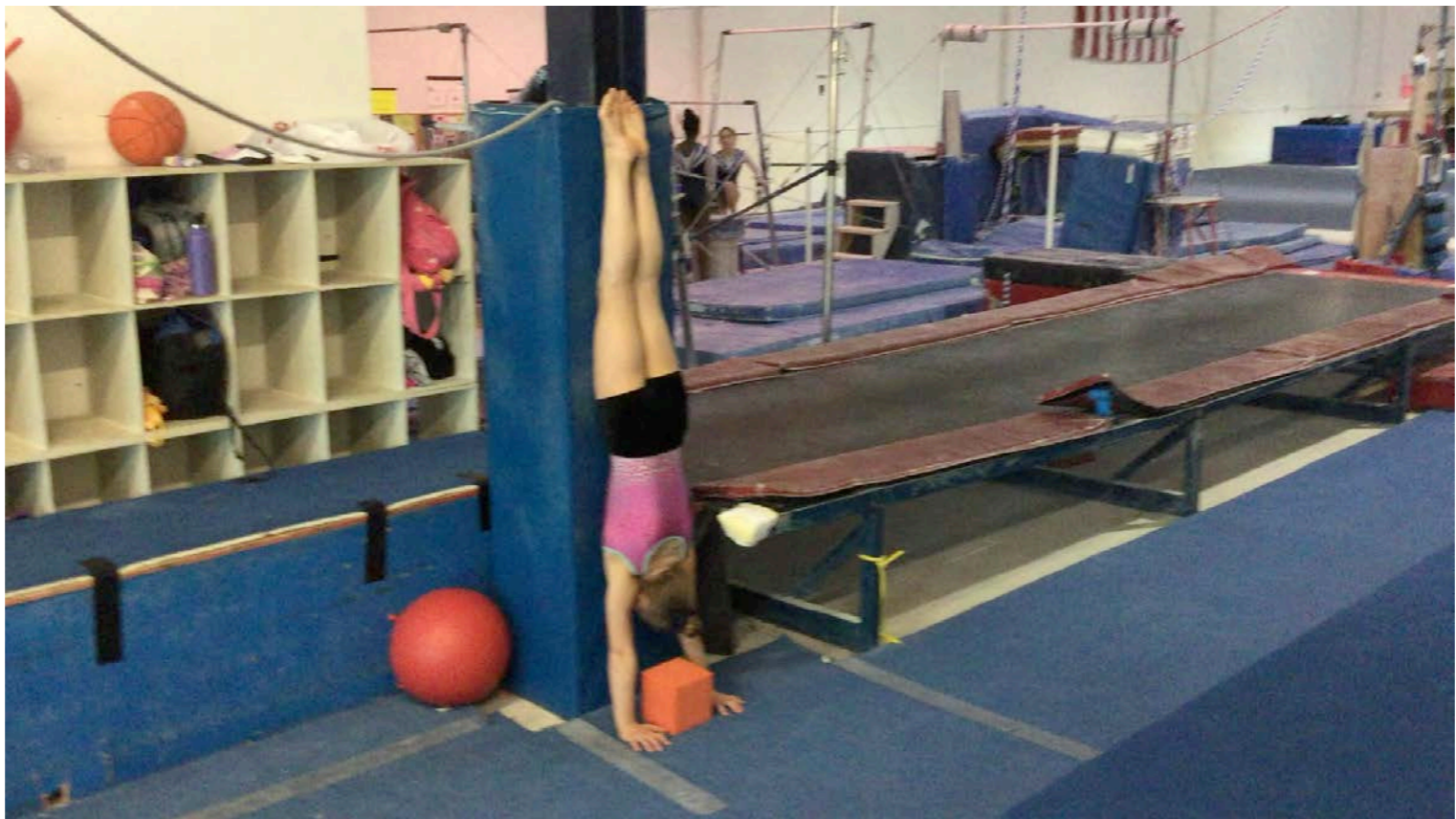


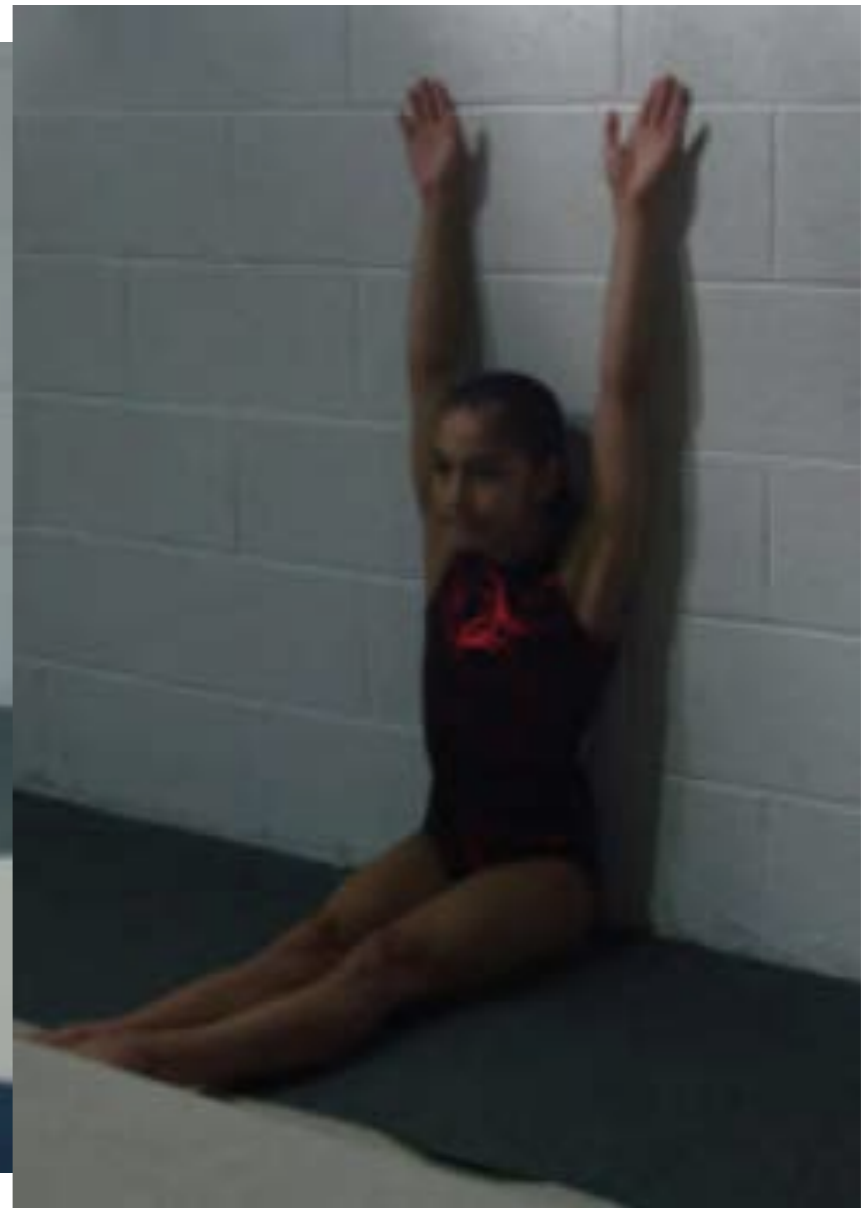
***SHOULDER
STRENGTH***











HIP FLEXIBILITY



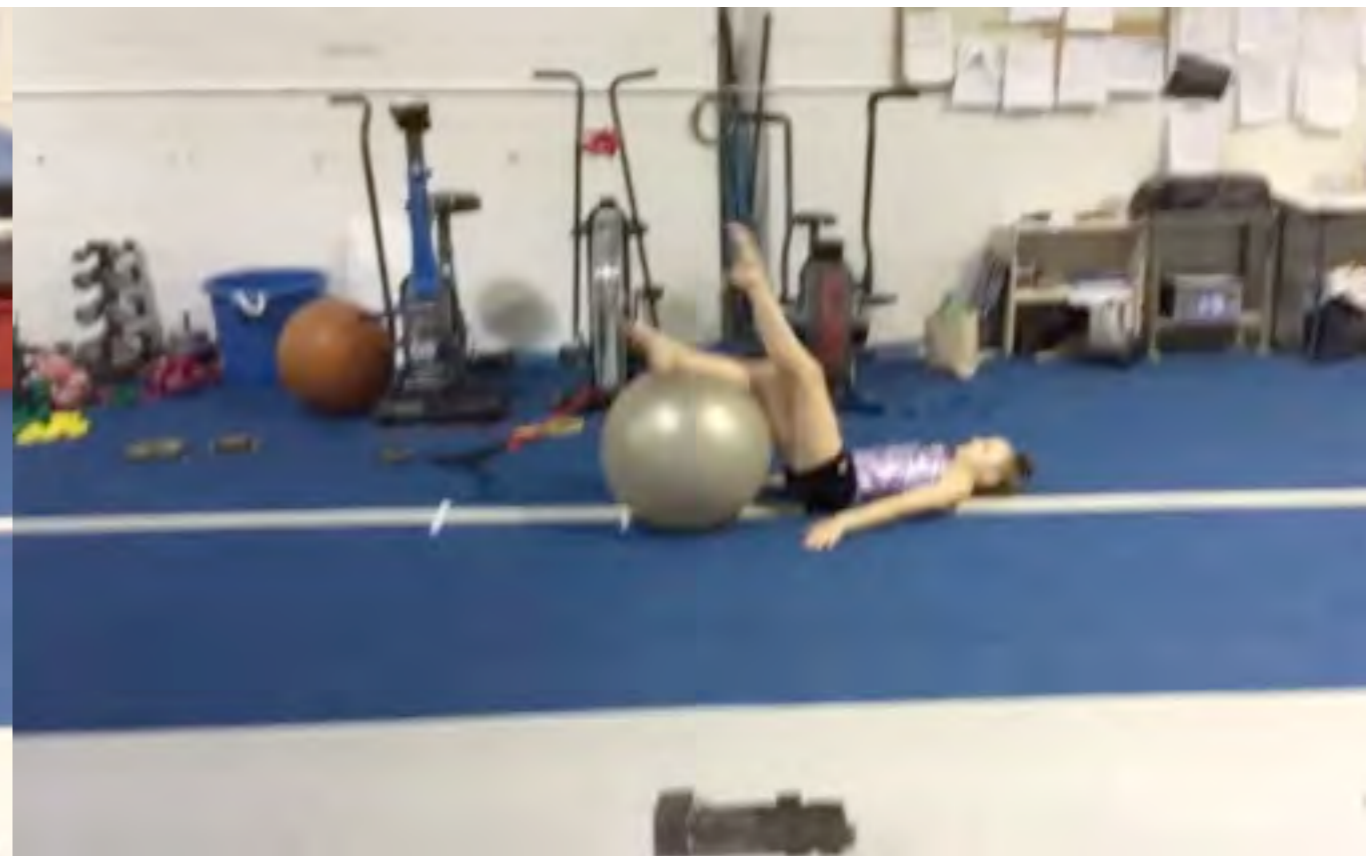
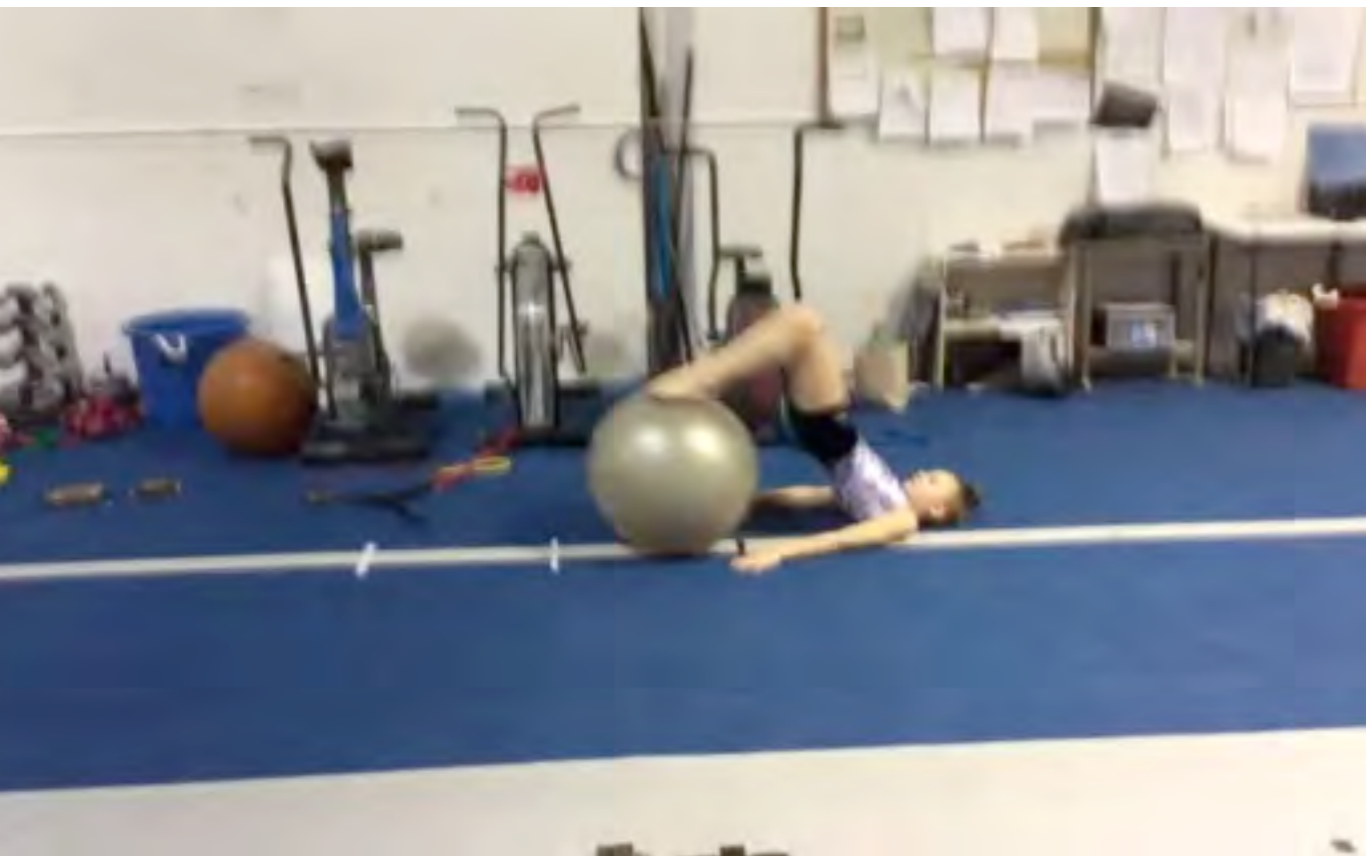






HIP STRENGTH











SINGLE LEG DEAD LIFT



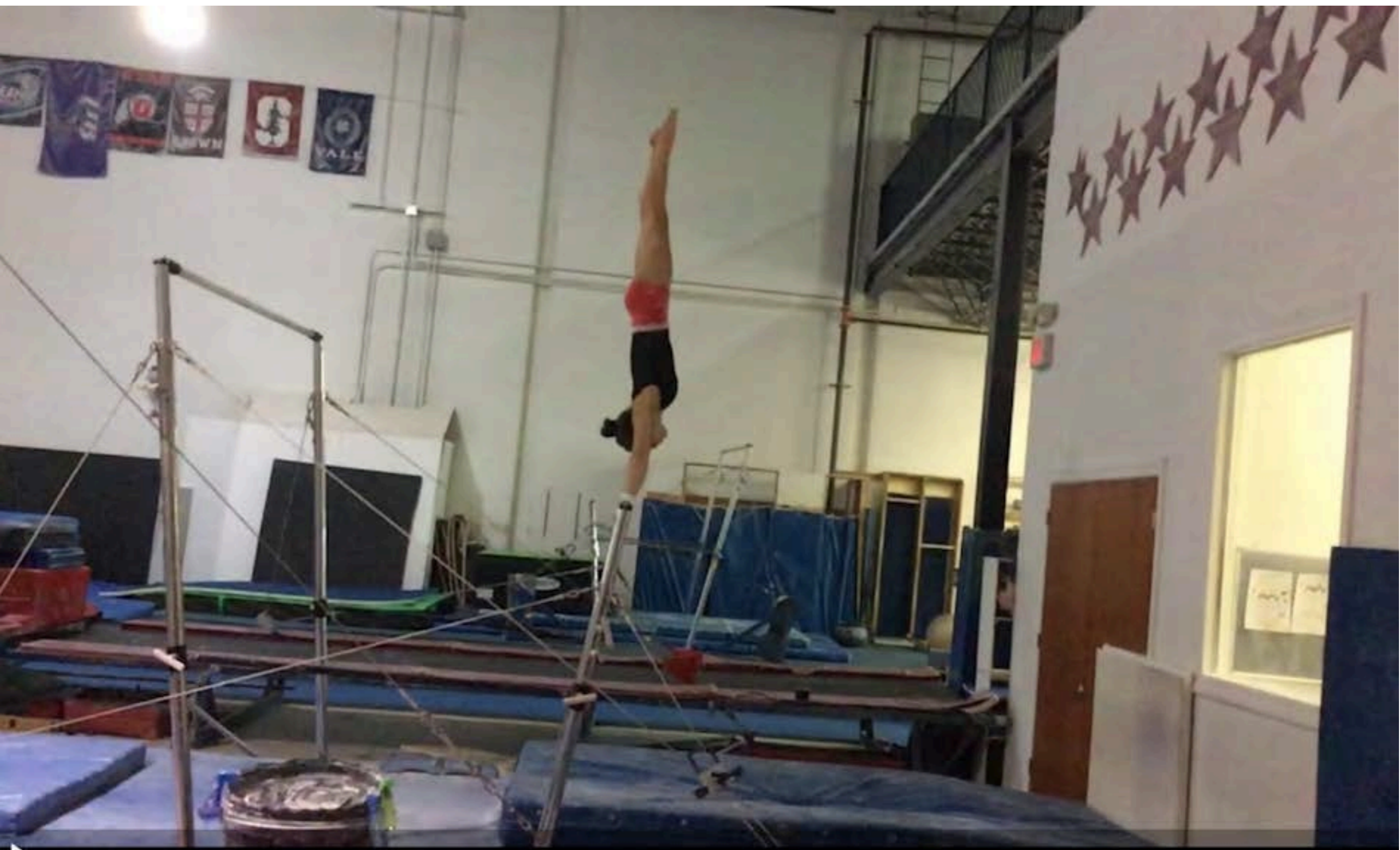
SINGLE LEG HIP RAISE (COOK LIFT)



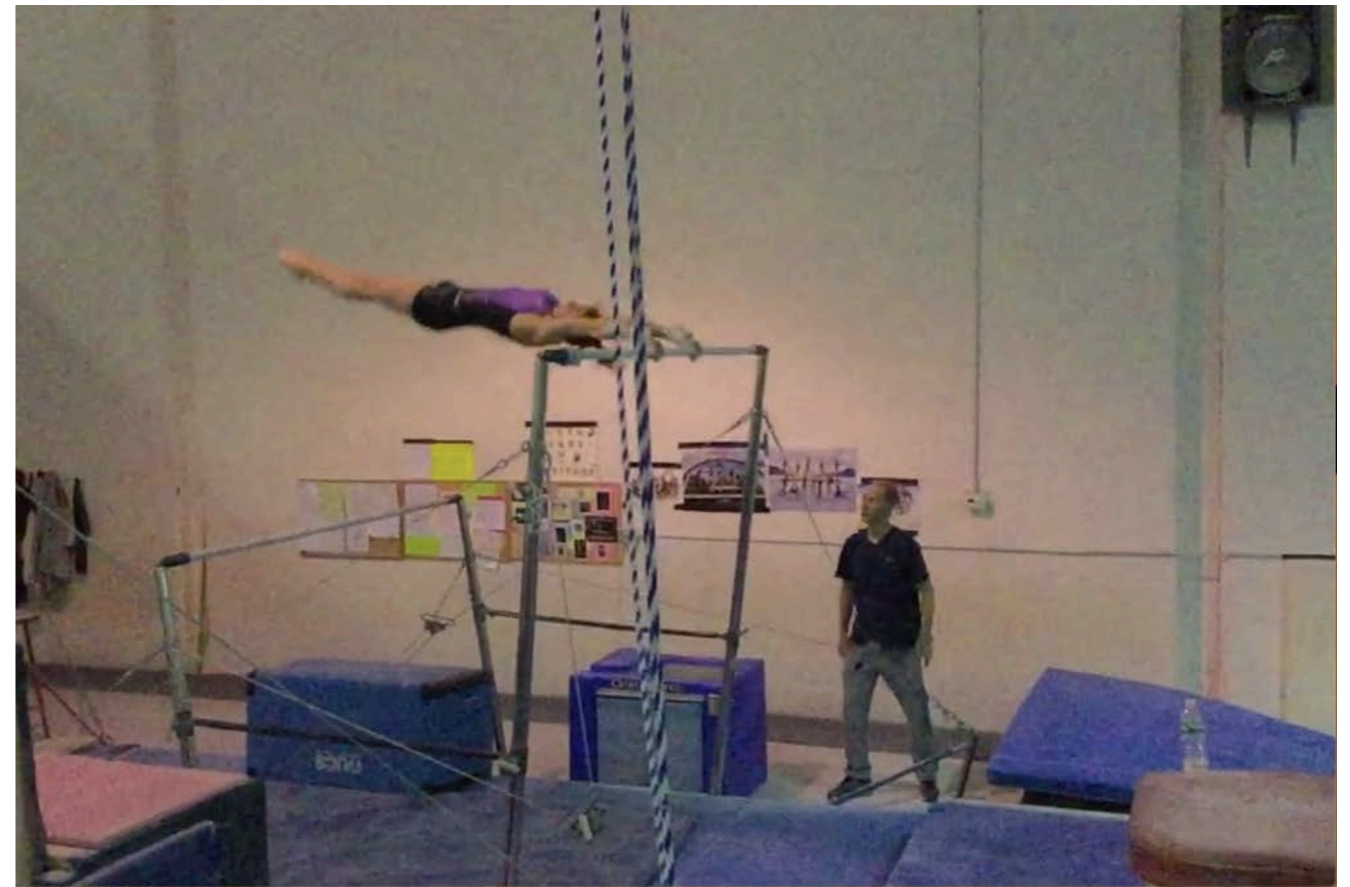
PLANK



STRAIGHT EXAMPLES







HOLLOW



KEY POINTS

- SPREAD THE CURVE FROM HANDS
- START SIMPLE (SEPARATE UPPER HALF AND LOWER HALF)
- START WITH SLOW SHAPING AND BUILD TO FAST SNAP
- ALSO WORK HOLDING

LOWER



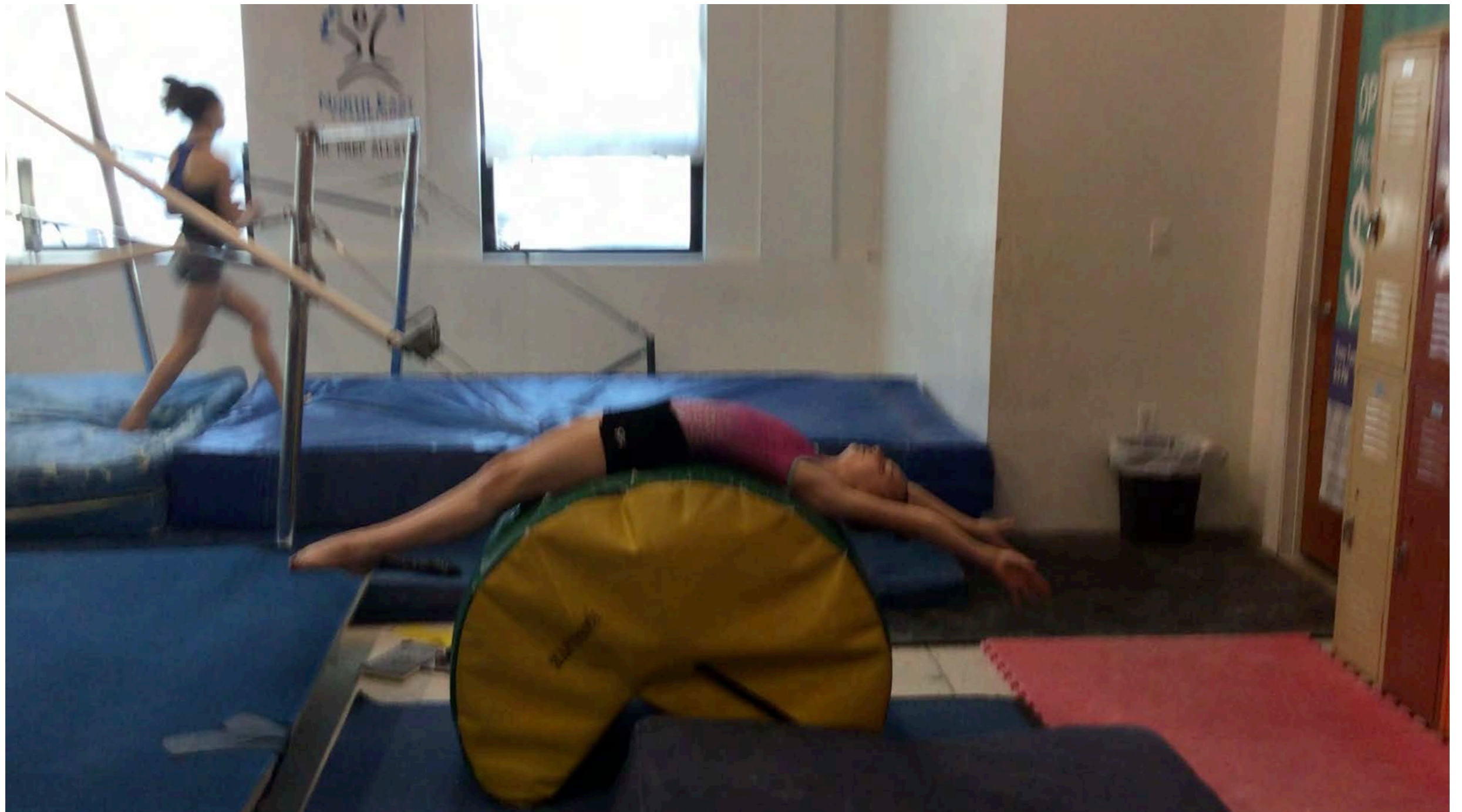
UPPER



WHOLE



FROM ARCH TO HOLLOW



INCORPORATE SHOULDERS



ANOTHER WAY



SKILL EXAMPLES





la Région Lang...

Mission

19^{ème}
CONGRÈS NATIONAL D'ÉQUESTRIE
11-13 OCTOBRE 2011
Centre de la Montagne
19000 Le Mans

London 2012



London 2012





ARCH

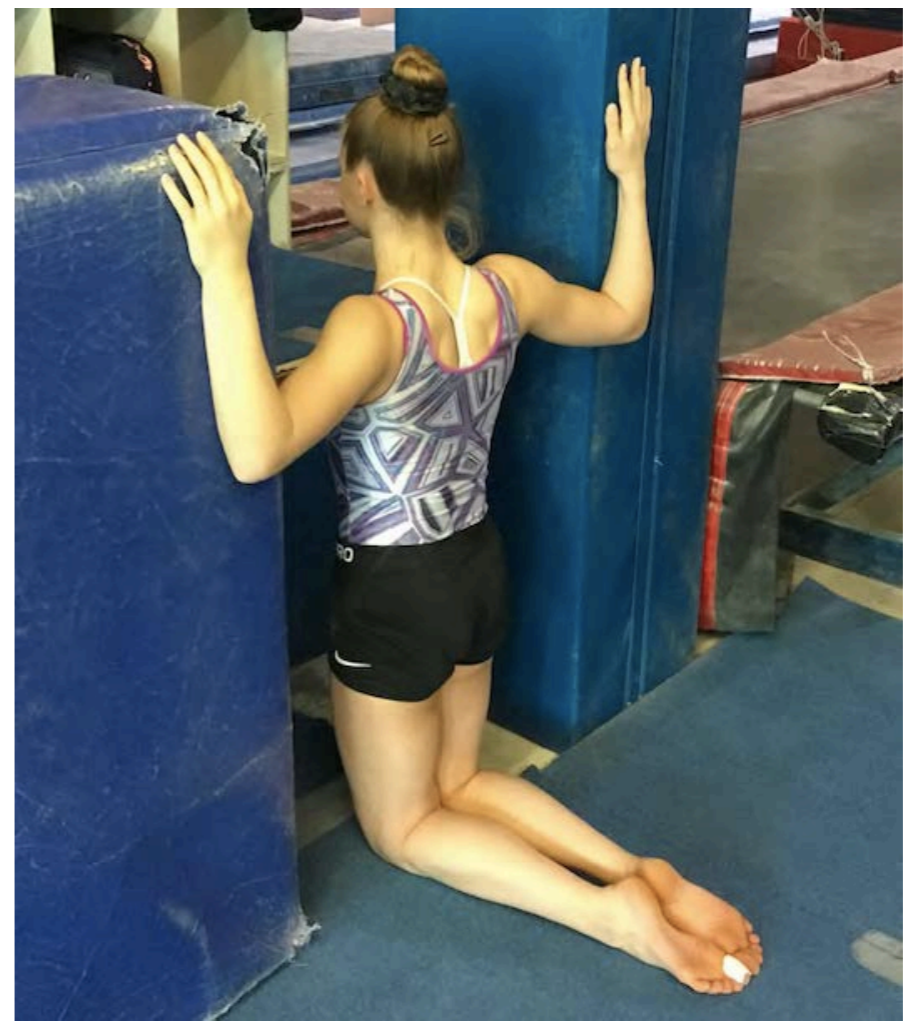


KEY POINTS

- REQUIRES HIP AND SHOULDER FLEXIBILITY
- STRENGTH OF GLUTES (BUTT) UPPER BACK (LATS ETC.)

SHOULDER STRETCHES

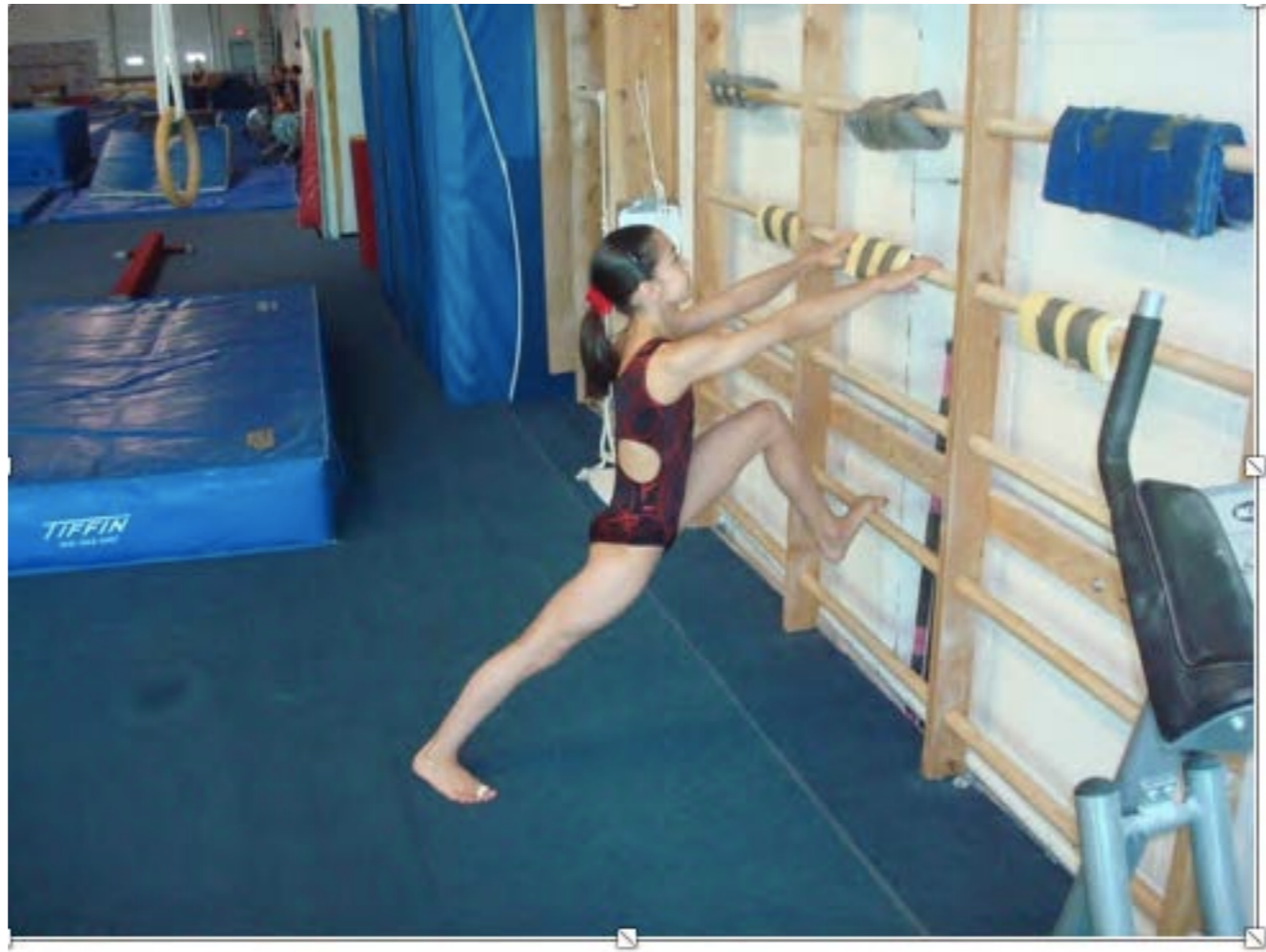




SHOULDER ARCH STRENGTH







DYNAMIC FLEXIBILITY



ARCH STRENGTH



FROM FLAT LYING



FROM HOLLOW



USING ARMS



EXPLOSIVE



SKILLS WITH ARCH





9.750

9.925



November 1, 2018

7:58 AM

[Recently Deleted](#)



Delete

Recover





la Région Languedoc Roussillon

10^{ème}
LE JOURNÉE FÉDÉRALE
Languedoc Roussillon
14-15 mai 2011

UE



SLO-MO

CLEAR







PIKE

SINGLE LEG HAMSTRING STRETCH



CALF



CALF AND HAMSTRING



IMPORTANT NOTE

- WHEN STRETCHING BOTH LEGS, THE STRETCH SHOULD BE FELT IN THE INTENDED MUSCLES NOT THE LOW BACK JOINT

PIKE STRENGTH

V UP FROM FLAT LYING



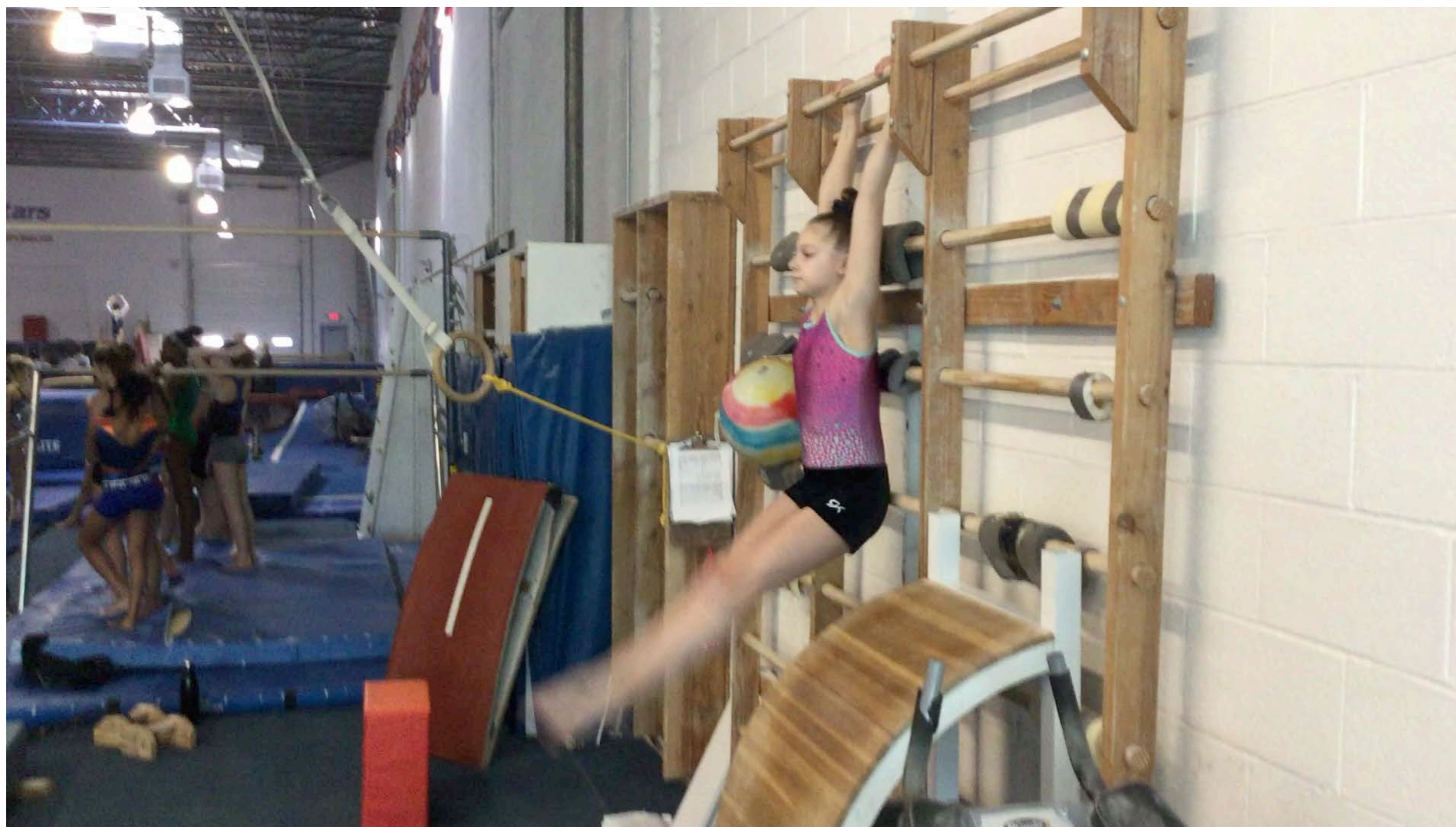
LEG LIFT



ADD WEIGHTS



L-SEAT LEG LIFT



SKILLS







London 2012

OMEGA
GO 331 01:05
DENG LINLIN

PRESS ->CAST

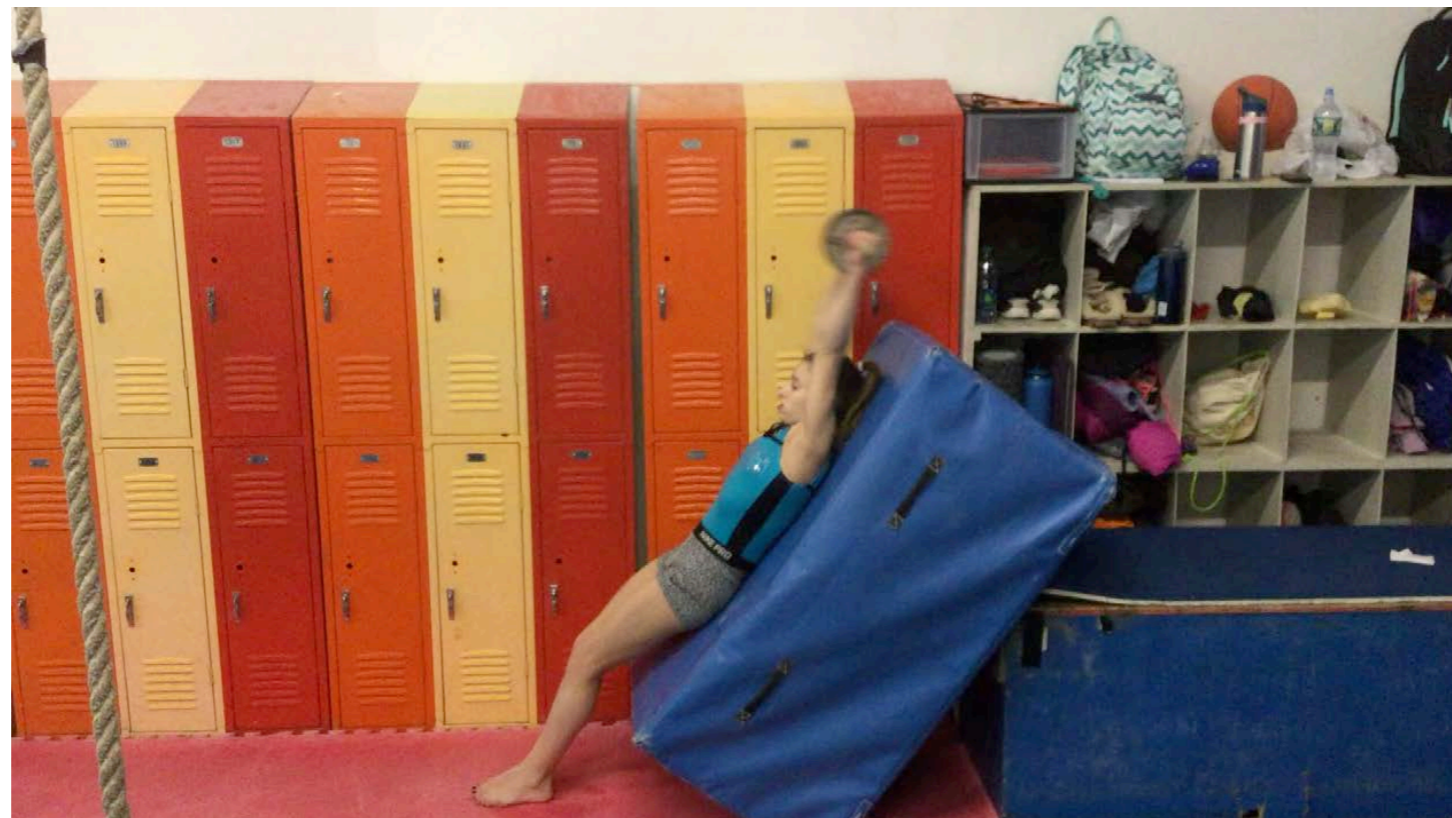
BALL PRESS 1/2 WAY



BALL PRESS HAND



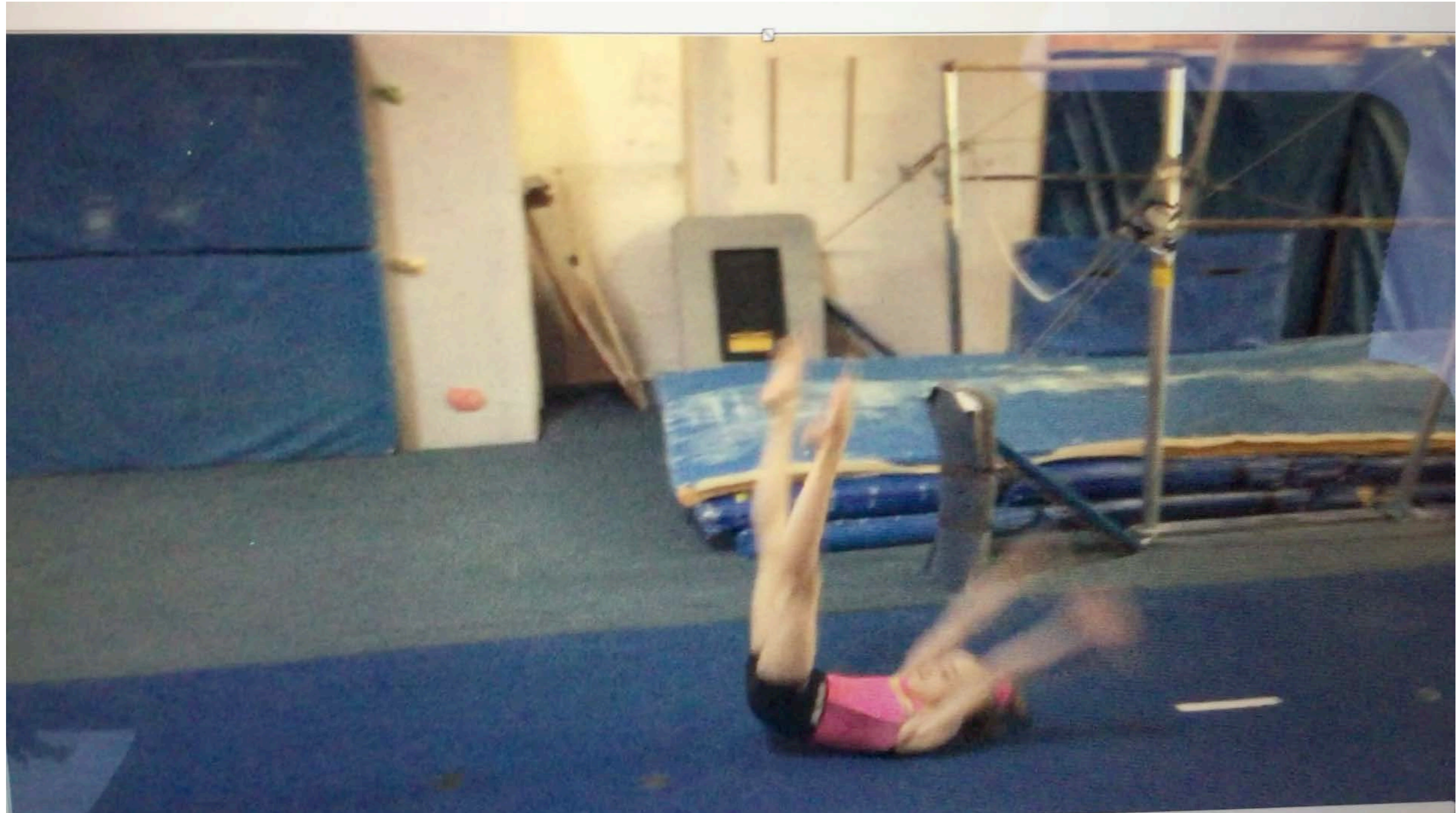
STRAIGHT ARM RAISE



TOE TOUCH PRESS



ROLL PRESS



PRESS 3/4



PRESS



LIFT TO STRADDLE

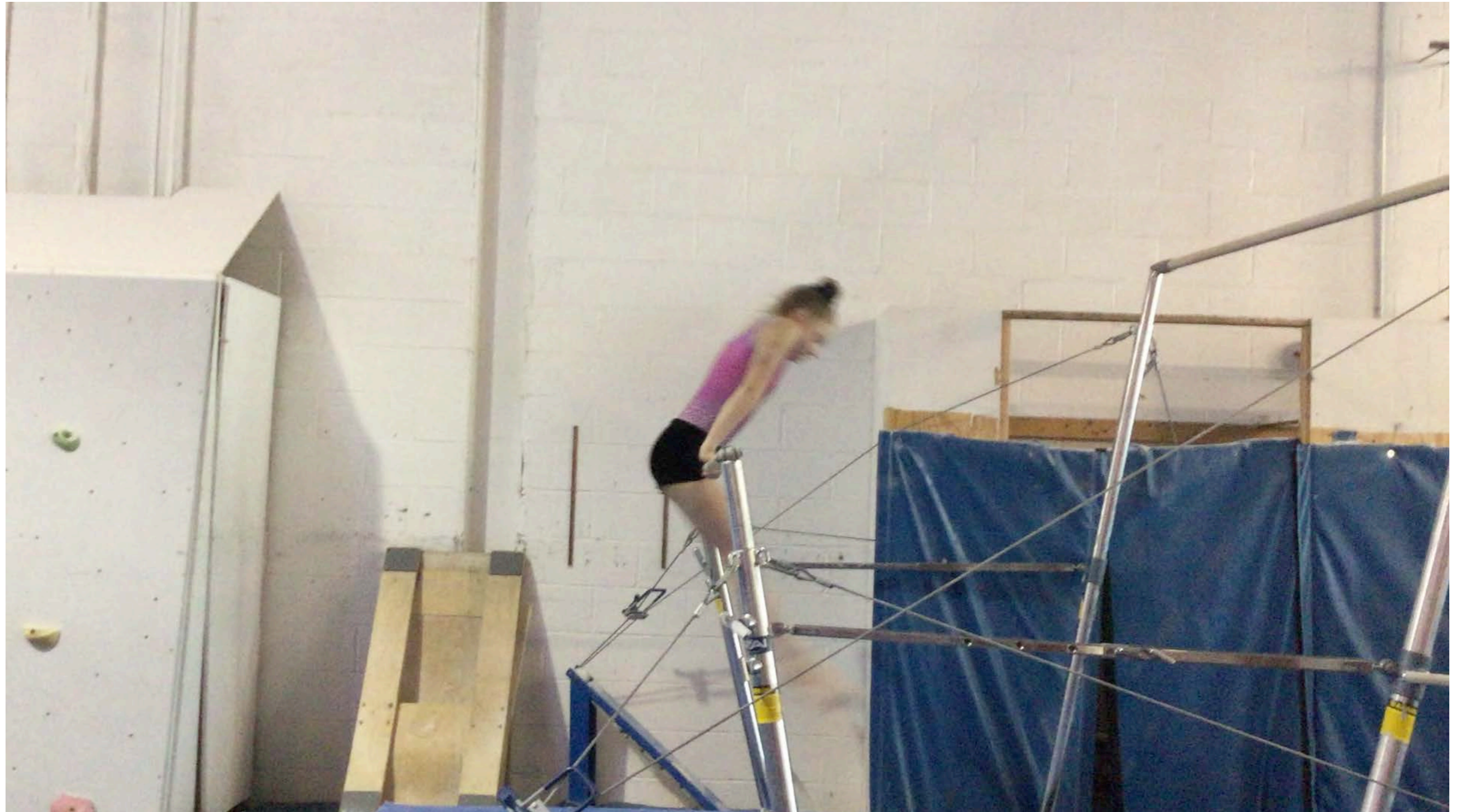


STRADDLE CAST



STRAIGHT BODY

CONSECUTIVE CASTS



CAST WITH WEIGHT



