



FIGHTING ILLINI®

2021-22

Handstand Strength

9/1/2021

Presses

1x4 straight body (or as straight as possible to make 4)

1x4 pike press to and from stand on bar

1x4 straddle L press

Handstands

walks on High PB fwd, bkwd, fwd, bkwd

Holds 1 minute

swinging rings 1 x 20 seconds (ring guys only)

4x4 H.S Pirouette on PH All PH guys (if you fall during 1 you may jump up and complete the set)

1 arm belly against wall 30 sec. each (2 total)

Throw handstands

2 x 5 with 4 second hold.

partner throw

Hold at 30 for 45

Against Wall



FIGHTING ILLINI®

Stick Strength Workout

Only sticks count!!! 3 different groups of exercises

How QUIET are your Landings?

1. Ball squats 2x8 eventually without beam
2. 4x Roll off vault table to tall vertical position – raise on toes 4 x arms up
3. 4x Off short block backward – land toes first, stick and hold down position 4 sec.
4. 4x Off high block forward- land toes first, stick and hold down position 4 sec.
5. 4x Standing back flips - stick and hold down position 4 sec.
6. Form exercise 30-30-30 side, side, chest up

7. 4x Off tumble track FWD to floor – 1/1 twist stick and hold down position 4 sec.
8. 4x Off tumble track BWD to floor – 1/1 twist stick and hold down position 4 sec.
9. 4x Off Block to Mini Tramp – 2 layout front ½ stick & 2 tuck hold down position 4 sec.
10. 4x Off spring board – 2- 3 steps - layout front 1/1 to stick
11. 2x 8 Goblet squats 40 pound weight

12. 1x ea. Jump sticks across floor - fwd and backward (Hold each Landing Position 4 sec.)
13. Toe point Circles ea. way ball of foot press, toe press, toe pull, ball of foot pulls back in circle
14. On blue half dome – 2 X 10 squats
15. On small blue wobble cushion – with partner on other, slight knee bend, toss ball, 10 catches each foot
16. 8x each leg Candle roll up single leg jump stick and hold 4 sec. (alternate legs)

The Mental Workout

Name: _____ Date: _____

Our Mental Workout is a 3 step process that takes less than 5 minutes and is scientifically proven to improve ability and consistency. Completing the mental workout (everyday prior to practices and competitions) controls arousal and trains the mind to stay focused on control points for success. The 3 tools in our mental workout are:

- Centering Breath
- Performance Statement
- Identity Statement

1. Centering Breath: 6-2-8 Ideal Arousal State: _____

1-10 SCALE
RELAXED vs HYPE/AMP

2. Performance Statement(s):

FX: _____ SPECIFIC TO GYMNASTICS
 PH: _____
 R: _____ NO MORE 3 THINGS
 V: _____ * POSITIVE AFFIRMATIONS
 PB: _____
 HB: _____

3. Identity Statement: TANGIBLE PRACTICE GOAL : 1 AMP ...

I will complete my mental workouts: _____

The Mental Workout

Name: _____ Date: _____

The Mental Workout is a 5 step process that takes approximately 3 minutes and 40 seconds to complete and is scientifically proven to improve ability and consistency. Consistently completing the mental workout (everyday prior to practices and competitions) controls arousal and trains the mind to stay focused on the control points for success. The 5 tools in the mental workout are:

- Centering Breath
- Performance Statement
- Personal Highlight Reel
- Identity Statement
- Centering Breath

1. Centering Breath: _____ Ideal Arousal State: _____

2. Performance Statement: _____

3. Personal Highlight Reel: 3 Parts; When visualizing remember to focus on the three most following guidelines (visualize in first person whenever possible, emphasize feeling your arousal state and performance statement, and be sure visualizing is done at game / desired speed.)

Part 1: Remembering past success (60 seconds)

- 1st Highlight: _____
- 2nd Highlight: _____
- 3rd Highlight: _____
- 4th Highlight: _____
- SGM Photograph: _____

Part 2: Imagining success in the next competition-switch 2 routines daily following OO

- 1st Routine : _____
- 2nd Routine: _____

Part 3: Imagining success in next practice-emphasizing only the events trained that day

- FX: _____
- PH: _____
- R: _____
- V: _____
- PB: _____
- HB: _____

4. Identity Statement: _____

5. Centering Breath: _____

I will complete my mental workouts: _____

August 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8 LIGHT WEEK	9 1. Pre-Conditioning 2. Stick Strength 3. FX Basics 4. Ring Strength 5. Leg Circuit	10 1. Pre-Conditioning 2. Stick Strength 3. PH Basics 4. Core Circuit 5. Upstairs circuit	11 1. ELDOA 2. Stick Strength 3. Handstand Strength 4. Ring show	12 1. Pre-Conditioning 2. Stick Test 3. FX&TT Basics 4. Rings Strength 5. Leg Circuit	13 1. Pre-Conditioning 2. PH Basics 3. Core Circuit 4. U.S. Circuit/Quad Run	14
15 LIGHT WEEK	16 1. Pre-Conditioning 2. Stick Strength 3. FX Basics 4. Ring Strength 5. Leg Circuit	17 1. Pre-Conditioning 2. Stick Strength 3. PH Basics 4. Core Circuit 5. Upstairs circuit	18 1. ELDOA 2. Stick Strength 3. Handstand Strength 4. Ring show	19 All sports mtg. 4-5:30 Colonnades 1. Pre-Conditioning 2. Stick Test 3. FX&TT Basics 4. Rings Strength 5. Leg Circuit	20 1. Pre-Conditioning 2. PH Basics 3. Core Circuit 4. U.S. Circuit/Quad Run	21
22 Medium Skills Team meeting @ 2 at IRWIN! All coaches/athletes 4:30-5:30 State Farm 4:45-7:00 Grange Grove BBQ	23 1. Pre-Conditioning 2. FX Basics 3. Stick Game FX 4. Ring Strength/Hand 5. Upstairs Circuit	FIRST DAY OF CLASSES AFTERNOON @ 1:30PM 1. PH Stick Game 2. PH Scissor Basics during your rotation. 3. Leg Circuit	25 Morning Practice 1. Handstand Strength 2. Body Shape 3. Weights AFTERNOON @ 1PM 1. Pre Con 2. ELDOA 3. Stick Game SR 4. Ring Strength - 2 /Ind	26 OFF?	27 JV Wedding Morning Practice 1. Body Shape 2. Core Circuit 3. Weights AFTERNOON @ 1PM 1. Stick Game PB 2. FX Basics 3. Quad Run	28 JV Wedding 1. Pre-Conditioning 2. PH Basics 3. Stick Game HB 4. Ring Strength- 2/Ind 5. Leg Circuit
29 Week 1 Hard week Last 2-3 skills to dismounts	30 1. Pre-Conditioning 2. FX Basics 3. Stick Game PH 4. Ring Strength- 1/Ind 5. Upstairs Circuit	31 AFTERNOON @ 1:30 1. Pre-Conditioning 2. Stick Game PB 3. PH Scissor Basics during your rotation. 4. Leg Circuit	1 Morning Practice 1. Handstand Strength 2. Core Circuit 3. Weights AFTERNOON @ 1pm 1. ELDOA 2. Stick Game SR 3. Ring Strength- 2/Ind	2 OFF?	3 Morning Practice 1. Handstand Strength 2. Body Shape 3. Weights AFTERNOON @ 1PM 1. Stick Game FX 2. FX Basics 3. U.S. Circuit/Quad Run	4 1. Pre-Conditioning 2. Stick Game HB 3. PH Basics 4. Ring Strength- 2/Ind 5. Leg Circuit

September 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>Hard Week 1</i> Last 2-3 skills to dismounts</p>	<p>30 1. Pre-Conditioning 2. FX Basics 3. Stick Game PH 4. Ring Strength- 1/Ind 5. Upstairs Circuit</p>	<p>31 1. Pre-Conditioning 2. Stick Game PB 3. PH Scissor Basics during your rotation. 4. Leg Circuit</p>	<p>1 Morning Practice 1. Handstand Strength 2. Core Circuit 3. Weights AFTERNOON @ IPM 1. ELDOA 2. Stick Game SR 3. Ring Strength- 2/Ind</p>	<p>2 OFF?</p>	<p>3 Morning Practice 1. Handstand Strength 2. Body Shape 3. Weights AFTERNOON @ IPM 1. Stick Game FX 2. FX Basics 3. U.S. Circuit/Quad Run</p>	<p>4 <i>Varga/ Ian Wedding</i> 1. Pre-Conditioning 2. Stick Game HB 3. PH Basics 4. Ring-2/Individ Strength 5. Leg Circuit</p>
<p>5 <i>Light Week 2</i> First 1/2 skills in sequence</p>	<p>6 1. Pre-Conditioning 2. FX Basics 3. Stick Game PH 4. Ring/Individ Strength 5. Upstairs Circuit</p>	<p>7 1. Pre-Conditioning 2. Stick Game PB 3. PH Scissor Basics during your rotation. 4. Leg Circuit</p>	<p>8 Morning Practice 1. Handstand Strength 2. Core Circuit 3. Weights AFTERNOON @ IPM 1. ELDOA 2. Stick Game SR 3. Ring Strength- 2/Ind</p>	<p>9 OFF?</p>	<p>10 Morning Practice 1. Body Shape 2. Weights 1 3. Weights 2 AFTERNOON @ IPM 1. Stick Game FX 2. FX Basics 3. Matt Volleyball</p>	<p>11 1. Pre-Conditioning 2. Stick Game HB 3. PH Basics 4. Ring-2/Individ Strength 5. Leg Circuit</p>
<p>12 <i>Hard Week 3</i> Last 1/2 skills to dismount</p>	<p>13 1. Pre-Conditioning 2. FX Basics 3. Stick Game PH 4. Ring Strength- 1/Ind 5. Upstairs Circuit</p>	<p>14 1. Pre-Conditioning 2. Stick Game PB 3. PH Scissor Basics during your rotation. 4. Leg Circuit</p>	<p>15 Morning Practice 1. Handstand Strength 2. Core Circuit 3. Weights AFTERNOON @ IPM 1. ELDOA 2. Stick Game SR 3. Ring-2/Individ Strength</p>	<p>16 OFF?</p>	<p>17 <i>Recruiting Weekend</i> Morning Practice 1. Handstand Strength 2. Core Circuit 3. Weights AFTERNOON @ IPM 1. FX Basics 2. Stick Game FX 3. U.S. Circuit</p>	<p>18 PAINTBALL @9:30AM 1. Pre-Conditioning 2. Stick Game HB 3. PH Basics 4. Ring/Individ Strength 5. Leg Circuit</p>
<p>19 <i>Medium Week 4</i> All 1/3's of routine</p>	<p>20 1. Pre-Conditioning 2. FX Basics 3. Stick Game PH 4. Ring/Individ Strength 5. Upstairs Circuit</p>	<p>21 1. Pre-Conditioning 2. Stick Game PB 3. PH Scissor Basics during your rotation. 4. Leg Circuit</p>	<p>22 Morning Practice 1. Handstand Strength 2. Body Shape 3. Weights AFTERNOON @ IPM 1. ELDOA 2. Stick Game SR 3. Ring-2/Individ Strength</p>	<p>23 OFF?</p>	<p>24 Morning Practice 1. Body Shape 2. Weights 1 3. Weights 2 AFTERNOON @ IPM 1. FX Basics 2. Stick Game FX 3. U.S. Circuit/Quad Run</p>	<p>25 1. Pre-Conditioning 2. PH Basics 3. Stick Game HB 4. Ring-2/Individ Strength 5. Leg Circuit</p>
<p>26 <i>Light Week 5</i> First 1/2's to dismount</p>	<p>27 1. Pre-Conditioning 2. FX Basics 3. Stick Game PH 4. Ring Strength 5. Upstairs Circuit</p>	<p>28 1. Pre-Conditioning 2. Stick Game PB 3. PH Scissor Basics during your rotation. 4. Leg Circuit</p>	<p>29 Morning Practice 1. Handstand Strength 2. Core Circuit 3. Weights AFTERNOON @ IPM 1. ELDOA 2. Stick Game SR 3. Ring-2/Individ Strength</p>	<p>30 OFF?</p>	<p>1 Morning Practice 1. Handstand Strength 2. Weights 1 3. Weights 2 AFTERNOON @ IPM 1. FX Basics 2. Stick Game FX</p>	<p>2 1. Pre-Conditioning 2. Stick Game HB 3. PH Basics 4. Ring-2/Individ Strength 5. Leg Circuit</p>