

Watch Video Link Carefully for instructions and coaching points

[Video](#)

GYMNASTICS PHYSICAL PREPARATION LEG & PLYOMETRIC CIRCUIT



Circuit	Exercise		Number of Reps
continuous circuit, complete every exercise (1-7) repeat 3 times, resting 2 minutes between sets keep quality the winner on each rep of every exercise	1	Skater Hops	x 12
	2	Lateral Hops	x 12
	3	Pogo & Stick	x 15
	4	Altitude Drops	5 double, 3 single
	5	Towel Isometrics	20 seconds
	6	Squat Jumps	x 8
	7	Tuck Jumps	x 8