CHECKLIST

Upper Body Strength Training Checklist for Gymnasts

- [ ] Warm up your wrists, shoulders and elbows before every session
- [ ] Choose one pushing exercise, one pulling exercise and one core hold per session
- [ ] Train three or four days a week, alternating push-heavy and pull-heavy days
- [ ] Progress an exercise by changing leverage or hold time, not by adding repetitions
- [ ] Hold good form through the full movement before you make the exercise harder
- [ ] Rest for a day or two between sessions that load the same joints
- [ ] Record what you did each session so you can track your progress over weeks
- [ ] Add a new progression every few weeks, not every session