CHECKLIST

Core Conditioning Checklist for Gymnasts

- [ ] Practise hollow holds until you can maintain a clean shape for one minute
- [ ] Train arch holds with the same discipline, keeping glutes squeezed and shoulders back
- [ ] Place core work after your warm-up when your form is sharpest
- [ ] Breathe steadily through every hold without letting your ribcage move
- [ ] Stop a hold when your form breaks rather than pushing to reach a time goal
- [ ] Train both hollow and arch equally to avoid creating an imbalance
- [ ] Watch video of your skills every few weeks to track how core control transfers