



Gymnastics Conditioning for the Legs and Ankles

Karen M Goeller

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These exercises help to strengthen the gymnasts legs so that she can land with control and decrease the chance of injury to the lower body upon these landings. Some exercises specifically concentrate on the landing technique while others help develop strength. Keep in mind, that these drills should be incorporated into a balanced training program, to include general and sport-specific conditioning, speed, endurance, flexibility, and of course, skills, combinations, and routines

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