

Gymnastics at Home Worksheets – Bar Strength

Before you start you'll need:

- A chin up bar

If you have a chin-up bar at home then practicing these strength exercises as many times as you can each week will really help to improve your ability on A-bars. The A-bars is the apparatus that a lot of gymnasts find difficult. It is something that requires a lot of practice and perseverance, and results are not quick to achieve. It will take time, but stick with it!

Start with:

1. Chin-ups (hands forwards) x5 (3 sets)
5 **in a row**, from hang position. If you cannot do from hang, then start with your feet raised onto a platform/ chair. Or pull up from standing, but no jumping allowed.
2. Leg lifts x5 (3 sets)
5 **in a row**, lifting as high as you are able. The goal being eventually to be able to touch your toes to the bar and control back down.
3. Chin hold (hands forwards) x 10 seconds (3 sets)
Make sure you are not resting your chin on the bar – you will not get stronger.
4. Pike hold (legs straight) x 10 seconds (3 sets)
Lift legs as high as you are able.

Then move on to:

1. Shoulder shrugs from hang x10
2. Leg circles in hang (5 one way then 5 the other way) x10
3. Straddle leg lifts (as high as possible, toes to bar if you can) x10
4. Hand re-grips from hang (try to pull shoulders up to re-grip bar) x10

Now try:

1. Crocodile snaps (move legs from pike to straddle) x10
2. 1 arm hang x 5 seconds each arm
3. Scissor kicks in pike hold (feet cross then uncross) x10
4. Grip changes in hang (move hands to reverse grip then back) x5

And then:

1. V-sit hold in chin-up (chin to bar lift legs to V and hold for 5 secs) x5
2. Pike hold leg lifts (feet to touch bar then back to pike) x5
3. Dish hang (tuck hips in, feet slightly in front, tense stomach) x20 seconds
4. Arch hang (raise feet slightly behind body keeping straight legs) x20 seconds

For demonstrations of all of the above exercises subscribe to the Active Leeds YouTube channel and select the 'Bar Strength' video from the gymnastics playlist.