

Gymnasty Core WODs

By Performance Plus
Programming





THANK YOU FOR DOWNLOADING OUR GYMNASTY CORE WODS

Building core strength is crucial towards mastering gymnastics skills of all levels. Performance Plus head coach Pamela Gagnon has five workouts to help improve your gymnastics skills and strength!

If you are ready for more help as you work towards crushing your fitness goals, please check out the 40+ accessory programs available inside of [Performance Plus](#), including our comprehensive Gymnasty Abs program!

Gymnasty Core WODs



Sliding Donkeys

- 4 Rounds of:
- 40 seconds work / 20 seconds of rest
- Donkey Box Kicks
- Crunch Heel Taps
- Hollow Body Sliders
- Rest 1 minute between rounds

Squat It, Twist It, Plank It

- 9min Partner AMRAP (each partner does a full round before other partner works)
- 5 Deck Squats (sub tuck crunches + 5 air squats)
- 10 Plank Up/Downs (R+L=1 rep)
- 20 Russian Twists

Hollow Countdown

- 10, 9, 8, 7, 6, 5, 4, 3, 2, 1 of:
- Hollow Plank K2E (R+L=1)
- Hollow Tuck Ups

Sideways Superman

- 6 Rounds of:
- 30 second hold, 30 second rest
- Side Plank Hip ABD (1 round each side)
- Superman Hold
- Superman Pulses

Hollow Work

- 20-10-5
- With a partner, complete 1 set then switch
- Hollow Single Leg Lift (R+L=1)
- Static Hollow Tuck Slider

A black and white photograph of three athletes in a gym setting. A woman on the left and a man on the right are high-fiving a third person in the center. They are all smiling and looking upwards. The background shows a brick wall and some gym equipment.

About Performance Plus Programming

Performance Plus Programming has a simple goal. To bring your performance to a new level by focusing on technique training with a Prehab twist. We have 30+ programs designed to help athletes of all skill levels reach their fitness goals. From your first pull-up, to increasing muscle-up volume, improving mobility, increasing strength, maximizing your endurance, and much more!

By becoming a member of Performance Plus Programming, you will get access to all of our programs which we regularly add to based on member requests. You will also have access to all the plans through our smartphone app.



The Performance Plus Team

PAMELA GAGNON

Pamela Gagnon is a leader in the area of body weight strengthening movements for today's athletes and currently a Gymnastics Specialist for Mayhem Gymnastics. Her background as a Division I Gymnast and CrossFit Games Masters athlete has given her over 30 years of experience as an athlete & coach. She coaches athletes worldwide on how to implement strength and gymnastics skills to improve their fitness performance.



DR. ZACHARY LONG PT, DPT, SCS

Dr. Zach is a Board Certified Sports Specialist, Level One CrossFit Trainer, NASM Performance Enhancement Specialist, and certified SFMA practitioner. He graduated with highest honors from the University of North Carolina at Chapel Hill for his undergraduate degree before earning his Doctorate at East Carolina University. Outside of the clinic, Zach can be found training and coaching at Iron Tribe Fitness in Charlotte.