



# free core program

Written by Ben Wood (Owner & Head Coach, Handspring)

## Workout 1:

Complete 4 rounds of the following workout (keeping rest to a minimum between each exercise):

1. Hollow hold (straight or tuck legs) [45-35-25-15 seconds] [video](#)
2. Back arch hold [15-25-35-45 seconds] [video](#)

### Brief notes:

- This workout is all about getting the basics right – please refer to the accompanying videos for key cues on technique. Get the technique on the hollow hold correct now as it will appear across many workouts)

### How it works:

- **Round 1** = 45 second hollow hold + 15 second back arch hold
- **Round 2** = 35 second hollow hold + 25 second back arch hold
- **Round 4** = 15 second hollow hold + 45 second back arch hold
- Hollow hold – have your lower back pushing firmly into the ground. If you're not feeling your abdominal muscles, then make sure to bend your knees and place your arms by your side as well as keeping the shoulders up off the ground

Back Arch hold – make sure your feet are squeezing together, and refrain from bending your knees to make it easier. Keep your arms off the ground and as straight as possible (placed in front of you)

## Workout 2:

Complete 3 rounds of the following core conditioning workout (with no rest between each exercise). Refer to the following [video](#)

(10 pulses + 10 second hold for each exercise below)

1. Supine PPT leg raises (10 reps)
2. Supine windshield wipers (10 alternating reps)
3. Elbow plank arm reaches (10 alternating reps)
4. Elbow plank knees to elbows (10 alternating reps)
5. Elbow side plank with weighted DB reach outs (left side) (10 reps)
6. Elbow side plank with weighted DB reach outs (right side) (10 reps)
7. Rest 60 seconds

### Brief notes:

- Refer to the video above for an overview of each exercise and how it should flow (the video only shows a couple of reps in each position - you will need to stick to the 10 reps as outlined above)
- Keep tight and maintain good quality across all exercises and scale where needed
- The aim is to build your core capacity endurance so try to keep moving without taking any rest until all exercises are done



## ABOUT

# Ben Wood

Ben established Handspring Gymnastics in mid-2016, with the aim of using the last 25+ years' experience in gymnastics (with 17 of those being a coach in both competitive & adult gymnastics) to help others achieve specific goals as it pertains to gymnastic strength, skill and mobility. Whether it's improving your overall bodyweight strength, core capacity and mobility or mastering skills like handstands and muscle-ups, Handspring has it all covered through a selection of online programs & available courses (along with weekly classes, workshops and personal training).

Ben was a competitive gymnast at the highest level (senior international) competing for Australia at the World University Games in 2007. During the 2008 Australian National Championships, Ben placed 6th overall with a 3rd place finish on the Pommel Horse. Ben's tenor in competitive gymnastics spanned 17+ years and included a 10-month training stint overseas at the University of Calgary. Following retirement from competitive gymnastics in 2009, Ben was selected into the National Talent Identification Program for Flat Water Sprint Kayaking where, through hard work and dedication, was selected to represent Australia at the World University Championships in late 2010.

In mid-2012, Ben commenced training at CF Athletic, where it wasn't too long before he realised there was a real opportunity in helping people with their kipping gymnastic skill work and strength.

In January 2017, Ben commenced contract work as the 'Gymnastic Coach' for The Training Plan (an online fitness training program), providing specific gymnastic strength programming as well as numerous video tutorials on various gymnastic skills & drills. In November 2017, Ben had the opportunity (via The Training Plan) to meet and coach both Annie Thorisdottir and Björgvin Karl Gudmundsson from Iceland - two of the best athletes in the world.



**WHY**

# Handspring Gymnastics

Our vast experience, knowledge and credibility helps demonstrate that at Handspring we know what it takes to excel in gymnastics, as well as understand the struggles you may face daily in your pursuit to becoming the athlete you want to be.

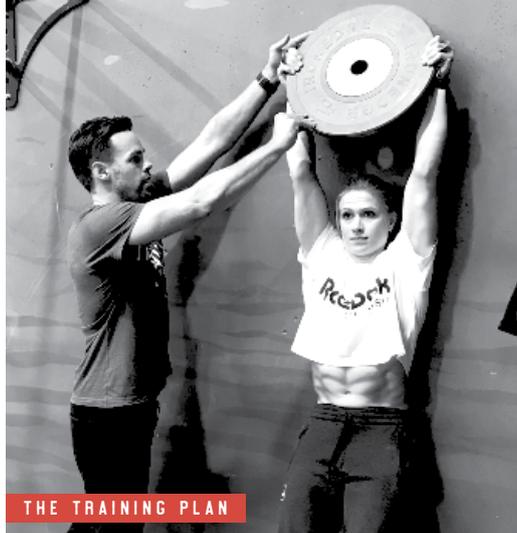
The last couple of years (through numerous classes, workshops and online programming) have helped shape, evolve and engineer our current gymnastic programming to be a product of great substance to the many that follow (our programs) or need more guidance. We've seen great results across the board and a high degree of transferability in terms of strength and body awareness gains across to other activities.

Having any old gymnastics program is a good start, however, there's a lot more to programming than meets the eye. Coach Ben invests hours upon hours into his programming and then goes ahead and tests these workouts both on himself and through his weekly adult strength classes. The exercise type, rep scheme, combination, sequencing and flow are all very well thought out and make for a much more enjoyable program that will benefit you immensely. Having the aid of professional video tutorials attached for all exercises (highlighting key cues on technique, positioning and regressions) makes a huge difference for the online purchaser. Why? Gymnastics is all about good technique and being efficient. If you're doing these exercises incorrectly or with poor technique, then like anything, the improvements and progression will take much longer (hence it's very important you watch these videos and match your technique to that of the tutorials).

Working with Jami Tikkanen (owner of The Training Plan) over the last couple of years, has really helped Ben produce online programs that are user friendly, provide good structure and are supplemented with plenty of notes (i.e key cues, exercise and workout descriptions and scalable movement options), all adding value to the user experience.



WORKSHOPS



THE TRAINING PLAN



HANDSPRING CLASSES

## ABOUT

# The Program

### Giving some context to the program

Before you commence this program, it's important to understand how this all came about and why we've spent numerous hours, days and months putting this program all together.

As already mentioned, Coach Ben commenced his classes in mid-2016 specialising in gymnastics strength training, callisthenics, core and mobility. The niche nature of these classes coupled with the competence, knowledge and experience - when it comes to coaching & programming, sparked an interest from people around the world seeking to purchase online programming & courses directly from Handspring. This interest mostly comes from people who:

- 1. Really enjoy the unique style of classes we run and keen to tap into on our first-hand knowledge base
- 2. Want the reassurance they need when it comes to improving weaknesses and getting results

Similarly, Coach Ben's affiliation with The Training Plan and 6 years of CF training, has seen his programming particularly benefit those that do the sport of CF (who need to build, develop and/or improve in key areas of their gymnastic strength and skill work).

At Handspring, we acknowledge the lack of quality online gymnastic strength programs on the market that cater for specific athlete groups or provide the value add you deserve, in terms of:

- 1. **Expertise** - well thought out programs with good structure, continuity and proven workouts that have been tested with the general adult fitness population
- 2. **Transferability** - making the gains and results necessary to help you in your other athletic pursuits
- 3. **User Friendliness** - easy to follow along workouts which provide professional video tutorials and detailed notes (for every single exercise, sequence & workout) across each session, coupled with plenty of help and advice on how to scale various exercises
- 4. **Enjoyment** - the creativity of the workouts and variety of exercises on offer makes for a much more enjoyable and fun workout experience

Remember that you purchased this program because you're looking to get your core stronger - so it can help improve your overall gymnastics strength capacity, transfer to other activities and help as a preventive or rehabilitation measure for lower back injuries. Hence for best results ensure you commit to the program 100% from day 1 and stick it out for the entire 30 workouts (6 weeks). Make sure to complete five workouts per week for a period of 6 weeks (which gives you 2 rest days).

The Core program is designed to challenge everyone (irrespective of strength level - helped by all the supporting videos, notes and scalable movement options).

# The Program

- **30 different core workouts (5-10 minutes each)**
- **Videos for each workout (providing key cues)**
- **Summary notes for each workout**
- **Beginner friendly with scalable options**
- **Unique core sequences to make your strength training more enjoyable & interesting**
- **Great way to get those foundations stronger, improve body awareness and strengthen your overall gymnastics core capacity**
- **Transferability into key bodyweight exercises & gymnastics skills (such as handstands, pull-ups, toes-to-bar, levers etc)**
- **Rehabilitating & injury preventive exercises that help with areas of the body like the lower back**

- This beginner friendly program is designed to help you build significant core strength and improve your core endurance over a 6-week period - by working through 30 of our best core workouts.
- The program is structured in a manner that allows you to focus on the full core package! This ensures that you're not neglecting those other key muscle groups:
  - Abdominals
  - Lower-back & posterior chain
  - Hip-flexors & quads
  - Obliques (twisting & side facing exercises)

- Each day you'll be targeting slightly different muscle groups to avoid doubling up and a well balanced program

### Why is having a strong core so important?

- It's the centre piece & focal point of your body which needs to be engaged, when doing anything from keeping balanced & maintaining good posture, to being more efficient when lifting heavy objects.

- A strong core enables you to move a lot better, and, importantly, helps you with progressing through various bodyweight/gymnastics skills & exercises.
- Maintaining a strong core helps you prevent lower back injuries as well as other injuries across the body (like shoulders & elbows for example) that may be a result of over compensating and neglecting the core when doing certain exercises.
- Those that work consistently hard on their core (particularly with the workouts in this program), tend to show signs of improved:
  - Body awareness
  - Coordination & movement patterns
  - Endurance
  - Transferability into other skills (i.e. that specifically require a strong core like handstands, pull-ups & muscle-ups)
  - Reduce lower back pain
- **We've designed each week, so it looks like the following:**

- **Monday** – Abdominal focus
- **Tuesday** – Lower back/ posterior chain focus
- **Wednesday** – Obliques
- **Thursday** – Core compression focus
- **Friday** – Mix of everything

- This way it provides you with a bit more recovery time if one of these muscle groups are still feeling fatigued (from the prior day or previous workouts) and ensures you're working the full core package (and not just your abdominal muscles – which is what most people tend to do).

## OTHER PROGRAMS

# More Online Courses & Programs to help you

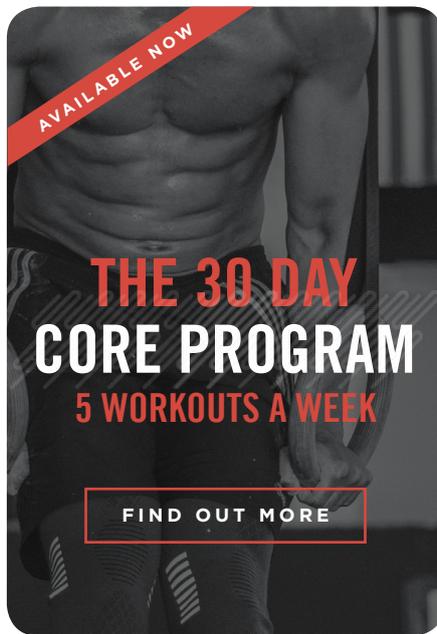
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