



SFA Training Club – Biohm Fitness.

Program highlights:

- **Stick To A Schedule**

Any gymnast would tell you how important it is to stick to a proper gymnastic training framework. As per expert recommendation, training 3 times a week is ideal for beginners to target all muscle groups. Each day focuses on a different training program starting from low-intensity, medium-weight intensity, to high intensity sessions.

Such versatile training programs can build up better physical endurance and flexibility for beginners. Also it offers you a day's rest after every session for faster recovery.

- **Get The Basics Right**

As with any other sport, learning the basic moves is critical for training. Since gymnastics is a sport of flexibility, strength, and agility, it's important to master the basics before moving forward to more complex moves.

Based on a scientific review, building upper-body strength is necessary. Beginners can work on that with basic push-ups. There are different variations of doing a basic push-up. So you can increase the number of reps each week as you get stronger.

- **It's Important To Learn The Rules**

Gymnasts don't take rules lightly. For accurate performance, especially on a competitive level, following the rules is critical. That's why beginners are first taught the important rules of gymnastics before training begins. Following these general rules help gymnasts hit higher scores and follow the routine effectively.

For example, at the time of competition, skills such as balance beam and floor come with strict time limits. If a gymnast exceeds the prescribed time limit, it leads to a score deduction. Other additional rules are proper conduct, body position, etc.

- **Stretch Before And After Your Training**

Stretching for flexibility and stretching for injury prevention are two different things. Most people give least importance to stretching for injury prevention.

According to a recent study, stretching before and after gymnastics training has positive neural and performance benefits. It helps in relaxing all muscle groups to reduce muscle stiffness and cramps.



Also, an increase in stretching leads to a significant increase in range of motion and balance.

Stretching is important to boost strength and prevent fatigue caused by high-intensity workouts. Gymnasts who stretch for injury prevention also reported better muscle strength and reduced muscle stiffness after training. This can also prevent frequent muscle tears and knee problems.

- **Eat A Healthy Diet**

It's important you eat a proper meal before training. It meets the body's demand for a healthy, filling, and immune-boosting meal. That said, gymnasts incorporate smaller meals that are high in energy to control their weight and increase muscular strength. So during heavy training, fatigue and dizziness is out of the question.

Eating cereal, toast, or dried fruits before training is also healthy. And during training, drinking carbohydrate-rich fluids can prevent weakness and build stamina.

Your body requires proper nutrients for energy production and boosting stamina. Gymnasts, on the one hand, require high calorie intake to avoid tiredness, fatigue, and sluggishness. Other important nutrients include macronutrients such as carbs, protein, and fats.

Foods such as oatmeal, whole-grain pasta, brown rice, and vegetables are considered high-energy foods for a gymnast. It helps in proper fiber and protein absorption. While lean protein meals consisting of eggs and chicken, will boost our energy during training.

- **Get Enough Sleep**

Sleep and exercise go hand-in-hand for athletes and gymnasts. It's important to get enough sleep for proper training, especially when you want to make progress. For gymnastics training, beginners need extra sleep to reduce stress on the muscles and bones. It also helps in recovery for muscle soreness, especially after the first few sessions