

The 4 Gymnastics Resources that I use Constantly

1. [USA Gymnastics Website](#)

The USA Gymnastics website is the official website for everything competitive gymnastics related. There is also an [AAU gymnastics website](#) with official AAU rules.

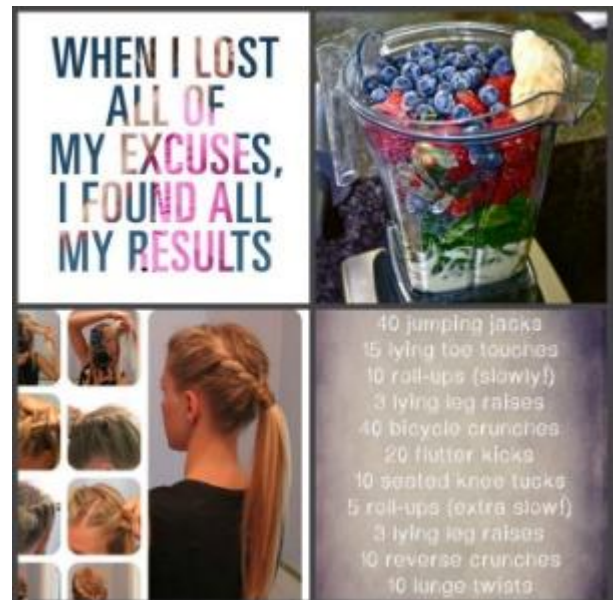
2. [Youtube](#)

Youtube is great for seeing compulsory routine demos and looking at individual skills. Just go on and search for what you want to see. For example, if I want to show someone what a good level 5 compulsory floor routine looks like, I search "Level 5 Gymnastics Compulsory Floor Routine 2014". In the results I scroll through and try to find one that says they got a score of 9.3 or better. You can also look at videos posted by [USA Gymnastics](#) or [FIG](#) (International Gymnastics Federation).

3. [Pinterest](#)

Pinterest has surprised me in that it is an excellent resource for many things gymnastics related. Here are my favorite subjects to refer to pinterest for:

- **Healthy food recipes**- essential for the growing gymnast
- **Pre and Post workout snack ideas**- like healthy smoothies
- **Conditioning workouts for at home** – there are tons on creative ones on Pinterest!
- **Gymnastics Motivation & Inspiration**
- **Hairstyles for Gym Meets**- Pinterest has lots of unique ways to put your hair up for gym meets



4. [Official Rule Books: Junior](#)

[Olympic Code of Points, Junior Olympic Compulsory Book, Xcel Code of Points](#)

I try to break down a lot of the rules on GymnasticsHQ to make them simpler and easier to understand, but these books are the official source. You can buy the books from the website or they are available in the iTunes App store as an app on your device. While I use them constantly, I wouldn't necessarily recommend that you buy them because they are very technical and can be hard to understand. The Compulsory Book app does have official videos though, which is a nice feature!