

Written by John Crumlish

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Although four-time German Olympian **Fabian Hambuechen** has been out of competitive action since he won his first gold medal at the 2016 Olympic Games in Rio, he told IG he is ready to take on the challenge of performing in "The Superstars of Gymnastics" at The O2 arena in London in March.

"Honestly, I didn't hesitate one second to accept this offer," said Hambuechen, who placed third on high bar at the 2008 Beijing Olympics, second on high bar at the 2012 London Games and first on high bar in Rio (pictured with his gold medal). "It's an honor to get back to the place where I won my Olympic silver medal, and I still love doing gymnastics."

Hambuechen, who will turn 31 next month, said performing in London alongside fellow Rio gold medalists **Max Whitlock** of Great Britain, **Simone Biles** of the U.S., **Aliya Mustafina** of Russia and others will not require him to start from scratch, however.

"Two months ago, I had an exhibition together with the German legend, **Eberhard Gienger**, where I did high bar and a few tumblings on floor," he said. "So actually I'm still in it."

To perform on par with Whitlock and the others in London, Hambuechen said he plans to train efficiently.

"I'm still very busy with many appointments but I try to work out as often as I can," he said. "On high bar I will do many releases, and on floor and vault I'll try to get back to the skills I did in my last competition."

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Hambuechen said keeping in top form is a priority, and he wants to pace his progress until London.

"I did a lot of fitness in the past few months so that my body is still in shape," he said. "But gymnastics is different, so it needs a good structure and hard preparation in the last weeks before the show."

Hambuechen said he is optimistic for Germany's prospects at the World Championships next month in Doha, Qatar. He is particularly enthusiastic about **Lukas Dauser**, who last weekend led the all-around at the first of Germany's two trials for Doha. The second trials will take place at the end of the month.

"It's nice to see Lukas Dauser back in shape after his injury last year," Hambuechen told IG. "He made it back to the all-around and won the first trial. He also scored a 15.30 on p-bars, which means he will definitely be a contender for finals at Worlds."

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