

# Beginner

British  
Gymnastics

## Welcome to **GymFit!** Gymnasts at home!

Each week we'll release a **new plan** for you to try, **repeat it twice in a week** to get your **heart rate up** and **work your full body!**

Make sure to clear a safe space before you start.

Do a quick warm up before you begin the circuit. Here's an example you could use:

**20 marches**

**20 slow arm circles**

**20 side leans**

**20 second jog on the spot**

There are **3 different levels** for each exercise, pick the one that is best for you.

Do each exercise for **40 seconds**, then rest for **20 seconds** before moving on.

Complete all **5 exercises**, this is 1 circuit.

Repeat each circuit **4 times** before giving the weekly challenge a try.

Tweet us **@BritGymnastics** and use **#GymnastsAtHome** to show us your challenges!

# WEEK 1



There will be a  
**new challenge**  
**to complete**  
**each week!**

### Disclaimer:

Participation in any of the activities listed is carried out wholly at your own risk!

# Cardio Vascular Beginner

GYM FIT

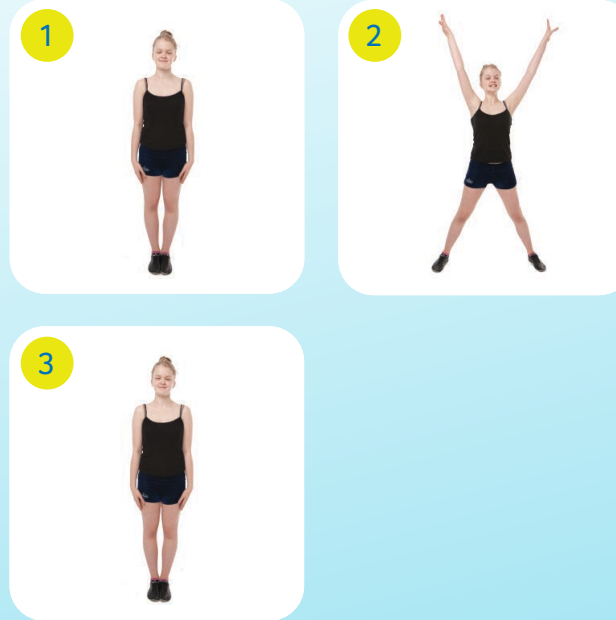
Jacks

## LEVEL 1 SINGLE LEG JACKS



- 1 Start with hands on hips
  - 2 Extend one leg out to the side
  - 3 Return to centre
  - 4 Extend opposite leg to the side
- Return to centre
  - This is one rep
  - Continue movements

## LEVEL 2 JUMPING JACKS



- 1 Start with feet together and arms by your side
  - 2 Jump both feet out to the side and at the same time raise arms above head
  - 3 Return feet to centre and arms by side
- Repeat move

## LEVEL 3 JUMPING JACK SQUAT



- 1 Start with feet together and arms by your side
  - 2 Jump both feet out to side and at the same time raise arms above head
  - 3 Return feet to centre and arms by side
  - 4 Perform a half squat and return to standing
- Repeat move

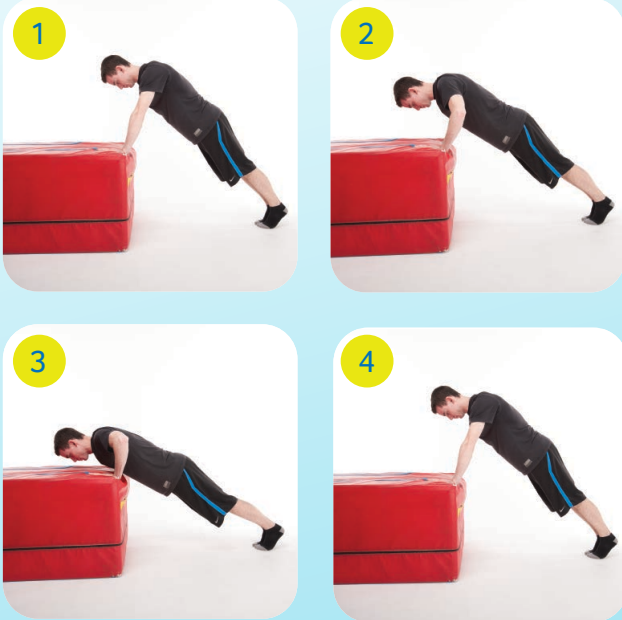
# Upper Body Beginner



## Press ups

### LEVEL 1

#### FULL PRESS UP - INCLINE - HIP HEIGHT



- 1 Hands on a platform around hip height
- Feet on floor and hands shoulder width apart
- Keep body straight and tight
- 2 Bend arms and lower down to platform until chest touches
- 3
- 4 Press arms straight
- Repeat move

### LEVEL 2

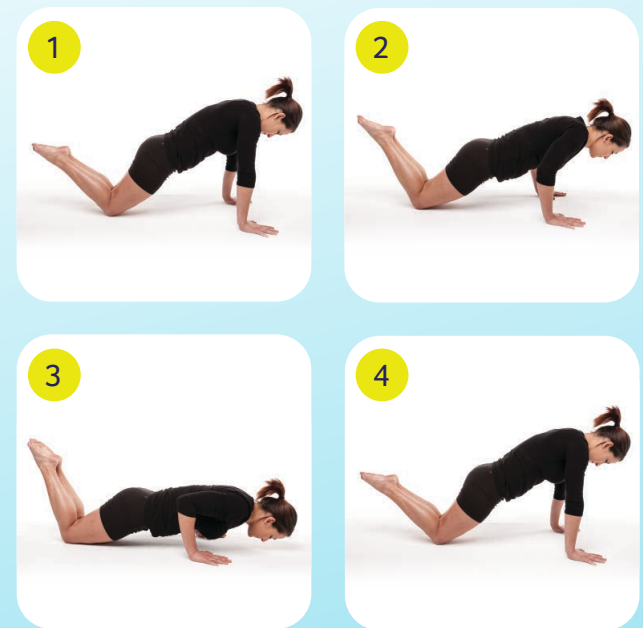
#### PRESS UP KNEES - INCLINE



- 1 Hands on a raised surface (lower than level one exercise)
- Knees on floor and hands shoulder width apart
- Keep body straight and tight
- 2 Bend arms and lower down to platform until chest touches
- 3
- 4 Press arms straight
- Repeat move

### LEVEL 3

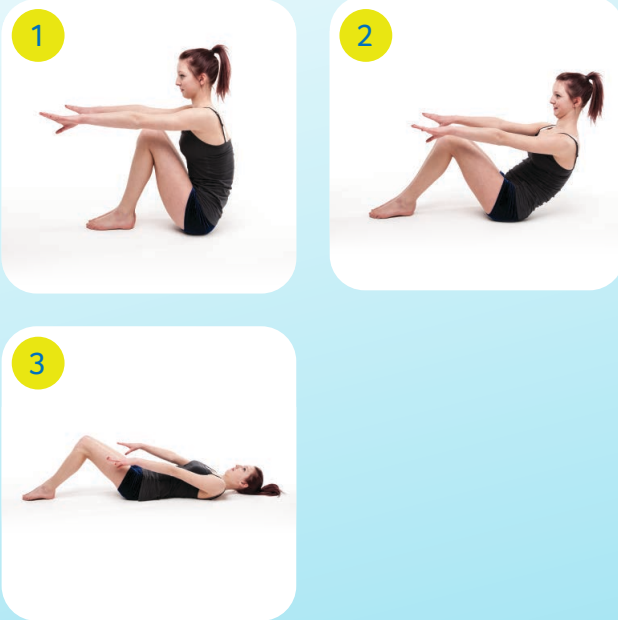
#### PRESS UP KNEES



- 1 Hands shoulder width apart
- Knees on floor
- Shoulders over hands
- No arch or curve in back
- 2 Lower down to floor until nose touches floor, keeping body straight and tight
- 3
- 4 Press arms straight keeping body straight and tight. Repeat move

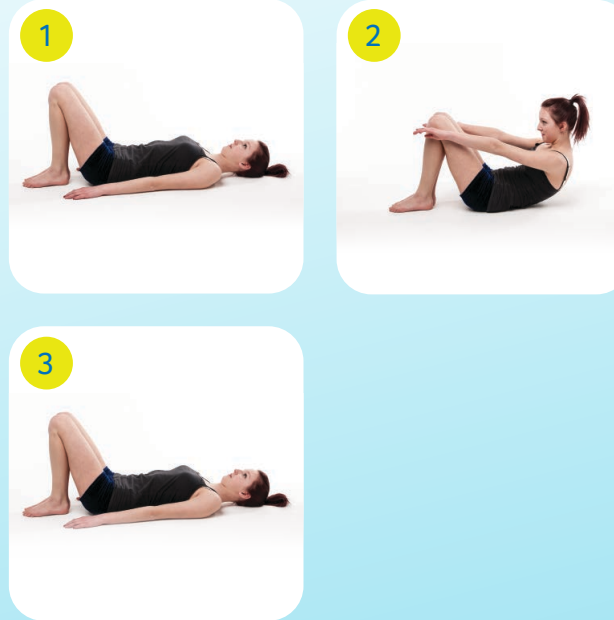
# Core Beginner

## LEVEL 1 SIT UPS - DECLINE



- 1 Sit on the floor
  - Knees bent, feet flat on floor
  - Arms stretched out in front
- 2 Lean backwards as far as you can without letting your back touch the floor and hold for 3 seconds
  - Back should be rounded at all times
- 3 Relax after the 3 seconds
  - Return to position 1 and repeat move

## LEVEL 2 SIT UPS - KNEE TAPS



- 1 Lie on back
  - Knees bent, feet flat on floor
  - Arms by your sides
- 2 Lift shoulders and head off the floor
  - Tap side of knees with hands
  - Back should be rounded at all times
- 3 Lower to floor
  - Repeat move

## LEVEL 3 SIT UPS - FULL



- 1 Lie on back
  - Knees bent, feet flat on floor
  - Hands placed at side of head
  - Elbows pushed back
- 2 Lift shoulders, head and back off the floor
- 3 Perform a full sit up
  - Back should be rounded at all times
- 4 Controlled lower to the floor
  - Repeat move

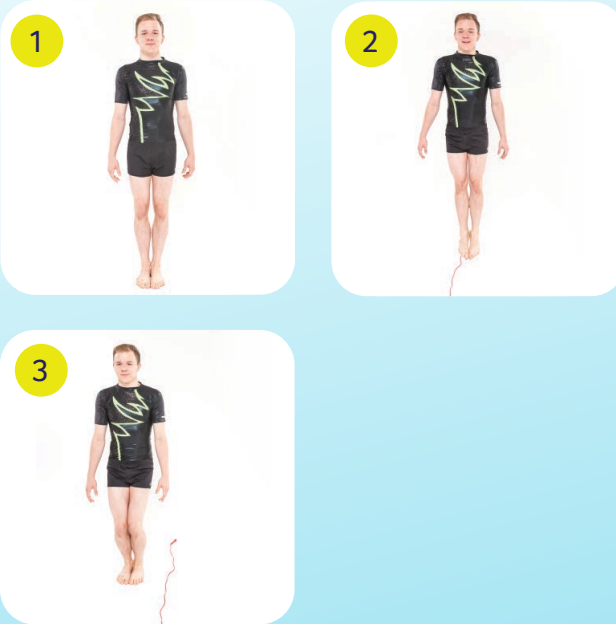
# Cardio Vascular Beginner



## Side jumps

### LEVEL 1

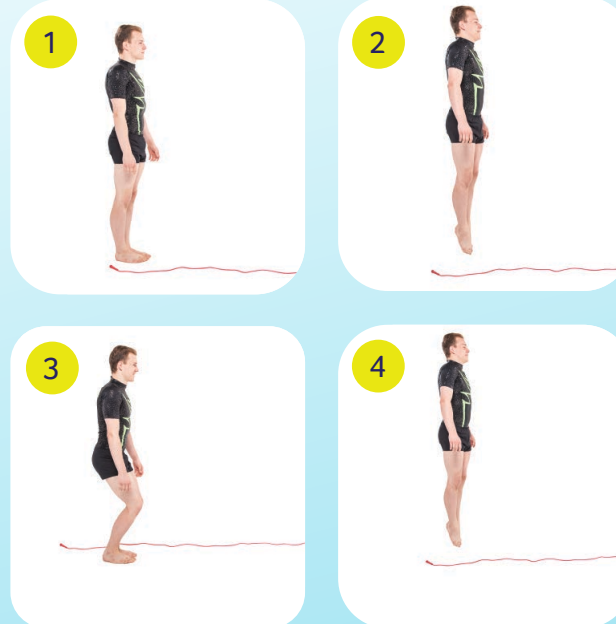
#### SIDE TO SIDE JUMPS



- 1 Mark a line on the floor (chalk line, skipping rope etc)
  - Start one side of line, feet together
- 2 Jump over the line so you land the other side with feet together
- 3 Continue jumping side to side

### LEVEL 2

#### TRAVELLING SIDE JUMPS



- 1 Place a line across the floor (10m in length)
  - Perform a side jump over the line
- 2 Side jump back over the line
- 3 Travel the length of the line
  - Turn around at the end and return

### LEVEL 3

#### SIDE TO SIDE JUMPS OVER PLATFORMS



- 1 Place a small foam platform on the floor
  - Start one side of the platform, feet together
- 2 Jump over the platform so you land the other side with feet together
- 3 Continue jumping side to side

# Lower Body Beginner



## Squats

### LEVEL 1 SQUATS

1



2



3



- 1 Stand with feet shoulder width apart and arms in front of body
- 2 Bend knees to 90 degrees
  - Ensure knees are over toes
- 3 Return to start
  - Repeat move

### LEVEL 2 HALF SQUAT HOLDS

1



2



3



- 1 Feet shoulder width apart and arms in front of body
- 2 Bend knees to 45 degrees
  - Ensure knees are over toes
  - Hold for 4 seconds
- 3 Return to start
  - Repeat move

### LEVEL 3 FULL SQUAT HOLDS

1



2



3



- 1 Feet shoulder width apart and arms in front of body
- 2 Bend knees to 90 degrees aiming to get thighs as horizontal as possible
  - Ensure knees are over toes
  - Hold for 4 seconds
- 3 Return to start
  - Repeat move

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## Your Challenge!

### FOR WEEK 1

How many **squats** or **squat jumps**  
can you complete in **one minute**?



don't forget to  
**print out** your  
**certificate!**