

Intermediate

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!

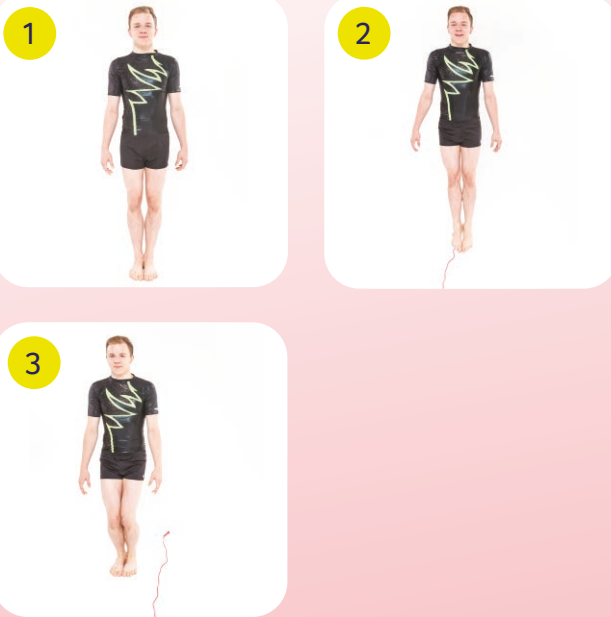
Cardio Vascular Intermediate



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)
- 2 Perform a side jump over the line
- 3 Side jump back over the line
- 4 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

Core Intermediate



Knee crunches

LEVEL 1 KNEE CRUNCH

1



2



3



- 1 Lay flat on floor with arms above head and legs bent
- 2 Crunch knees into chest
- 3 Lower feet back to the floor with control
- Repeat move
- Back should be rounded at all times

LEVEL 2 HALF DISH KNEE CRUNCH

1



2



3



- 1 Lay flat on floor with arms above head and legs bent
- Lift shoulders off the floor
- 2 Crunch knees into chest
- 3 Lower feet back to the floor with control
- Keep shoulders off floor
- Repeat move
- Back should be rounded at all times

LEVEL 3 FULL DISH KNEE CRUNCH

1



2



3



4



- 1 Lay flat on floor with arms above head
- 2 Lift shoulders and feet off the floor
- 3 Crunch knees into chest whilst bringing shoulders upwards at the same time
- 4 Lower back to position 2 with control
- Keep shoulders and feet off floor
- Repeat move
- Back should be rounded at all times

Lower Body Intermediate



Penguin walks

LEVEL 1 PENGUIN WALKS

1



2



3



- 1 Squat down keeping hands off floor
- 2 Walk around the floor in forwards motion
- 3 Stay as low as possible

LEVEL 2 PENGUIN HOPS

1



2



3



- 1 Squat down keeping hands off floor
- 2 Jump around the floor in forwards motion
- 3 Stay as low as possible

LEVEL 3 PENGUIN HOPS CHANGING DIRECTIONS

1



2



3



4



5



- 1 Squat down keeping hands off floor
- 2 Jump around the floor changing directions e.g. jump forwards/backwards/side to side
- 3
- 4
- 5 Stay as low as possible

Upper Body Intermediate



Press ups

LEVEL 1

FRONT SUPPORT ON KNEES LOWER TO THE FLOOR



- 1 Hands shoulder width apart
 - Knees on floor
 - Shoulders over hands
- 2 Lower slowly to floor keeping body straight and tight
- 3 Relax when at the bottom
 - Return to starting position
 - Repeat move

LEVEL 2

PRESS UP KNEES



- 1 Hands shoulder width apart
 - Knees on floor
 - Shoulders over hands
- 2 Lower down to floor until nose touches floor, keeping body straight and tight
- 3 Press arms straight keeping body straight and tight
 - Repeat move

LEVEL 3

FULL PRESS UP



- 1 Hands shoulder width apart
 - Feet on floor
 - Shoulders over hands
- 2 Lower down to floor until nose touches floor, keeping body straight and tight
- 3 Press arms straight keeping body straight and tight
 - Repeat move

Lower Body Intermediate



High jumps

LEVEL 1

SPRING HIGH KNEES

1



2



1

From standing lift one knee as close to chest as possible

2

Push through standing leg to perform a small jump and change leg so opposite knee is now lifted

●

Repeat move

LEVEL 2

FLOOR SQUAT STRETCH JUMP

1



2



1

Squat so hands are touching the floor, knees bent, bottom down

2

Extend to perform a straight jump

●

Arms above head

●

Land with slight bend in knees and return to squat position

1



2



1

Use arms to perform a jump

2

Lift knees into stomach

●

Using a rebound jumping action

●

Repeat move

Intermediate

British
Gymnastics

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!