

Advanced

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



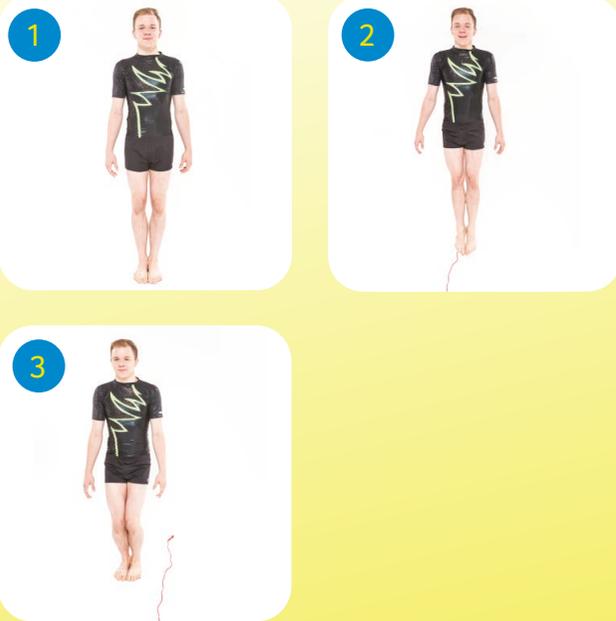
There will be a
new challenge
to complete
each week!

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

Cardio Vascular Advanced

LEVEL 1

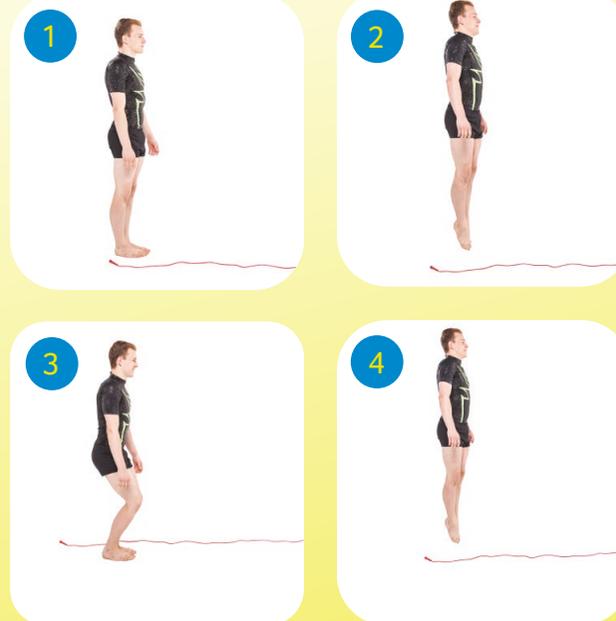
SIDE TO SIDE JUMPS



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

Core Advanced



Front supports

LEVEL 1

FRONT SUPPORT - LEG RAISES



- Hands shoulder width apart
- Shoulders over hands. Toes on floor
- Legs extended and together
- Lift one leg off floor (2 inches)
- Hold for 2 seconds
- Return to floor and repeat on other leg

LEVEL 2

FRONT SUPPORT - ARM RAISES



- Hands shoulder width apart
- Shoulders over hands. Toes on floor
- Legs extended and together
- Lift one arm off the floor
- Extend so lifted by ear. Hold for 2 seconds
- Return to floor and repeat on other arm

LEVEL 3

FRONT SUPPORT - 1 LEG, 1 ARM



- Hands shoulder width apart
- Shoulders over hands. Toes on floor. Legs extended and together
- Lift one leg off floor
- Lift the opposite arm off the floor and stretch in front of head. Hold for 2 seconds
- Return to floor and repeat on other leg and arm

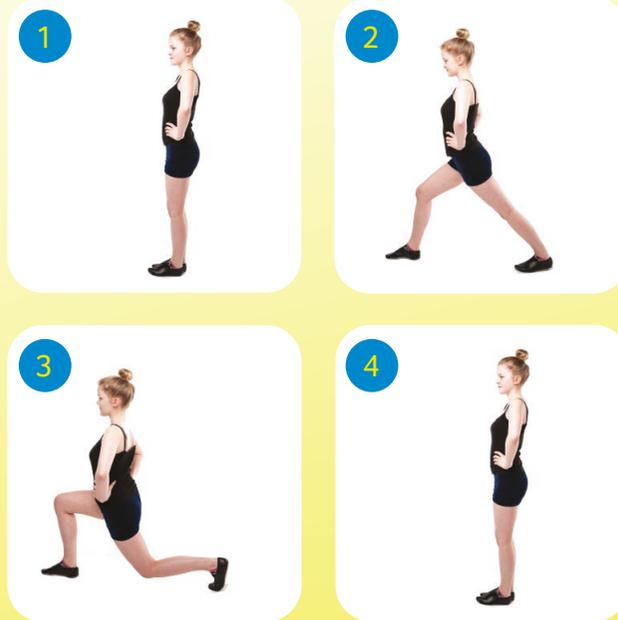
Lower Body Advanced

LEVEL 1 LUNGES



- 1 Start standing upright
- 2 Move one foot in front of the other
- 3 Bend front leg – approx 45 degrees
 - Keep back straight
- 4 Push back to upright position
 - Repeat on other leg

LEVEL 2 MOUNTAIN CLIMBERS



- 1 Start standing upright
- 2 Move one foot in front of the other
- 3 Bend front leg
 - Bend back leg so knee touches the floor
- 4 Push back to upright position
 - Repeat on other leg

LEVEL 3 MOUNTAIN CLIMBERS ON MAT



- 1 Start standing upright in front of a safety mat
- 2 Move one foot in front of the other so front foot is on the safety mat
- 3 Bend front leg
 - Bend back leg so knee touches the floor
- 4 Push back to upright position
 - Repeat on other leg

Upper Body Advanced

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 Advanced

LEVEL 1

TUCK ROCK TO STAND



- 1 Start standing with feet together
 - Arms out in front of you
- 2 Squat to the floor
- 3 Rock backwards keeping tuck position
 - Rock forwards moving shoulders forwards
- 4 Push on legs to stand
 - Repeat move

LEVEL 2

TUCK ROCK TO STAND AND JUMP



- 1 Start standing with feet together
 - Arms out in front of you
- 2 Squat to floor
- 3 Rock backwards keeping tuck position
 - Rock forwards moving shoulders forwards
- 4 Push through legs to stand
 - Perform a straight jump
 - Sit back to floor and repeat the move

LEVEL 3

TUCK ROCK TO SQUAT THRUST



- 1 Start in tuck sitting position on floor
 - Arms out in front of you
- 2 Rock backwards keeping tuck position
- 3 Rock forwards moving shoulders forwards
- 4 Push through legs to stand
 - Arms above head
- 5 Perform squat thrust
- 6

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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!