

Intermediate

British
Gymnastics

Welcome to **GymFit** at home!

This week we're focussing on **core strength while raising the heart rate.**

Repeat this circuit twice in the week.

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

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 6



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!

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

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

LEVEL 3

TUCK JUMP

1



2



1

Use arms to perform a jump

2

Lift knees into stomach

●

Using a rebound jumping action

●

Repeat move

Core Intermediate

LEVEL 1

DISH LIFTS - ARMS AT SIDE

1



2



3



1 Lie flat on back

Arms by side

2 Lift head and shoulders off floor and at same time lift legs 3 - 4 inches off floor

Back should be rounded so that lower back is pressed into the floor

Hold for a moment

3 Lower and repeat

LEVEL 2

DISH LIFTS - ARMS AT EARS

1



2



3



1 Lie flat on back

Arms stretched out above head

2 Lift arms, head and shoulders off floor and at same time lift legs 3 - 4 inches off floor

Back should be rounded so that lower back is pressed into the floor

Hold for a moment

3 Lower and repeat

LEVEL 3

DISH ROCKS

1



2



3



4



1 Lie flat on back

Arms stretched out above head

2 Lift arms, head and shoulders off floor and at same time lift legs 3 - 4 inches off floor

Back should be rounded so that lower back is pressed into the floor

3 Move body backwards and forwards in a rocking motion

4

Lower Body Intermediate

LEVEL 1

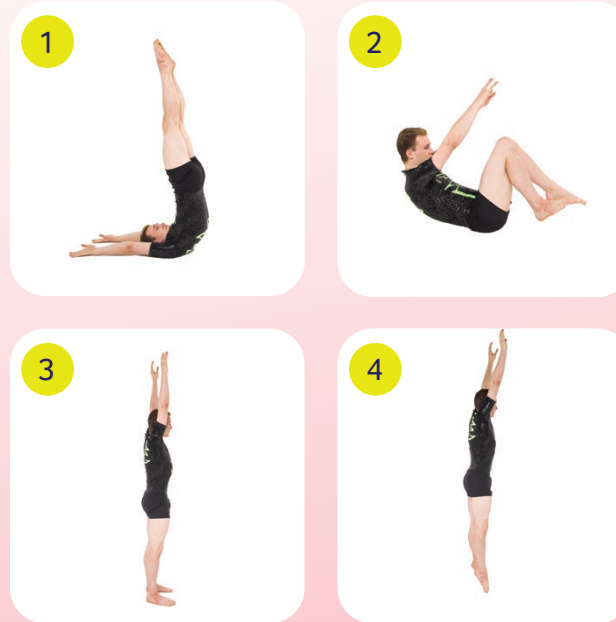
SHOULDER STAND ROCK TO STAND



- 1 Start standing with arms out in front of you
- 2 Bend knees and lower to floor
- 3 Rock backwards into a shoulder stand
- 4 Rock forwards moving shoulders forwards
- 5 Push to stand raising arms above head
- Return to seating position
- Repeat move

LEVEL 2

SHOULDER STAND ROCK TO JUMP



- 1 Rock backwards into a shoulder stand
- 2 Rock forwards moving shoulders forwards
- 3 Push to stand raising arms above head
- 4 Perform a straight jump
- Land and return to seating position
- Repeat move

LEVEL 3

SHOULDER STAND ROCK TO ONE FOOT STAND



- 1 Rock backwards into a shoulder stand
- 2 Rock forwards moving shoulders forwards
- 3 Push to stand on one leg, raising arms above head
- 4 Return to seating position and repeat move alternating legs

Core Intermediate

LEVEL 1

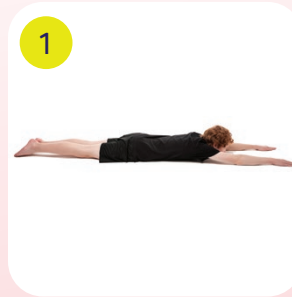
DORSAL RAISE - ARMS AT EARS



- 1 Lay flat on stomach with arms out stretched in front
- 2 Lift arms, head, shoulders and chest off floor
 - Allow legs to stay on the floor
 - Hold for a moment
- 3 Lower down and repeat move

LEVEL 2

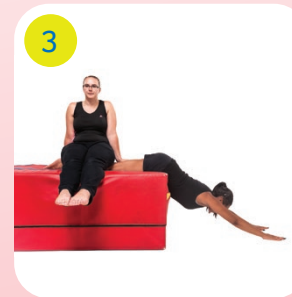
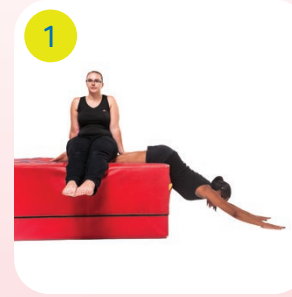
ARCH LIFTS - ARMS AT EARS



- 1 Lay flat on stomach
 - Arms out stretched in front
- 2 Lift arms, head, chest and shoulders off floor, keeping arms by ears
 - At same time lift legs off floor keeping them straight and pressed together
- 3 Lower down with control and repeat move

LEVEL 3

DORSAL RAISE HYPER-EXTENSION



- 1 Lay with hips on a raised platform
 - Arms out stretched in front or hands placed at the side of head
 - Partner to support legs
- 2 Lift trunk to horizontal position
 - Allow legs to stay on the platform
 - Hold for a moment
- 3 Lower down and repeat move

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Your Challenge!

FOR WEEK 6

How many **dish rocks** can
you complete in **45 seconds**?



don't forget to
print out your
certificate!