

Advanced

British
Gymnastics

Welcome to **GymFit** at home!

This week we're focussing on **raising our heart rate to exercise the whole body.**

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 5



There will be a
new challenge
to complete
each week!

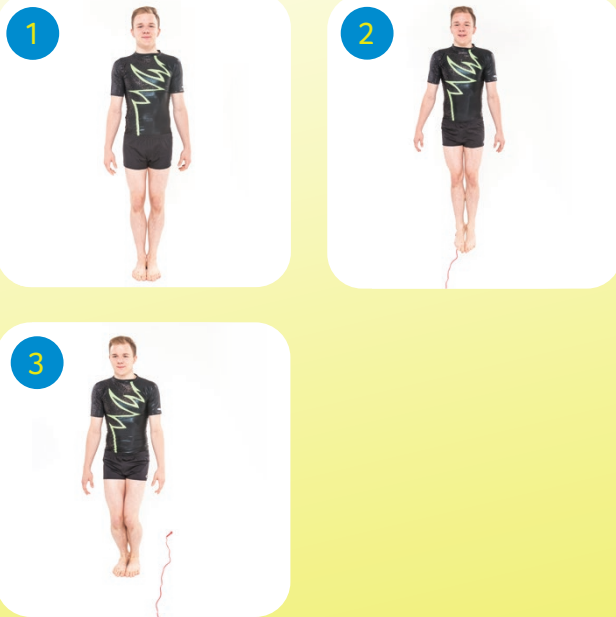
Disclaimer:

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

Cardio Vascular Advanced

LEVEL 1

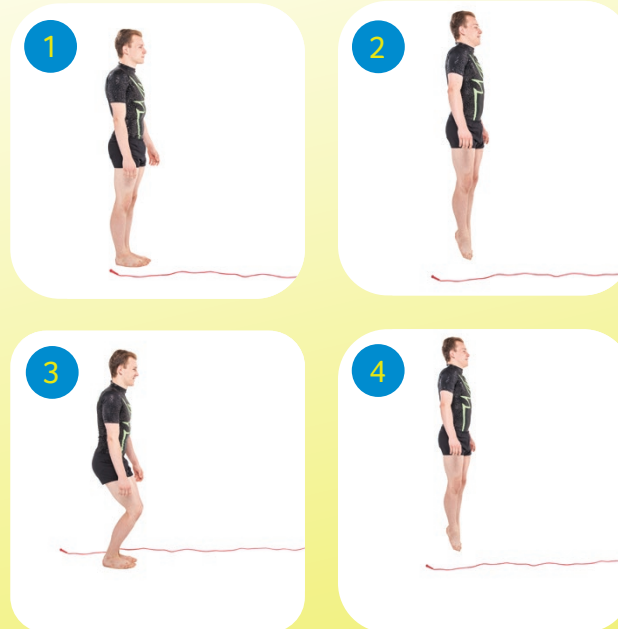
SIDE TO SIDE JUMPS



- 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

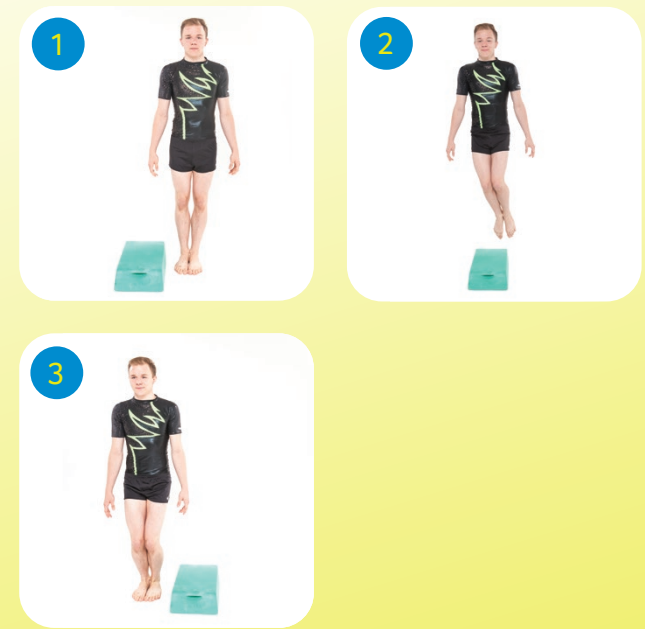
TRAVELLING SIDE JUMPS



- 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

LEVEL 1

SIDE SUPPORT ON ELBOW

1



2



- 1 Lie on one side supporting yourself with elbow and forearm on floor
 - Place one foot on top of the other or one foot slightly in front of the other
- 2 Lift hips off floor so that only elbow, arm and feet are on the floor
 - Straight line in body
 - Hold for allocated time and repeat on other side

LEVEL 2

SIDE SUPPORT ON HAND

1



2



- 1 From sitting slightly to the side
 - Place one foot on top of the other or one foot slightly in front of the other
 - Lift hips off floor so that you are supporting yourself on your hand
 - Only hand and feet are on the floor
- 2 Raise free arm upwards. Straight line in body
 - Hold for allocated time and repeat on other side

LEVEL 3

SIDE SUPPORT ON HAND - LIFT ONE LEG

1



2



- 1 From sitting slightly to the side. Place one foot on top of the other or one foot slightly in front of the other
 - Lift hips off floor so that you are supporting yourself on your hand
- 2 Lift top leg in the air. Only hand and one foot are on the floor
 - Raise free arm upwards. Straight line in body.
 - Hold for allocated time and repeat on other side

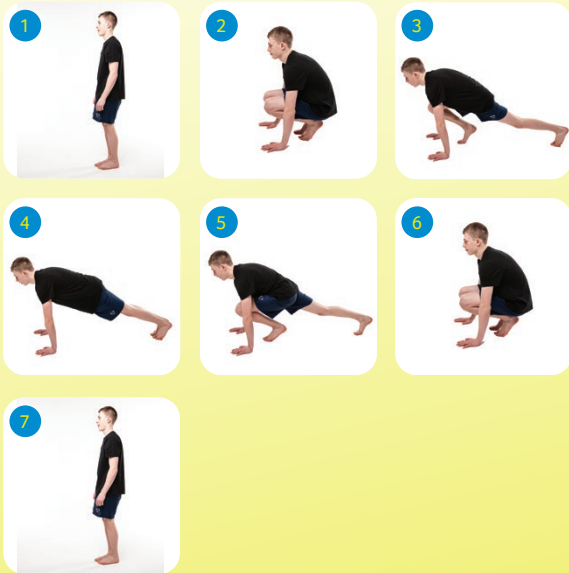
Lower Body Advanced

GYM FIT

Squat thrusts

LEVEL 1

SINGLE LEG SQUAT THRUSTS



- 1 From standing, squat down so hands are on the floor
- 2
- 3 Extend one leg behind you, followed by other leg
- 4
- 5 Return one leg back to squat position, followed by other leg
- 6
- 7 Stand and repeat move

LEVEL 2

SQUAT THRUST STAND



- 1 Start in front support position
- 2 Jump feet in towards hands
 - Keep feet and knees together
 - Make sure you bend your knees
- 3 From squat stand upright
- 4 Return to squat position and jump feet out to front support
- 5 Repeat move

LEVEL 3

BURPEE



- 1 Start in front support position
- 2 Jump feet in towards hands
 - Keep feet and knees together
 - Make sure you bend your knees
- 3 From squat position jump up to perform a straight jump
- 4 Return to squat position and jump feet out to front support
- 5 Repeat move

Upper Body Advanced

LEVEL 1

FULL PRESS UP HOLD



- 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 Hold for 3 seconds
 - After 3 seconds return to start position
 - Repeat move

LEVEL 2

PRESS UP HOLD - HANDS WIDE



- 1 Hands wider than shoulder width apart
 - Feet on floor
 - Shoulders over hands
- 2 Lower down to floor until nose touches floor, keeping body straight and tight
- 3 Hold for 3 seconds
 - After 3 seconds return to start position
 - Repeat move

LEVEL 3

PRESS UP HOLDS - LONG HOLD



- 1 Hands slightly wider than shoulder width apart
 - Lean backwards so shoulders are behind hands. Hands in front of body
- 2 Lower down to floor as far as possible, keeping body straight and tight
- 3 Hold for 3 seconds.
 - After 3 seconds return to start position
 - Repeat move

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

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Your Challenge!

FOR WEEK 5

How many **side to side jumps** can you complete in **45 seconds**?



don't forget to
print out your
certificate!