

# Beginner

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 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
  - Perform a full sit up
  - Back should be rounded at all times
- 3 Perform a full sit up
  - Back should be rounded at all times
- 4 Controlled lower to the floor
  - Repeat move

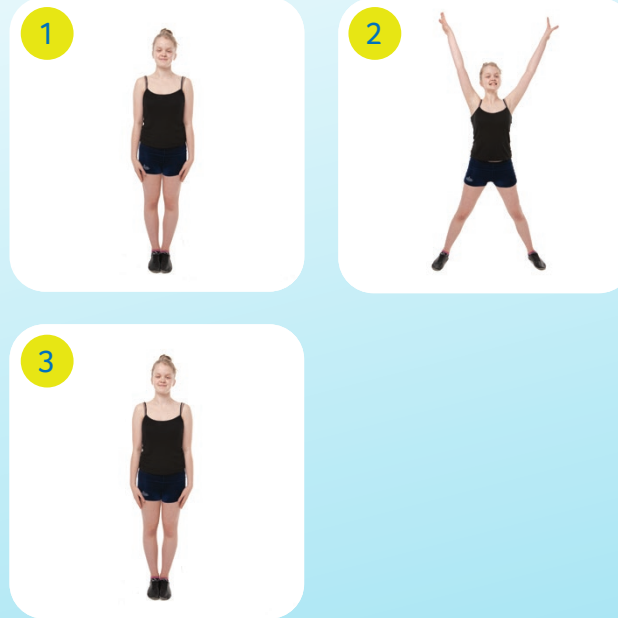
# Cardio Vascular Beginner

### 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

# Core Beginner

## LEVEL 1

### DISH LIFTS - ARMS AT SIDE



- 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 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 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

# Upper Body Beginner

## LEVEL 1 ARM CIRCLES ABOVE



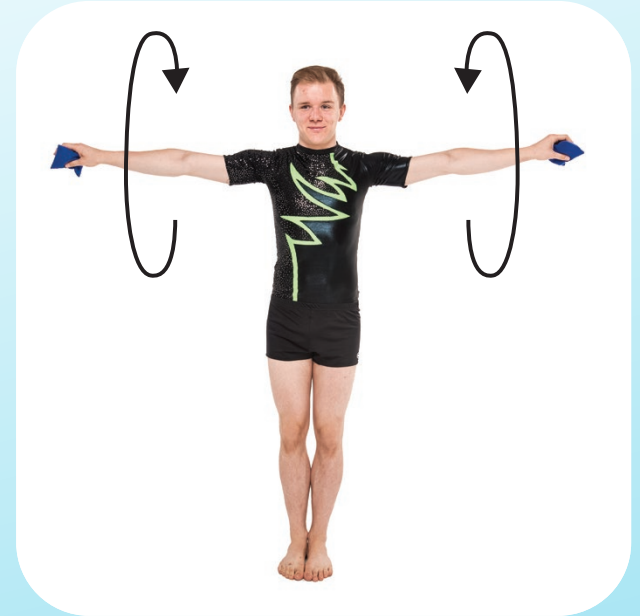
- Stand with arms raised above head
- Keeping arms straight move hands and arms in small circular motions

## LEVEL 2 ARM CIRCLES SIDE



- Stand with arms out to side of body
- Keeping arms straight move hands and arms in small circular motions
- Perform forward circles and then repeat backwards

## LEVEL 3 ARM CIRCLES SIDE WITH WEIGHT



- Stand with arms out to side of body with a small weight/bean bag in hands
- Keeping arms straight move hands and arms in small circular motions
- Perform forward circles and then repeat backwards

# Core Beginner

### LEVEL 1 SIDE TAPS - STANDING

1



2



3



- 1 Stand with feet shoulder width apart and arms by your side
  - 2 Lean to one side and reach to touch your knee
  - 3 Repeat on other side
- Both sides tapped is one rep

### LEVEL 2 SIDE TAPS - LYING

1



2



3



- 1 Lie flat on back with arms by your side
    - Lift shoulders and head off floor
    - Keep legs and lower back pressed into the floor
  - 2 Lean to one side and reach to touch side of your knee
  - 3 Repeat on other side keeping shoulders off the floor
- Both sides tapped is one rep

### LEVEL 3 SIDE TAPS - DISHED

1



2



3



4



- 1 Lie flat on back with arms by your side
  - 2 Lift shoulders, head and feet off floor so you are in dish position
    - Push lower back into the floor
  - 3 Lean to one side and reach to touch side of your knee
  - 4 Repeat on other side keeping shoulders and feet off the floor
- Both sides tapped is one rep

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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!