

Intermediate

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!

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

Cardio Vascular Intermediate

LEVEL 1

SIDE TO SIDE JUMPS

1



2



3



- 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



2



3



4



- 1 Place a line across the floor (10m in length)
 - Perform a side jump over the line
- 2 Side jump back over the line
- 3 Travel the length of the line
 - Turn around at the end and return

LEVEL 3

SIDE TO SIDE JUMPS OVER PLATFORMS

1



2



3



- 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

Lower Body Intermediate

LEVEL 1

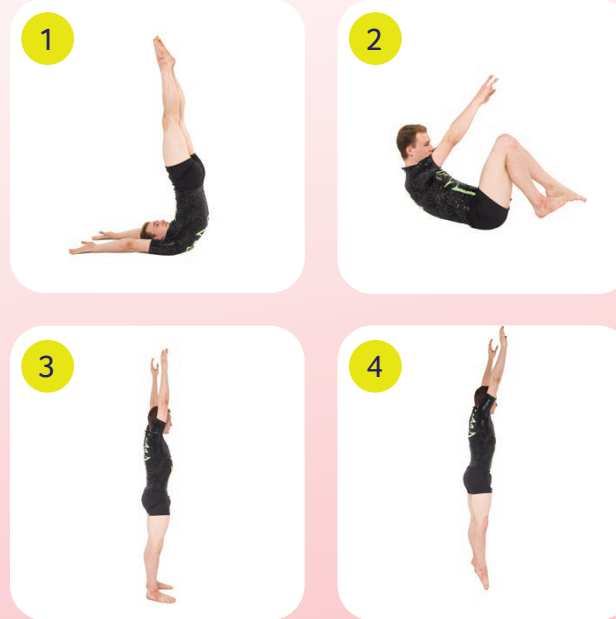
SHOULDER STAND ROCK TO STAND



- 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

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 Stay as low as possible
- 4
- 5

Upper Body Intermediate



Wide press ups

LEVEL 1

FRONT SUPPORT ON KNEES
LOWER TO THE FLOOR - HANDS WIDE

1



2



3



- 1 Hands slightly wider than shoulder width
 - Knees on the floor
- 2 Lower slowly to floor keeping body straight and tight
- 3 Relax when at the bottom
 - Return to starting position

LEVEL 2

PRESS UP ON KNEES - HANDS WIDE

1



2



3



4



- 1 Hands slightly wider than shoulder width
 - Knees on the floor
- 2 Lower down to floor until nose touches floor, keeping body straight and tight
- 3 Relax when at the bottom
- 4 Press arms straight
 - Repeat move

LEVEL 3

FULL PRESS UP - HANDS WIDE

1



2



3



4



- 1 Hands slightly wider than shoulder width
 - Feet on the floor
- 2 Lower down to floor until nose touches floor, keeping body straight and tight
- 3 Relax when at the bottom
- 4 Press arms straight
 - Repeat move

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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!