

Advanced

British
Gymnastics

Welcome to **GymFit** at home!

This week we're focussing on **working our 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 9



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!

Lower Body Advanced



High Jumps

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



Upper Body Advanced



Press up hops

LEVEL 1

PRESS UP ON KNEES - HOP

1



2



3



4



- 1 Hands shoulder width apart
 - Shoulders over hands
 - Knees on floor and together
- 2 Perform a press up
- 3 Push through shoulders to create a hop off the floor
- 4 Slight bend in elbows on return to floor
 - Repeat move

LEVEL 2

PRESS UP - HOP

1



2



3



4



- 1 Hands shoulder width apart
 - Shoulders over hands
 - Feet on floor
- 2 Perform a press up
- 3 Push through shoulders to create a hop off the floor
- 4 Slight bend in elbows on return to floor
 - Repeat move

LEVEL 3

PRESS UP - CLAP

1



2



3



4



- 1 Hands shoulder width apart.
 - Shoulders over hands
- 2 Perform a press up
- 3 Push through shoulders allowing hands to leave the floor
 - Clap hands together quickly and return to normal position for return to floor
- 4 Slight bend in elbows on return to floor
 - Repeat move

Lower Body Advanced

GYM FIT

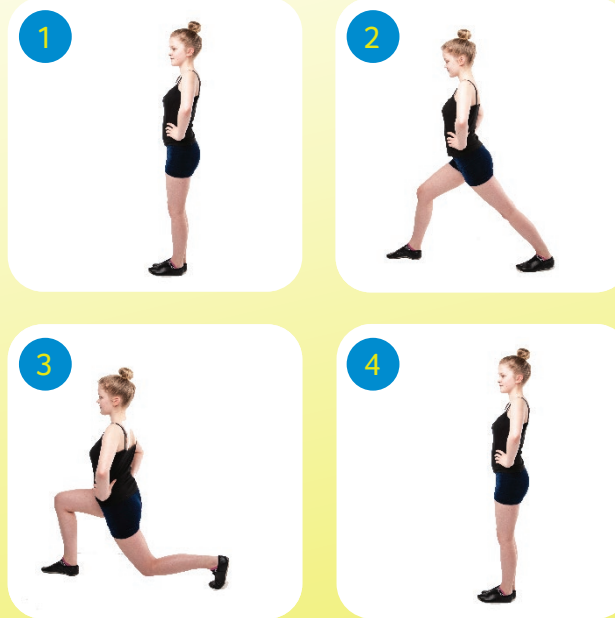
Lunges

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

Core Advanced



Side supports

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

Tuck rocks

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 9

How many **high knee jumps** can you complete in **45 seconds**?



don't forget to
print out your
certificate!