

Advanced

British
Gymnastics

Welcome to **GymFit** at home!

This week we're focussing on **strengthening the upper 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 8



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!

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

Upper Body Advanced

GYM FIT

Arm circles

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

Upper Body Advanced



Decline press ups

LEVEL 1

PRESS UP ON KNEES - DECLINE



- 1 Hands shoulder width apart
 - Shoulders over hands
 - Knees on a raised platform
- 2 Lower down to floor until nose touches floor, keeping body straight and tight
- 3 Push arms straight
- 4 Repeat move

LEVEL 2

FULL PRESS UP - DECLINE



- 1 Hands shoulder width apart
 - Shoulders over hands
 - Feet on a raised platform
- 2 Lower down to floor until nose touches floor, keeping body straight and tight
- 3 Push arms straight
- 4 Repeat move

LEVEL 3

FULL PRESS UP - RAISED DECLINE



- 1 Hands shoulder width apart. Shoulders over hands
 - Feet on a higher raised platform
- 2 Lower down to floor until nose touches floor, keeping body straight and tight
- 3 Push arms straight
- 4 Repeat move

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

Upper Body Advanced



Press up holds (B)

LEVEL 1

PRESS UP HOLD - ELBOWS IN

1



2



3



- 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
 - Keep elbows tucked into side of body
- 3 Hold for 3 seconds.
 - After 3 seconds return to start position
 - Repeat move

LEVEL 2

PRESS UP HOLD - DIAMOND HOLD

1



2



3



- 1 Hands in centre of chest creating a diamond shape with thumb and fore finger
 - Feet on floor. Shoulders over hands
- 2 Lower down to floor until nose touches floor, keeping body straight and tight
 - Keep elbows tucked into side of body
- 3 Hold for 3 seconds.
 - After 3 seconds return to start position
 - Repeat move

LEVEL 3

PRESS UP HOLDS - LEAN

1



2



3



- 1 Hands slightly wider than shoulder width apart. Knees on the floor. Lean forwards so shoulders are in front of hands
- 2 Lower down to floor until nose touches floor, keeping body straight and tight
- 3 Keep elbows tucked into side of body. Hold for 3 seconds.
 - After 3 seconds return to start position
 - Repeat move

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Your Challenge!

FOR WEEK 8

How many **small arm circles** can
you complete in **45 seconds**?



don't forget to
print out your
certificate!