

Advanced

British
Gymnastics

Welcome to **GymFit** at home!

This week the focus is on **strengthening the legs**.
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 II



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

GYM FIT

Crab walks

LEVEL 1

CRAB WALKS SUPPORTED

1



2



3



4



1 Squat down facing a wall or partner for support

2

3 Walk sideways staying in squat position

4

LEVEL 2

CRAB WALKS UNSUPPORTED

1



2



3



1 Squat down

2 Walk sideways staying as low as possible in the squat position

3

LEVEL 3

CRAB WALKS CHANGING DIRECTIONS

1



2



3



1 Working with a partner

2 Both squat down facing each other at arm's length apart

Choose a leader

3 Walk sideways staying in squat position

Leader changes direction with partner following

Lower Body Advanced



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

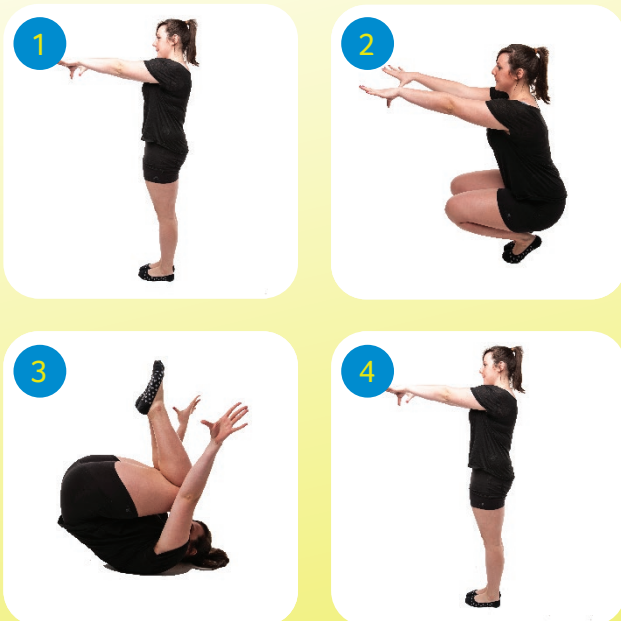
Lower Body Advanced

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

Lower Body Advanced



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
- 4
- 5 Stay as low as possible

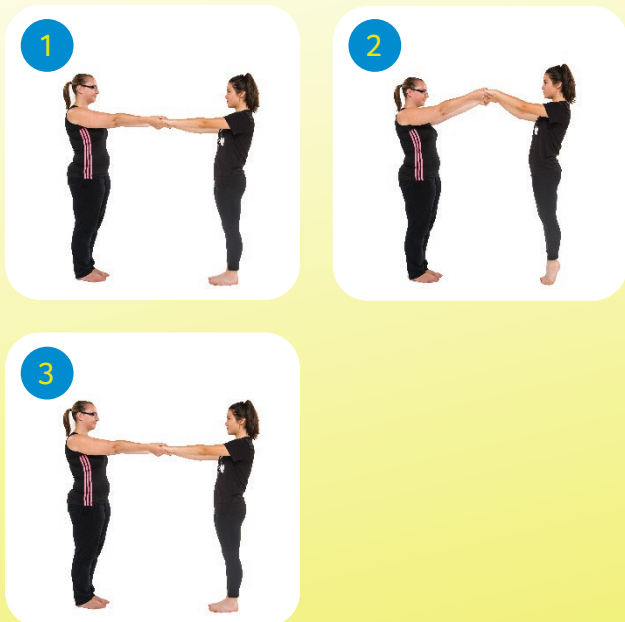


Lower Body Advanced

GYM FIT

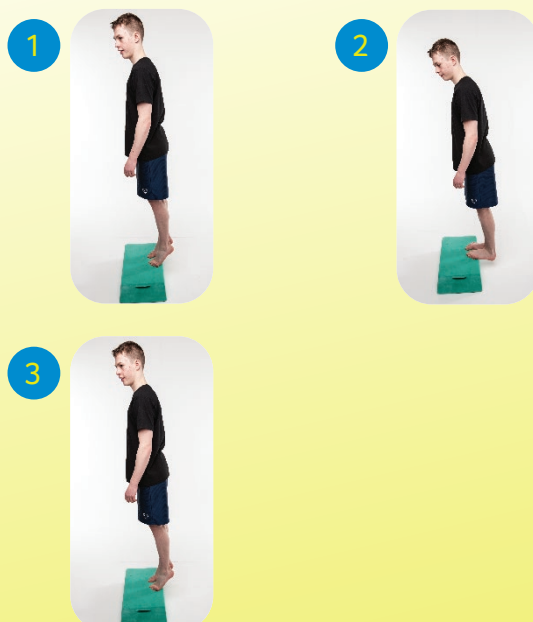
Calf raises

LEVEL 1 CALF RAISES



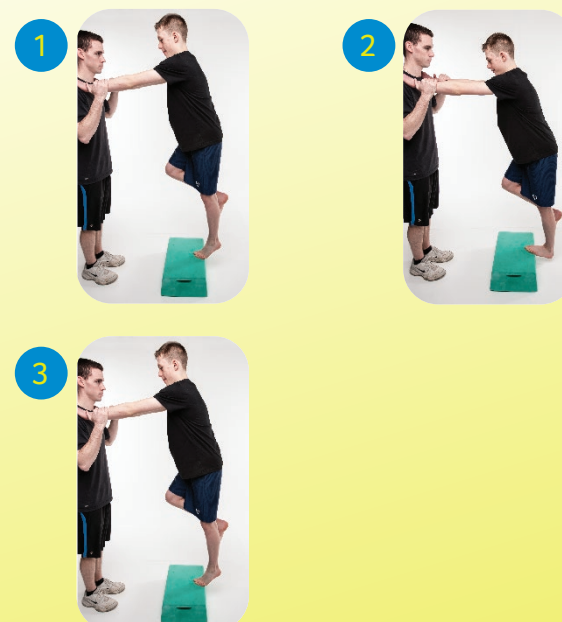
- 1 Standing using a partner or a wall to assist with balance if needed
- 2 Raise heels off floor as high as possible
- 3 Concentrate on keeping heels together
- 3 Return to floor and repeat move

LEVEL 2 CALF RAISES - PLATFORM



- 1 Stand on a platform such as a bench
- 2 Use a partner or a wall to assist with balance if needed
- 3 Balance so that just the balls of your feet are on the edge of a platform
- 2 Let your heels drop as low as possible
- 3 Then raise heels as high as possible

LEVEL 3 SINGLE LEG CALF RAISES



- 1 Stand on platform such as a bench
- 2 Use a partner or a wall to assist with balance if needed
- 3 Balance so that just the balls of your feet are on the edge of a platform
- 2 Transfer weight so that you are balancing on one leg
- 3 Bend the free leg so foot is raised
- 2 Drop your heel as low as possible
- 3 Raise your heel as high as possible

Advanced

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Your Challenge!

FOR WEEK 11

How many **crab walks** can you
complete **without standing up**?

Try your best to squat
with your knees as
close to a right angle
as you can!



don't forget to
print out your
certificate!