

Advanced

British
Gymnastics

Welcome to **GymFit** at home!

This week the focus is 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 12



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



Wide press ups

LEVEL 1

FRONT SUPPORT ON KNEES
LOWER TO THE FLOOR - HANDS WIDE



- 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

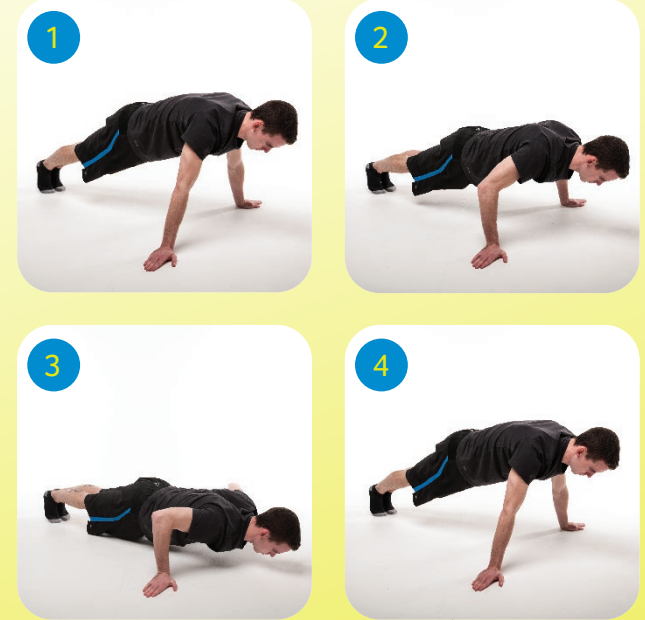
PRESS UP ON KNEES - HANDS WIDE



- 1 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
- 4 Press arms straight
 - Repeat move

LEVEL 3

FULL PRESS UP - HANDS WIDE



- 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
- 4 Press arms straight
 - Repeat move

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

Upper Body Advanced

GYM FIT

Tri dips

LEVEL 1

TRICEP DIP ON BENCH



You can use
a **chair** or **back**
support on the
floor instead of
a bench!

- 1 Hold back support with hands on bench or platform and feet on the floor
- 2 Bend arms so that elbows push backwards
- 3 Push back to support position
- Straight arms
- Repeat move

LEVEL 2

TRICEP DIP ON BENCH - FEET RAISED



- 1 Hold back support with hands on bench or platform and feet raised on another platform so they are the same height as hands
- 2 Bend arms so that elbows push backwards
- 3 Push back to support position
- Straight arms
- Repeat move

LEVEL 3

TRICEP DIP ON PLATFORM



- 1 Stand in between 2 raised platforms or p-bars
- Jump so that you are supporting your weight
- 2 Bend arms so that elbows push backwards
- 3 Push back to support position
- Straight arms
- Repeat move

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

Upper Body Advanced

GYM FIT

Tri press ups

LEVEL 1

FRONT SUPPORT ON KNEES -
LOWER TO THE FLOOR - ELBOWS IN

1



2



3



1 Hands shoulder width apart. Knees on the floor

• Shoulders over hands

2 Lower slowly to floor keeping body straight and tight

Keep elbows tucked into side of body

3 Relax when at the bottom

• Return to starting position

• Repeat move

LEVEL 2

PRESS UP ON KNEES - ELBOWS IN

1



2



3



4



1 Hands shoulder width apart and knees on the floor.

• Shoulder overs hands

2 Lower down to floor until nose touches floor, keeping body straight and tight

• Keep elbows tucked into side of body

4 Press arms straight

• Repeat move

LEVEL 3

FULL PRESS UP - ELBOWS IN

1



2



3



4



1 Hands shoulder width apart. Feet on the 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

4 Press arms straight

• Repeat move

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Your Challenge!

FOR WEEK 12

How many **wide hand press ups** can you complete in **45 seconds**?



don't forget to
print out your
certificate!