

Advanced

British
Gymnastics

Welcome to **GymFit** at home!

This week we're focussing on our **core** whilst still getting the **heart rate** up. 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 2



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 Advanced

LEVEL 1

SIT UP TWIST - FEET ON FLOOR

1



2



3



- 1 Sit with bent knees, feet flat on floor
 - Lean back so body is at 45 degrees
 - Clasp hands together and hold on chest
- 2 Rotate core to one side
 - Return to centre
- 3 Rotate to other side

LEVEL 2

SIT UP TWIST - FEET OFF FLOOR

1



2



3



- 1 Sit with bent knees, feet flat on floor
 - Lean back so body is at 45 degrees
 - Clasp hands together and hold on chest
 - Lift feet off floor
- 2 Rotate core to one side
 - Return to centre
- 3 Rotate to other side

LEVEL 3

SIT UP TWIST - FEET OFF FLOOR & STRAIGHT ARMS

1



2



3

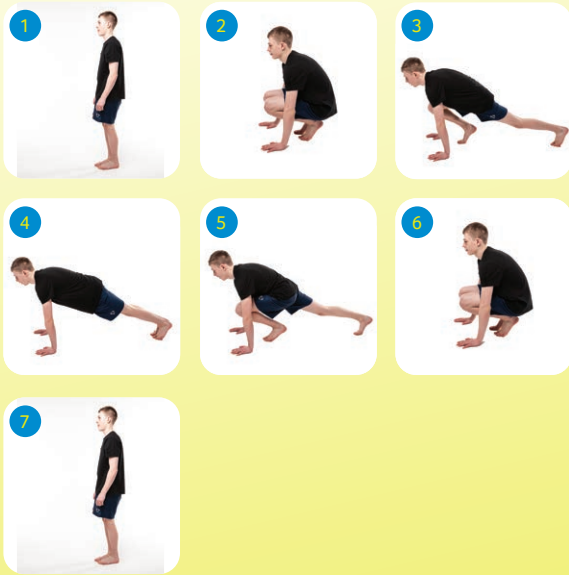


- 1 Sit with bent knees, feet flat on floor
 - Lean back so body is at 45 degrees
 - Hold arms out straight in front of you, with hands clasped
 - Lift feet off floor
- 2 Rotate core to one side and tap hands on the floor at side of the hips
 - Return to centre
- 3 Rotate to other side

Lower Body Advanced

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

Core Advanced

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

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

Core Advanced

LEVEL 1

FRONT SUPPORT - LEG RAISES



- Hands shoulder width apart
- Shoulders over hands. Toes on floor
- Legs extended and together
- Lift one leg off floor (2 inches)
- Hold for 2 seconds
- Return to floor and repeat on other leg

LEVEL 2

FRONT SUPPORT - ARM RAISES



- Hands shoulder width apart
- Shoulders over hands. Toes on floor
- Legs extended and together
- Lift one arm off the floor
- Extend so lifted by ear. Hold for 2 seconds
- Return to floor and repeat on other arm

LEVEL 3

FRONT SUPPORT - 1 LEG, 1 ARM



- Hands shoulder width apart
- Shoulders over hands. Toes on floor. Legs extended and together
- Lift one leg off floor
- Lift the opposite arm off the floor and stretch in front of head. Hold for 2 seconds
- Return to floor and repeat on other leg and arm

Advanced

British
Gymnastics

Your Challenge!

FOR WEEK 2

How many **sit ups** can you do in
one minute?

Remember to keep your back rounded and not pull your head up!



don't forget to
print out your
certificate!