

# Advanced

British  
Gymnastics

## Welcome to **GymFit** at home!

This week we're focussing 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 7



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

## LEVEL 1 SQUATS



- 1 Stand with feet shoulder width apart and arms in front of body
- 2 Bend knees to 90 degrees
  - Ensure knees are over toes
- 3 Return to start
  - Repeat move

## LEVEL 2 HALF SQUAT HOLDS



- 1 Feet shoulder width apart and arms in front of body
- 2 Bend knees to 45 degrees
  - Ensure knees are over toes
  - Hold for 4 seconds
- 3 Return to start
  - Repeat move

## LEVEL 3 FULL SQUAT HOLDS



- 1 Feet shoulder width apart and arms in front of body
- 2 Bend knees to 90 degrees aiming to get thighs as horizontal as possible
  - Ensure knees are over toes
  - Hold for 4 seconds
- 3 Return to start
  - Repeat move

# 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

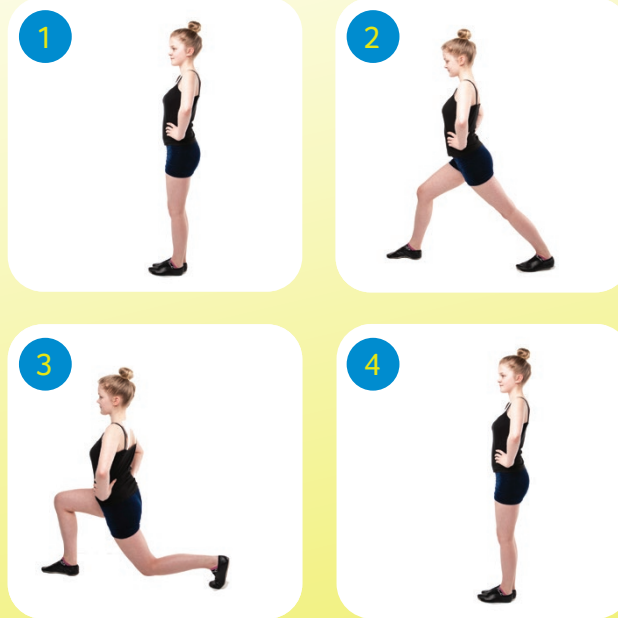
# Lower Body Advanced

### 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

# Lower Body Advanced

## 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



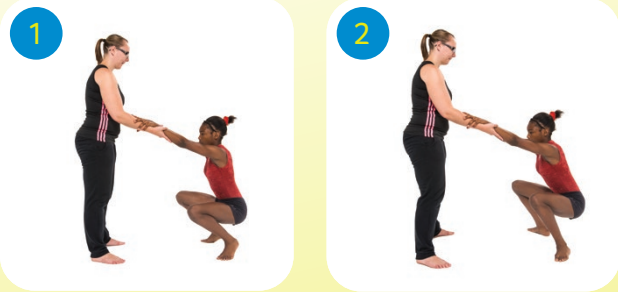
- 1 Start in tuck sitting position on floor
  - Arms out in front of you
- 2 Rock backwards keeping tuck position
- 3 Rock forwards moving shoulders forwards
- 4 Push through legs to stand
  - Arms above head
- 5 Perform squat thrust
- 6



# Lower Body Advanced

## LEVEL 1

### CRAB WALKS SUPPORTED



- 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 Squat down
- 2 Walk sideways staying as low as possible in the squat position
- 3

## LEVEL 3

### CRAB WALKS CHANGING DIRECTIONS



- 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

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## Your Challenge!

FOR WEEK 7

How many **seconds** can you **hold a squat hold** without standing up?



don't forget to  
**print out** your  
**certificate!**