

# Beginner

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 Beginner

## 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

# Core Beginner

## LEVEL 1 SINGLE LEG LIFTS



You don't need to use a partner! Try holding on to a **weighted chair** or to challenge yourself further, **without holding on to anything!**

- 1 Lay on back with arms by side
  - Partner stands behind you with their toes touching your shoulders. Hold on to the ankles of your partner for support
- 2 Raise legs so they are vertical (or as high as possible)
- 3 Lower one leg down towards the floor
  - Using your stomach muscles try to stop the leg from touching the floor, keeping the other leg vertical. Repeat on other leg. Back should be rounded at all times

## LEVEL 2 DOUBLE LEG LIFTS



- 1 Lay on back with arms by side
  - Partner stands behind you with their toes touching your shoulders. Hold on to the ankles of your partner for support
- 2 Raise legs so they are vertical (or as high as possible)
- 3 Lower both legs down towards the floor
  - Using your stomach muscles try to stop legs from touching the floor. Back should be rounded at all times

## LEVEL 3 ROTATIONAL LEG LIFTS



- 1 Lay on back with arms by side
  - Partner stands behind you with their toes touching your shoulders. Hold on to the ankles of your partner for support
- 2 Raise legs so they are vertical (or as high as possible)
- 3 Lower both legs down towards the floor changing the direction each time (diagonal, straight)
  - Using your stomach muscles try to stop legs from touching the floor. Back should be rounded at all times

# Lower Body Beginner

## LEVEL 1

### SPRING HIGH KNEES

1



2



1

From standing lift one knee as close to chest as possible

2

Push through standing leg to perform a small jump and change leg so opposite knee is now lifted

●

Repeat move

## LEVEL 2

### FLOOR SQUAT STRETCH JUMP

1



2



1

Squat so hands are touching the floor, knees bent, bottom down

2

Extend to perform a straight jump

●

Arms above head

●

Land with slight bend in knees and return to squat position

## LEVEL 3

### TUCK JUMP

1



2



1

Use arms to perform a jump

2

Lift knees into stomach

●

Using a rebound jumping action

●

Repeat move

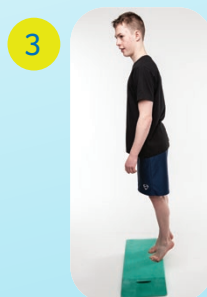
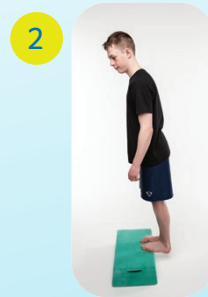
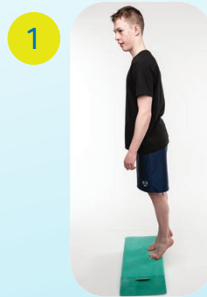
# Lower Body Beginner

## 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



# Core Beginner

## LEVEL 1

### BALANCE BOARD - WIDE FEET



- 1 Using a partner to steady you, put one foot on top of the balance board
- 2 Place the other foot on the board so that your feet are shoulder width apart
- 3 Release from your partner and balance for the specified time

If you don't have a **balance board** at home, use a **cushion or pillow** instead!

## LEVEL 2

### BALANCE BOARD - FEET TOGETHER



- 1 Using a partner to steady you, put one foot on top of the balance board
- 2 Place the other foot on the board so that your feet are shoulder width apart
- 3 Move both feet together
- 4 Release from your partner and balance for the specified time

## LEVEL 3

### BALANCE BOARD - SINGLE LEG



- 1 Using a partner to steady you, put one foot on top of the balance board
- 2 Place the other foot on the board so that your feet are shoulder width apart
- 3 Move both feet together
- 4 Release from your partner and balance for the specified time
- 5 Take one foot off the board and balance for the specified time
- 6 Hold and repeat on the opposite leg

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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!**