

# Intermediate

British  
Gymnastics

Welcome to **GymFit** at home!

This week we're focussing 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 4



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 Intermediate



## Lean press ups

### LEVEL 1

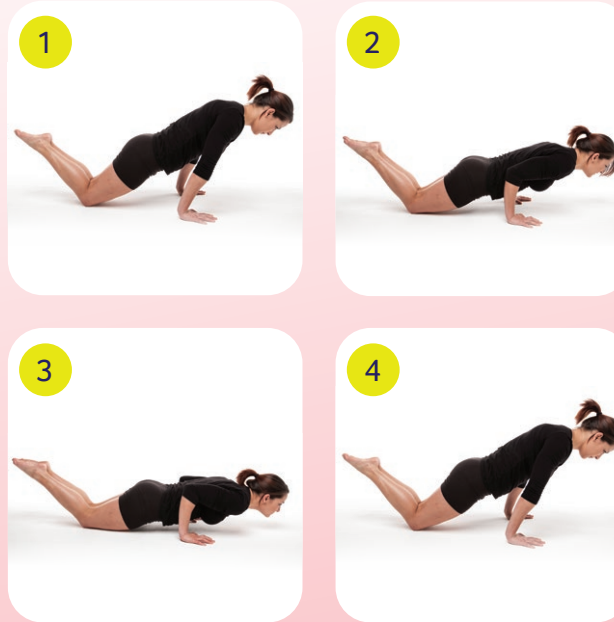
#### FRONT SUPPORT ON KNEES - LEAN



- Hands slightly wider than shoulder width apart
- Knees on the floor
- Lean forwards so shoulders are in front of hands
- Hold position concentrating on body tension and keeping shoulders in front of hands

### LEVEL 2

#### PRESS UP ON KNEES - LEAN



- 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
- 4 Press arms straight
- Repeat move

### LEVEL 3

#### FULL PRESS UP - LEAN



- 1 Hands slightly wider than shoulder width apart
- Feet 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.
- 4 Press arms straight
- Repeat move

# Core Intermediate



## Knee crunches

### LEVEL 1 KNEE CRUNCH

1



2



3



- 1 Lay flat on floor with arms above head and legs bent
- 2 Crunch knees into chest
- 3 Lower feet back to the floor with control
- Repeat move
- Back should be rounded at all times

### LEVEL 2 HALF DISH KNEE CRUNCH

1



2



3



- 1 Lay flat on floor with arms above head and legs bent
- Lift shoulders off the floor
- 2 Crunch knees into chest
- 3 Lower feet back to the floor with control
- Keep shoulders off floor
- Repeat move
- Back should be rounded at all times

### LEVEL 3 FULL DISH KNEE CRUNCH

1



2



3



4



- 1 Lay flat on floor with arms above head
- 2 Lift shoulders and feet off the floor
- 3 Crunch knees into chest whilst bringing shoulders upwards at the same time
- 4 Lower back to position 2 with control
- Keep shoulders and feet off floor
- Repeat move
- Back should be rounded at all times

# Upper Body Intermediate



## Wide press ups

### LEVEL 1

FRONT SUPPORT ON KNEES  
LOWER TO THE FLOOR - HANDS WIDE

1



2



3



- 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



2



3



4



- 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 Relax when at the bottom
- 4 Press arms straight
  - Repeat move

### LEVEL 3

FULL PRESS UP - HANDS WIDE

1



2



3



4



- 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 Relax when at the bottom
- 4 Press arms straight
  - Repeat move

# Core Intermediate

### LEVEL 1 SIDE TAP ON SIDE

1



2



3



- 1 Lie on one side with the arm that you are lying on stretched out above your head
  - Other arm resting on top of your body
- 2 Lift up reaching down your leg towards your knee
- 3 Return to start position
  - Repeat move

### LEVEL 2 SIDE LEG LIFT

1



2



3



- 1 Lie on one side with the arm that you are lying on stretched out above your head
  - Other arm resting on top of your body
- 2 Press legs together and lift off the floor
  - Keep upper body still
- 3 Return to start position
  - Repeat move

### LEVEL 3 SIDE CRUNCH

1



2



3



- 1 Lie on one side with the arm that you are lying on stretched out above your head
  - Other arm resting on top of your body
- 2 Lift up reaching down your leg towards your knee
  - Raise legs off floor at same time to crunch
- 3 Return to start position
  - Repeat move



# Upper Body Intermediate



## Long press ups

### LEVEL 1

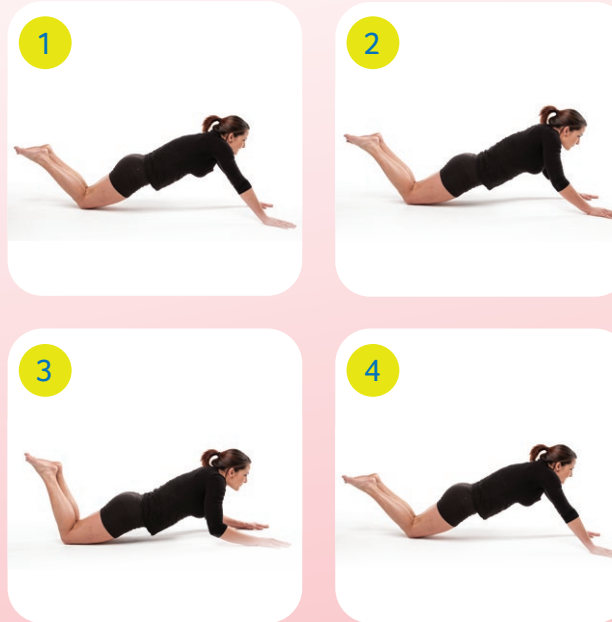
FRONT SUPPORT ON KNEES - LONG HOLD



- Hands slightly wider than shoulder width apart
- Lean backwards so shoulders are behind hands
- Hands in front of body
- Walk knees backwards so that body forms a straight line (front support position)
- Hold position concentrating on body tension and keeping shoulders behind hands

### LEVEL 2

PRESS UP ON KNEES - LONG HOLD



- 1 Hands slightly wider than shoulder width apart. Lean backwards so shoulders are behind hands. Hands in front of body. Walk knees backwards so that body forms a straight line (front support position)
- 2 Lower down to floor until elbows touch floor, keeping body straight and tight
- 3 Keep elbows tucked into side of body
- 4 Press arms straight
- Repeat move

### LEVEL 3

FULL PRESS UP - LONG HOLD



- 1 Hands slightly wider than shoulder width apart. Lean backwards so shoulders are behind hands. Hands in front of body. Walk feet backwards so that body forms a straight line (front support position)
- 2 Lower down to floor until elbow touch floor, keeping body straight and tight
- 3 Press arms straight
- 4 Repeat move

# Intermediate

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## Your Challenge!

FOR WEEK 4

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



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