

Advanced

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!

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

Upper Body Advanced

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 Press arms straight
 - 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 Press arms straight
 - 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 Press arms straight
 - Repeat move

Upper Body Advanced

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

LEVEL 1

PRESS UP ON KNEES - HOP

1



2



3



4



- 1 Hands shoulder width apart
 - Shoulders over hands
 - Knees on floor and together
- 2 Perform a press up
- 3 Push through shoulders to create a hop off the floor
- 4 Slight bend in elbows on return to floor
 - Repeat move

LEVEL 2

PRESS UP - HOP

1



2



3



4



- 1 Hands shoulder width apart
 - Shoulders over hands
 - Feet on floor
- 2 Perform a press up
- 3 Push through shoulders to create a hop off the floor
- 4 Slight bend in elbows on return to floor
 - Repeat move

LEVEL 3

PRESS UP - CLAP

1



2



3



4



- 1 Hands shoulder width apart.
 - Shoulders over hands
- 2 Perform a press up
- 3 Push through shoulders allowing hands to leave the floor
 - Clap hands together quickly and return to normal position for return to floor
- 4 Slight bend in elbows on return to floor
 - Repeat move

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

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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!