

Intermediate

British
Gymnastics

Welcome to **GymFit** at home!

This week we're focussing on **getting a stronger core**.
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 10



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 Intermediate



Front supports

LEVEL 1

FRONT SUPPORT HOLDS



- Hands shoulder width apart
- Shoulders over hands
- Toes on floor
- Legs extended and together
- Hold position

LEVEL 2

FRONT SUPPORT - SHOULDER TAP



- 1 Front support on toes with hands shoulder width apart
 - Shoulders over hands
- 2 Lift right hand off floor to touch left shoulder
 - Keep body straight and tight
- 3 Return to floor and repeat on other hand

LEVEL 3

FRONT SUPPORT - KNEE RAISES



- 1 Front support on toes with hands shoulder width apart
 - Shoulders over hands
- 2 Lift left knee to touch left elbow
 - Keep body straight and tight
- 3 Return to floor and repeat on other leg

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

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

Core Intermediate

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

Core Intermediate

LEVEL 1

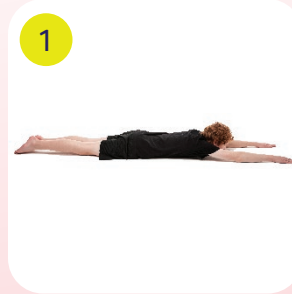
DORSAL RAISE - ARMS AT EARS



- 1 Lay flat on stomach with arms out stretched in front
- 2 Lift arms, head, shoulders and chest off floor
 - Allow legs to stay on the floor
 - Hold for a moment
- 3 Lower down and repeat move

LEVEL 2

ARCH LIFTS - ARMS AT EARS



- 1 Lay flat on stomach
 - Arms out stretched in front
- 2 Lift arms, head, chest and shoulders off floor, keeping arms by ears
 - At same time lift legs off floor keeping them straight and pressed together
- 3 Lower down with control and repeat move

LEVEL 3

DORSAL RAISE HYPER-EXTENSION



- 1 Lay with hips on a raised platform
 - Arms out stretched in front or hands placed at the side of head
 - Partner to support legs
- 2 Lift trunk to horizontal position
 - Allow legs to stay on the platform
 - Hold for a moment
- 3 Lower down and repeat move

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Your Challenge!

FOR WEEK 10

How many times can you **tap the opposite shoulder** in **one minute** holding a **front support**?



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

Remember to pause if you need to take a break then continue counting!