

Beginner

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 Beginner

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 Beginner

LEVEL 1

DISH LIFTS - ARMS AT SIDE



- 1 Lie flat on back
 - Arms by side
- 2 Lift head and shoulders off floor and at same time lift legs 3 - 4 inches off floor
 - Back should be rounded so that lower back is pressed into the floor
 - Hold for a moment
- 3 Lower and repeat

LEVEL 2

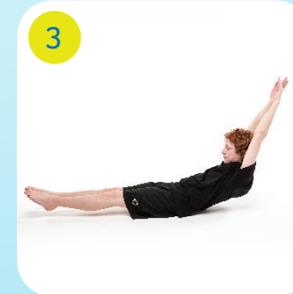
DISH LIFTS - ARMS AT EARS



- 1 Lie flat on back
 - Arms stretched out above head
- 2 Lift arms, head and shoulders off floor and at same time lift legs 3 - 4 inches off floor
 - Back should be rounded so that lower back is pressed into the floor
 - Hold for a moment
- 3 Lower and repeat

LEVEL 3

DISH ROCKS



- 1 Lie flat on back
 - Arms stretched out above head
- 2 Lift arms, head and shoulders off floor and at same time lift legs 3 - 4 inches off floor
 - Back should be rounded so that lower back is pressed into the floor
- 3 Move body backwards and forwards in a rocking motion
- 4

Core Beginner

LEVEL 1 SIT UPS - DECLINE



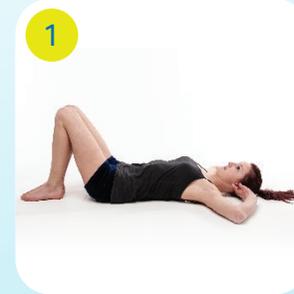
- 1 Sit on the floor
 - Knees bent, feet flat on floor
 - Arms stretched out in front
- 2 Lean backwards as far as you can without letting your back touch the floor and hold for 3 seconds
 - Back should be rounded at all times
- 3 Relax after the 3 seconds
 - Return to position 1 and repeat move

LEVEL 2 SIT UPS - KNEE TAPS



- 1 Lie on back
 - Knees bent, feet flat on floor
 - Arms by your sides
- 2 Lift shoulders and head off the floor
 - Tap side of knees with hands
 - Back should be rounded at all times
- 3 Lower to floor
 - Repeat move

LEVEL 3 SIT UPS - FULL



- 1 Lie on back
 - Knees bent, feet flat on floor
 - Hands placed at side of head
 - Elbows pushed back
- 2 Lift shoulders, head and back off the floor
 - Perform a full sit up
 - Back should be rounded at all times
- 3 Perform a full sit up
 - Back should be rounded at all times
- 4 Controlled lower to the floor
 - Repeat move

Core Beginner

LEVEL 1 SIDE TAPS - STANDING

1



2



3



- 1 Stand with feet shoulder width apart and arms by your side
 - 2 Lean to one side and reach to touch your knee
 - 3 Repeat on other side
- Both sides tapped is one rep

LEVEL 2 SIDE TAPS - LYING

1



2



3



- 1 Lie flat on back with arms by your side
 - Lift shoulders and head off floor
 - Keep legs and lower back pressed into the floor
 - 2 Lean to one side and reach to touch side of your knee
 - 3 Repeat on other side keeping shoulders off the floor
- Both sides tapped is one rep

LEVEL 3 SIDE TAPS - DISHED

1



2



3



4



- 1 Lie flat on back with arms by your side
 - 2 Lift shoulders, head and feet off floor so you are in dish position
 - Push lower back into the floor
 - 3 Lean to one side and reach to touch side of your knee
 - 4 Repeat on other side keeping shoulders and feet off the floor
- Both sides tapped is one rep

Core Beginner

LEVEL 1

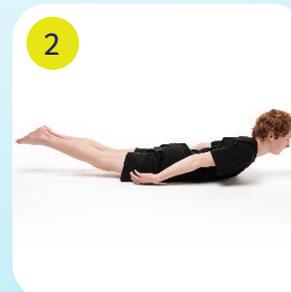
DORSAL RAISE - ARMS AT SIDE



- 1 Lay flat on stomach with your arms by your side
- 2 Lift 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

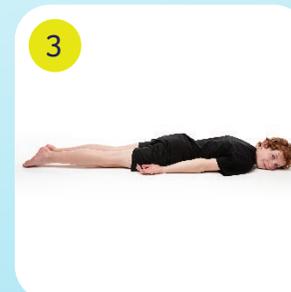
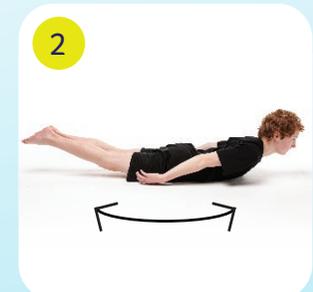
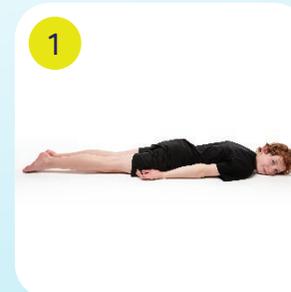
ARCH LIFTS - ARMS AT SIDE



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

LEVEL 3

ARCH ROCKS - ARMS AT SIDE



- 1 Lay flat on your stomach
 - Arms by side
- 2 Lift head, chest and shoulders off floor
 - At same time lift legs off floor keeping them straight and pressed together
- 3 Move body forwards and backwards in a rocking motion

Beginner

British
Gymnastics

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!