Advanced

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!

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!

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





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



LEVEL 3 FRONT SUPPORT - KNEE RAISES









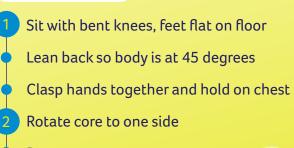
- Front support on toes with hands shoulder width apart
- Shoulders over hands
- Lift left knee to touch left elbow



Return to floor and repeat on other leg

LEVEL 1 SIT UP TWIST - FEET ON FLOOR





- Return to centre
- Rotate to other side

LEVEL 2 SIT UP TWIST - FEET OFF FLOOR





- 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
- Rotate core to one side
- Return to centre
- Rotate to other side



Sit up twists

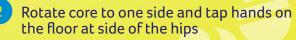
LEVEL 3 SIT UP TWIST - FEET OFF FLOOR & STRAIGHT ARMS



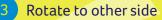




- Sit with bent knees, feet flat on floor
- Lean back so body is at 45 degrees
- Hold arms out straight in front of you, with hands clasped
 - Lift feet off floor



Return to centre



LEVEL 1 SIDE SUPPORT ON ELBOW



LEVEL 2 SIDE SUPPORT ON HAND



GYM FIT Side supports

LEVEL 3 SIDE SUPPORT ON HAND - LIFT ONE LEG



- Lie on one side supporting yourself with elbow and forearm on floor
- Place one foot on top of the other or one foot slightly in front of the other
- Lift hips off floor so that only elbow, arm and feet are on the floor
- Straight line in body
- Hold for allocated time and repeat on other side

- From sitting slightly to the side
- Place one foot on top of the other or one foot slightly in front of the other
- Lift hips off floor so that you are supporting yourself on your hand
- Only hand and feet are on the floor
- 2 Raise free arm upwards. Straight line in body
- Hold for allocated time and repeat on other side

- From sitting slightly to the side. Place one foot on top of the other or one foot slightly in front of the other
- Lift hips off floor so that you are supporting yourself on your hand



Lift top leg in the air. Only hand and one foot are on the floor

- Raise free arm upwards. Straight line in body.
- Hold for allocated time and repeat on other side

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

Lower Body Advanced

LEVEL 1 TUCK ROCK TO STAND





- Start standing with feet together
- Arms out in front of you
- Squat to the floor
- Rock backwards keeping tuck position
- Rock forwards moving shoulders forwards
- Push on legs to stand
- Repeat move

LEVEL 2 TUCK ROCK TO STAND AND JUMP



- 1 Start standing with feet together
- Arms out in front of you
- 2 Squat to floor
- B Rock backwards keeping tuck position
- Rock forwards moving shoulders forwards
- Push through legs to stand
- Perform a straight jump
- Sit back to floor and repeat the move

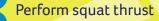
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Tuck rocks

LEVEL 3 TUCK ROCK TO SQUAT THRUST



- 1
- Start in tuck sitting position on floor
- Arms out in front of you
- Rock backwards keeping tuck position
- Rock forwards moving shoulders forwards
- Push through legs to stand
- Arms above head



Bribish Gymnastics

Advanced

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!