

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!

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 Advanced

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 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

Core Advanced

LEVEL 1

SIDE SUPPORT ON ELBOW

1



2



- 1 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
- 2 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

LEVEL 2

SIDE SUPPORT ON HAND

1



2



- 1 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

LEVEL 3

SIDE SUPPORT ON HAND - LIFT ONE LEG

1



2



- 1 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
- 2 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

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

Lower Body Advanced

LEVEL 1

TUCK ROCK TO STAND



- 1 Start standing with feet together
 - Arms out in front of you
- 2 Squat to the floor
- 3 Rock backwards keeping tuck position
 - Rock forwards moving shoulders forwards
- 4 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
- 3 Rock backwards keeping tuck position
 - Rock forwards moving shoulders forwards
- 4 Push through legs to stand
 - Perform a straight jump
 - Sit back to floor and repeat the move

LEVEL 3

TUCK ROCK TO SQUAT THRUST



- 1 Start in tuck sitting position on floor
 - Arms out in front of you
- 2 Rock backwards keeping tuck position
- 3 Rock forwards moving shoulders forwards
- 4 Push through legs to stand
 - Arms above head
- 5 Perform squat thrust
- 6

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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!