

# Advanced

British  
Gymnastics

## Welcome to **GymFit** at home!

This week we're focussing on **core strength while raising the heart rate.**

**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 6



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

#### 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

# 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

# Lower Body Advanced

### LEVEL 1

#### SINGLE LEG SQUAT THRUSTS



- 1 From standing, squat down so hands are on the floor
- 2
- 3 Extend one leg behind you, followed by other leg
- 4
- 5 Return one leg back to squat position, followed by other leg
- 6
- 7 Stand and repeat move

### LEVEL 2

#### SQUAT THRUST STAND



- 1 Start in front support position
- 2 Jump feet in towards hands
  - Keep feet and knees together
  - Make sure you bend your knees
- 3 From squat stand upright
- 4 Return to squat position and jump feet out to front support
- 5 Repeat move

### LEVEL 3

#### BURPEE



- 1 Start in front support position
- 2 Jump feet in towards hands
  - Keep feet and knees together
  - Make sure you bend your knees
- 3 From squat position jump up to perform a straight jump
- 4 Return to squat position and jump feet out to front support
- 5 Repeat move

# Upper Body Advanced

## LEVEL 1

### FULL PRESS UP HOLD



- 1 Hands shoulder width apart
  - Feet on floor
  - Shoulders over hands
- 2 Lower down to floor until nose touches floor, keeping body straight and tight
- 3 Hold for 3 seconds
  - After 3 seconds return to start position
  - Repeat move

## LEVEL 2

### PRESS UP HOLD - HANDS WIDE



- 1 Hands wider than shoulder width apart
  - Feet on floor
  - Shoulders over hands
- 2 Lower down to floor until nose touches floor, keeping body straight and tight
- 3 Hold for 3 seconds
  - After 3 seconds return to start position
  - Repeat move

## LEVEL 3

### PRESS UP HOLDS - LONG HOLD



- 1 Hands slightly wider than shoulder width apart
  - Lean backwards so shoulders are behind hands. Hands in front of body
- 2 Lower down to floor as far as possible, keeping body straight and tight
- 3 Hold for 3 seconds.
  - After 3 seconds return to start position
  - Repeat move



# Core Advanced

### 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

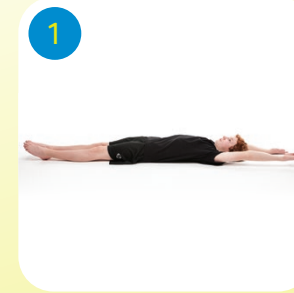
#### DISH LIFTS - ARMS AT EARS



- 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

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## Your Challenge!

FOR WEEK 6

How many **dish rocks** can  
you complete in **45 seconds**?



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