

Intermediate

British
Gymnastics

Welcome to **GymFit** at home!

This week we're focussing on **working our whole body**.
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 9



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!

Lower Body Intermediate

GYM FIT

High jumps

LEVEL 1

SPRING HIGH KNEES

1



2



1

From standing lift one knee as close to chest as possible

2

Push through standing leg to perform a small jump and change leg so opposite knee is now lifted

●

Repeat move

LEVEL 2

FLOOR SQUAT STRETCH JUMP

1



2



1

Squat so hands are touching the floor, knees bent, bottom down

2

Extend to perform a straight jump

●

Arms above head

●

Land with slight bend in knees and return to squat position

LEVEL 3

TUCK JUMP

1



2



1

Use arms to perform a jump

2

Lift knees into stomach

●

Using a rebound jumping action

●

Repeat move

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

Cardio Vascular Intermediate

LEVEL 1

SIDE TO SIDE JUMPS

1



2



3



- 1 Mark a line on the floor (chalk line, skipping rope etc)
- 2 Start one side of line, feet together
- 3 Jump over the line so you land the other side with feet together
- 4 Continue jumping side to side

LEVEL 2

TRAVELLING SIDE JUMPS

1



2



3



4



- 1 Place a line across the floor (10m in length)
- 2 Perform a side jump over the line
- 3 Side jump back over the line
- 4 Travel the length of the line
- 5 Turn around at the end and return

LEVEL 3

SIDE TO SIDE JUMPS OVER PLATFORMS

1



2



3



- 1 Place a small foam platform on the floor
- 2 Start one side of the platform, feet together
- 3 Jump over the platform so you land the other side with feet together
- 4 Continue jumping side to side

Upper Body Intermediate



Long press ups

LEVEL 1

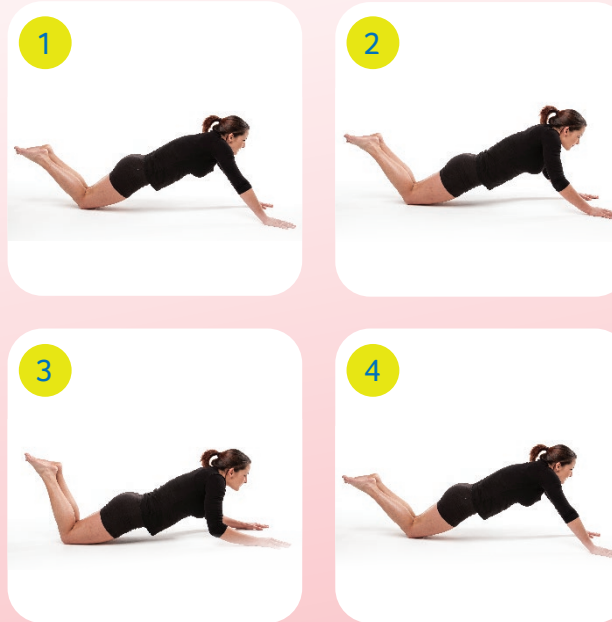
FRONT SUPPORT ON KNEES - LONG HOLD



- Hands slightly wider than shoulder width apart
- Lean backwards so shoulders are behind hands
- Hands in front of body
- Walk knees backwards so that body forms a straight line (front support position)
- Hold position concentrating on body tension and keeping shoulders behind hands

LEVEL 2

PRESS UP ON KNEES - LONG HOLD



- 1 Hands slightly wider than shoulder width apart. Lean backwards so shoulders are behind hands. Hands in front of body. Walk knees backwards so that body forms a straight line (front support position)
- 2 Lower down to floor until elbows touch floor, keeping body straight and tight
- 3 Keep elbows tucked into side of body
- 4 Press arms straight
- Repeat move

LEVEL 3

FULL PRESS UP - LONG HOLD



- 1 Hands slightly wider than shoulder width apart. Lean backwards so shoulders are behind hands. Hands in front of body. Walk feet backwards so that body forms a straight line (front support position)
- 2 Lower down to floor until elbow touch floor, keeping body straight and tight
- 3 Press arms straight
- 4 Repeat move

Lower Body Intermediate



Penguin walks

LEVEL 1 PENGUIN WALKS

1



2



3



- 1 Squat down keeping hands off floor
- 2 Walk around the floor in forwards motion
- 3 Stay as low as possible

LEVEL 2 PENGUIN HOPS

1



2



3



- 1 Squat down keeping hands off floor
- 2 Jump around the floor in forwards motion
- 3 Stay as low as possible

LEVEL 3 PENGUIN HOPS CHANGING DIRECTIONS

1



2



3



4



5



- 1 Squat down keeping hands off floor
- 2 Jump around the floor changing directions e.g. jump forwards/backwards/side to side
- 3 Stay as low as possible
- 4
- 5 Stay as low as possible

Your Challenge!

FOR WEEK 9

How many **high knee jumps** can you complete in **45 seconds**?



don't forget to
print out your
certificate!