

Intermediate

British
Gymnastics

Welcome to **GymFit** at home!

This week we're focussing on our **core** whilst still getting the **heart rate** up. 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 2



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 Intermediate



Front supports

LEVEL 1

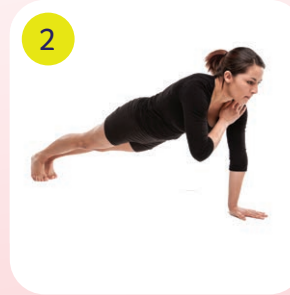
FRONT SUPPORT HOLDS



- 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

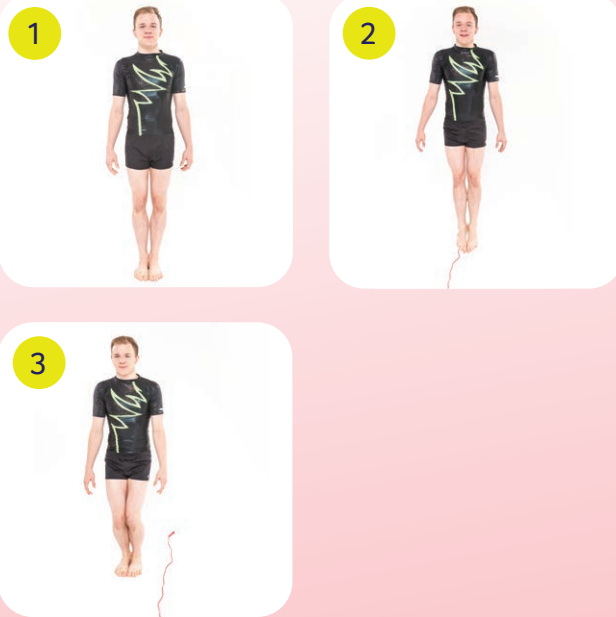


- 1 Front support on toes with hands shoulder width apart
 - Shoulders over hands
- 2 Lift left knee to touch left elbow
 - Keep body straight and tight
- 3 Return to floor and repeat on other leg

Cardio Vascular Intermediate

LEVEL 1

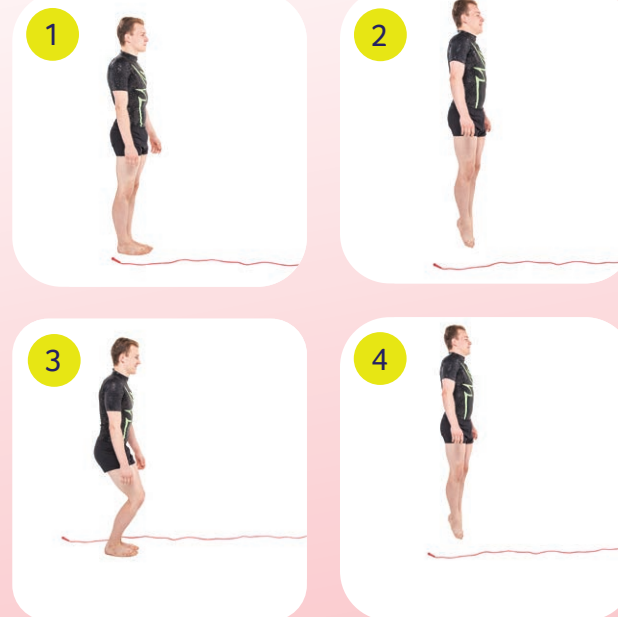
SIDE TO SIDE JUMPS



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

LEVEL 2

TRAVELLING SIDE JUMPS



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

LEVEL 3

SIDE TO SIDE JUMPS OVER PLATFORMS



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

Core Intermediate

LEVEL 1 SIDE TAP ON SIDE

1



2



3



- 1 Lie on one side with the arm that you are lying on stretched out above your head
 - Other arm resting on top of your body
- 2 Lift up reaching down your leg towards your knee
- 3 Return to start position
 - Repeat move

LEVEL 2 SIDE LEG LIFT

1



2



3



- 1 Lie on one side with the arm that you are lying on stretched out above your head
 - Other arm resting on top of your body
- 2 Press legs together and lift off the floor
 - Keep upper body still
- 3 Return to start position
 - Repeat move

LEVEL 3 SIDE CRUNCH

1



2



3

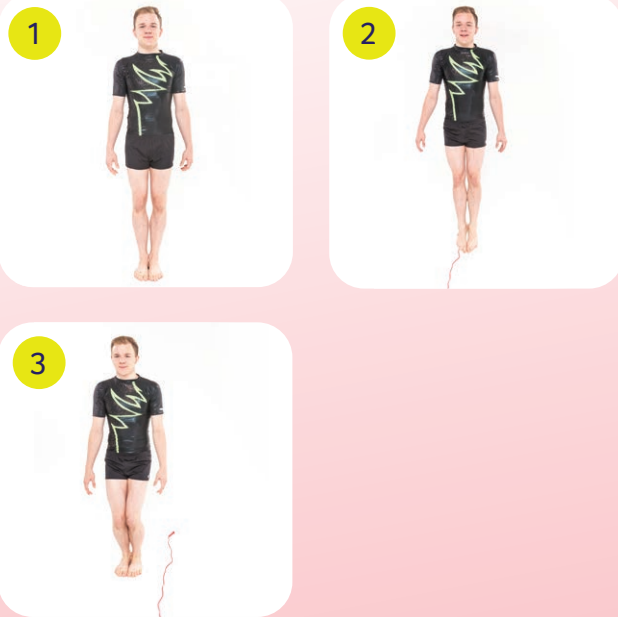


- 1 Lie on one side with the arm that you are lying on stretched out above your head
 - Other arm resting on top of your body
- 2 Lift up reaching down your leg towards your knee
 - Raise legs off floor at same time to crunch
- 3 Return to start position
 - Repeat move

Cardio Vascular Intermediate

LEVEL 1

SIDE TO SIDE JUMPS



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

LEVEL 2

TRAVELLING SIDE JUMPS



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

LEVEL 3

SIDE TO SIDE JUMPS OVER PLATFORMS



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

Core Intermediate

LEVEL 1 SINGLE LEG LIFTS



You don't need to use a partner! Try holding on to a **weighted chair** or to challenge yourself further, **without holding on to anything!**

- 1 Lay on back with arms by side
 - Partner stands behind you with their toes touching your shoulders. Hold on to the ankles of your partner for support
- 2 Raise legs so they are vertical (or as high as possible)
- 3 Lower one leg down towards the floor
 - Using your stomach muscles try to stop the leg from touching the floor, keeping the other leg vertical. Repeat on other leg. Back should be rounded at all times

LEVEL 2 DOUBLE LEG LIFTS



- 1 Lay on back with arms by side
 - Partner stands behind you with their toes touching your shoulders. Hold on to the ankles of your partner for support
- 2 Raise legs so they are vertical (or as high as possible)
- 3 Lower both legs down towards the floor
 - Using your stomach muscles try to stop legs from touching the floor. Back should be rounded at all times

LEVEL 3 ROTATIONAL LEG LIFTS



- 1 Lay on back with arms by side
 - Partner stands behind you with their toes touching your shoulders. Hold on to the ankles of your partner for support
- 2 Raise legs so they are vertical (or as high as possible)
- 3 Lower both legs down towards the floor changing the direction each time (diagonal, straight)
 - Using your stomach muscles try to stop legs from touching the floor. Back should be rounded at all times

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Your Challenge!

FOR WEEK 2

How many **sit ups** can you do in
one minute?

Remember to keep your back rounded and not pull your head up!



don't forget to
print out your
certificate!

Intermediate

WEEK 2



Well done!

This is to certify



completed the GymFit

**Gymnasts at home!
work out**

and completed sit ups in one minute!

A handwritten signature in black ink, reading 'Jane Allen', positioned above a horizontal line.

**Jane Allen MBE
Chief Executive Officer**

**British
Gymnastics**