

Beginner

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 Beginner

LEVEL 1 SIDE TAPS - STANDING

1



2



3



- 1 Stand with feet shoulder width apart and arms by your side
 - 2 Lean to one side and reach to touch your knee
 - 3 Repeat on other side
- Both sides tapped is one rep

LEVEL 2 SIDE TAPS - LYING

1



2



3



- 1 Lie flat on back with arms by your side
 - Lift shoulders and head off floor
 - Keep legs and lower back pressed into the floor
 - 2 Lean to one side and reach to touch side of your knee
 - 3 Repeat on other side keeping shoulders off the floor
- Both sides tapped is one rep

LEVEL 3 SIDE TAPS - DISHED

1



2



3



4



- 1 Lie flat on back with arms by your side
 - 2 Lift shoulders, head and feet off floor so you are in dish position
 - Push lower back into the floor
 - 3 Lean to one side and reach to touch side of your knee
 - 4 Repeat on other side keeping shoulders and feet off the floor
- Both sides tapped is one rep

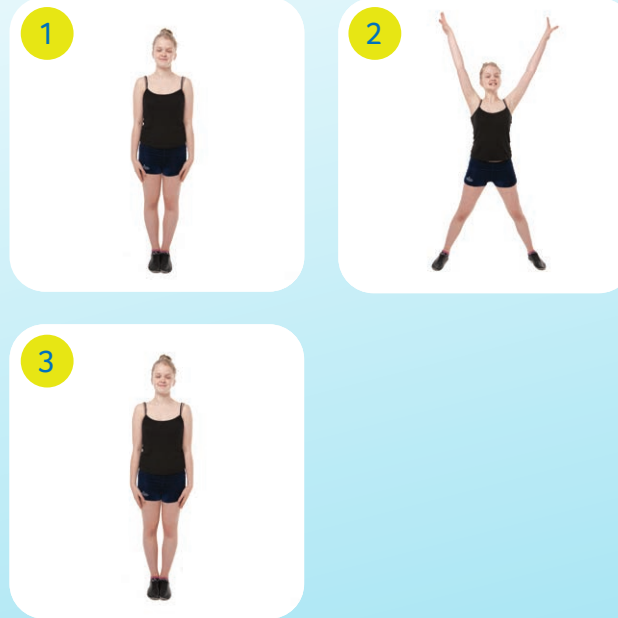
Cardio Vascular Beginner

LEVEL 1 SINGLE LEG JACKS



- 1 Start with hands on hips
 - 2 Extend one leg out to the side
 - 3 Return to centre
 - 4 Extend opposite leg to the side
- Return to centre
 - This is one rep
 - Continue movements

LEVEL 2 JUMPING JACKS



- 1 Start with feet together and arms by your side
 - 2 Jump both feet out to the side and at the same time raise arms above head
 - 3 Return feet to centre and arms by side
- Repeat move

LEVEL 3 JUMPING JACK SQUAT



- 1 Start with feet together and arms by your side
 - 2 Jump both feet out to side and at the same time raise arms above head
 - 3 Return feet to centre and arms by side
 - 4 Perform a half squat and return to standing
- Repeat move

Core Beginner

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

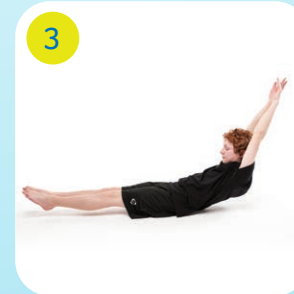
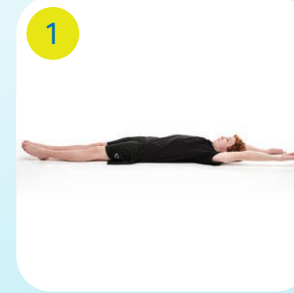
DISH LIFTS - ARMS AT EARS



- 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

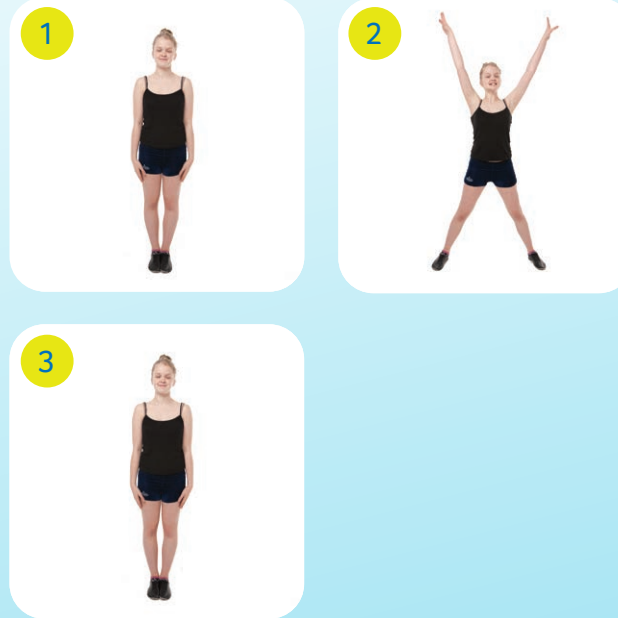
Cardio Vascular Beginner

LEVEL 1 SINGLE LEG JACKS



- 1 Start with hands on hips
 - 2 Extend one leg out to the side
 - 3 Return to centre
 - 4 Extend opposite leg to the side
- Return to centre
 - This is one rep
 - Continue movements

LEVEL 2 JUMPING JACKS



- 1 Start with feet together and arms by your side
 - 2 Jump both feet out to the side and at the same time raise arms above head
 - 3 Return feet to centre and arms by side
- Repeat move

LEVEL 3 JUMPING JACK SQUAT



- 1 Start with feet together and arms by your side
 - 2 Jump both feet out to side and at the same time raise arms above head
 - 3 Return feet to centre and arms by side
 - 4 Perform a half squat and return to standing
- Repeat move

Core Beginner

LEVEL 1

BALANCE BOARD - WIDE FEET



- 1 Using a partner to steady you, put one foot on top of the balance board
- 2 Place the other foot on the board so that your feet are shoulder width apart
- 3 Release from your partner and balance for the specified time

LEVEL 2

BALANCE BOARD - FEET TOGETHER



- 1 Using a partner to steady you, put one foot on top of the balance board
- 2 Place the other foot on the board so that your feet are shoulder width apart
- 3 Move both feet together
- 4 Release from your partner and balance for the specified time

If you don't have a **balance board** at home, use a **cushion or pillow** instead!

LEVEL 3

BALANCE BOARD - SINGLE LEG



- 1 Using a partner to steady you, put one foot on top of the balance board
- 2 Place the other foot on the board so that your feet are shoulder width apart
- 3 Move both feet together
- 4 Release from your partner and balance for the specified time
- 5 Take one foot off the board and balance for the specified time
- 6 Hold and repeat on the opposite leg

Beginner

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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!

Beginner

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**