

# Advanced

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 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
- 2 Rotate core to one side
  - Lift feet off floor
  - 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
- 2 Rotate core to one side and tap hands on the floor at side of the hips
  - Lift feet off floor
  - Return to centre
- 3 Rotate to other side

# 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

# 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

GYM FIT

Squat thrusts

## 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

# Core Advanced



## Front supports

### 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

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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!**

**Advanced**

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, appearing to read 'Jane Allen', written over a horizontal blue line.

**Jane Allen MBE  
Chief Executive Officer**

**British  
Gymnastics**