

Advanced

British
Gymnastics

Welcome to **GymFit** at home!

This week we're focussing on **strengthening our legs**. 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 3



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 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

Lower Body Advanced

LEVEL 1 LUNGES



- 1 Start standing upright
- 2 Move one foot in front of the other
- 3 Bend front leg – approx 45 degrees
 - Keep back straight
- 4 Push back to upright position
 - Repeat on other leg

LEVEL 2 MOUNTAIN CLIMBERS



- 1 Start standing upright
- 2 Move one foot in front of the other
- 3 Bend front leg
 - Bend back leg so knee touches the floor
- 4 Push back to upright position
 - Repeat on other leg

LEVEL 3 MOUNTAIN CLIMBERS ON MAT



- 1 Start standing upright in front of a safety mat
- 2 Move one foot in front of the other so front foot is on the safety mat
- 3 Bend front leg
 - Bend back leg so knee touches the floor
- 4 Push back to upright position
 - Repeat on other leg

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



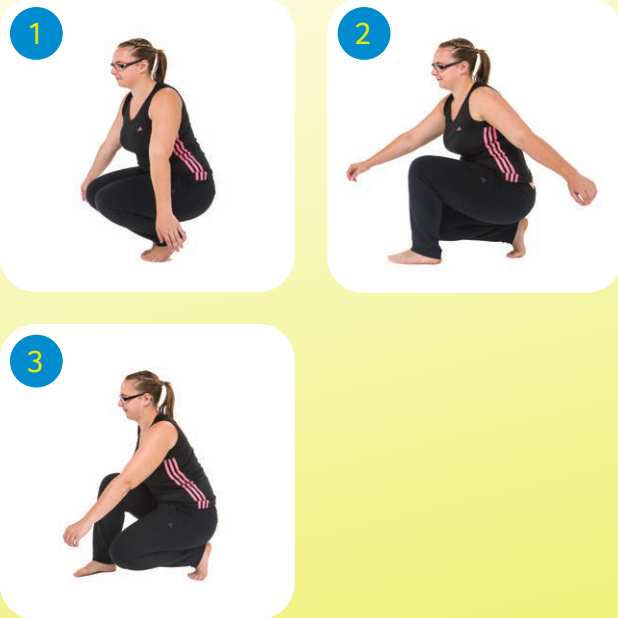
- 1 Start in tuck sitting position on floor
 - Arms out in front of you
- 2 Rock backwards keeping tuck position
- 3 Rock forwards moving shoulders forwards
- 4 Push through legs to stand
 - Arms above head
- 5 Perform squat thrust
- 6

Lower Body Advanced



Penguin walks

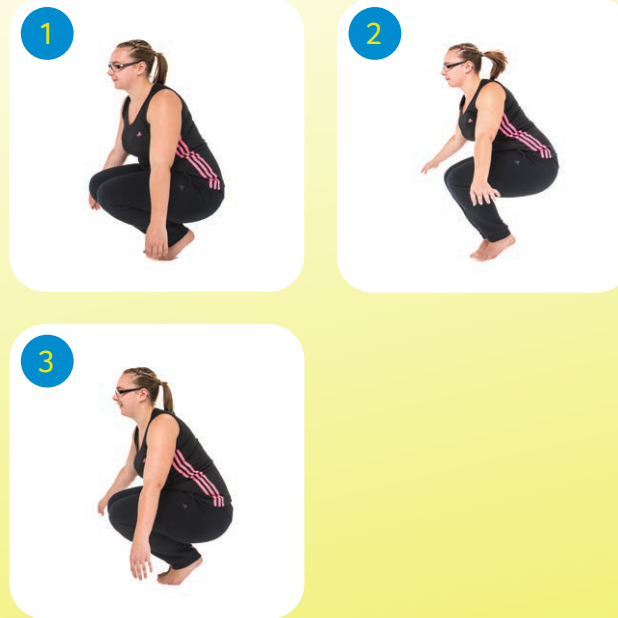
LEVEL 1 PENGUIN WALKS



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



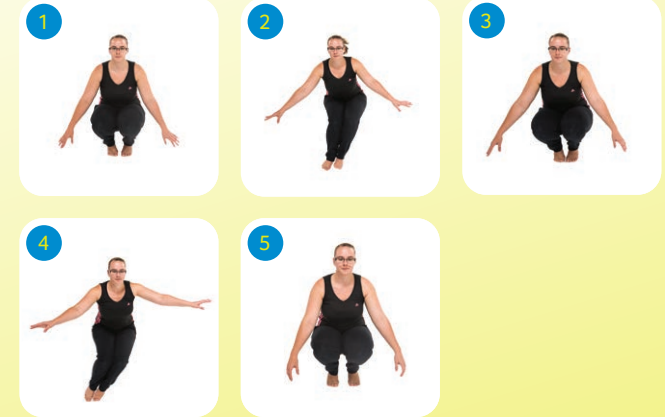
LEVEL 2 PENGUIN HOPS



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



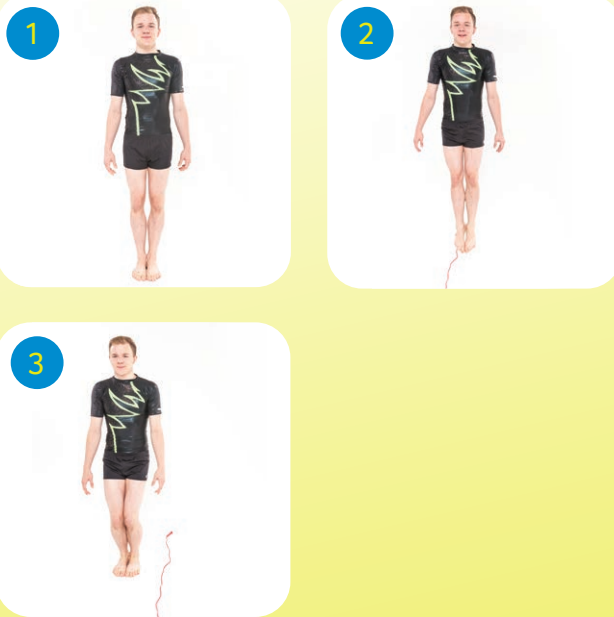
Cardio Vascular Advanced

GYM FIT

Side jumps

LEVEL 1

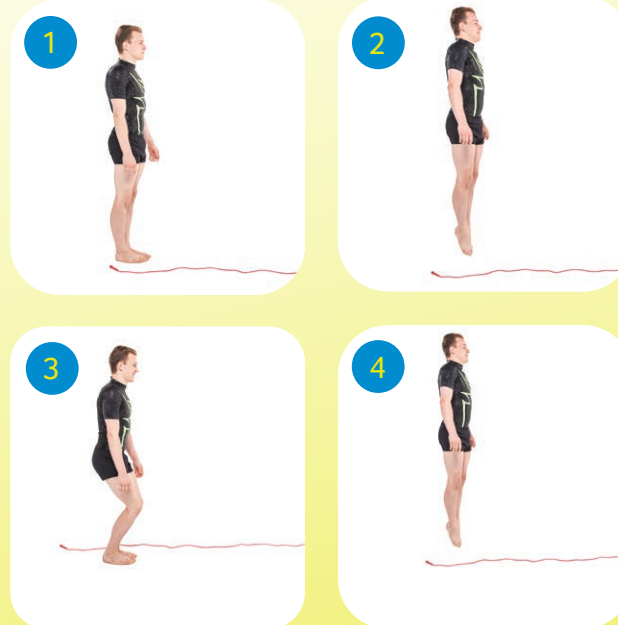
SIDE TO SIDE JUMPS



- 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
- 3 Continue jumping side to side

LEVEL 2

TRAVELLING SIDE JUMPS



- 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
- Turn around at the end and return

LEVEL 3

SIDE TO SIDE JUMPS OVER PLATFORMS



- 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
- 3 Continue jumping side to side

Advanced

British
Gymnastics

Your Challenge!

FOR WEEK 3

How many **jump jacks** can you do in
one minute?



don't forget to
print out your
certificate!