

# Intermediate

British  
Gymnastics

## Welcome to **GymFit!** Gymnasts at home!

Each week we'll release a **new plan** for you to try, **repeat it twice in a week** to get your **heart rate up** and **work your full body!**

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**

There are **3 different levels** for each exercise, pick the one that is best for you.  
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 1



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!

# Cardio Vascular Intermediate

### LEVEL 1

#### SIDE TO SIDE JUMPS

1



2



3



- 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



2



3



4



- 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



2



3



- 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



## Knee crunches

### LEVEL 1 KNEE CRUNCH

1



2



3



- 1 Lay flat on floor with arms above head and legs bent
- 2 Crunch knees into chest
- 3 Lower feet back to the floor with control
- Repeat move
- Back should be rounded at all times

### LEVEL 2 HALF DISH KNEE CRUNCH

1



2



3



- 1 Lay flat on floor with arms above head and legs bent
- Lift shoulders off the floor
- 2 Crunch knees into chest
- 3 Lower feet back to the floor with control
- Keep shoulders off floor
- Repeat move
- Back should be rounded at all times

### LEVEL 3 FULL DISH KNEE CRUNCH

1



2



3



4



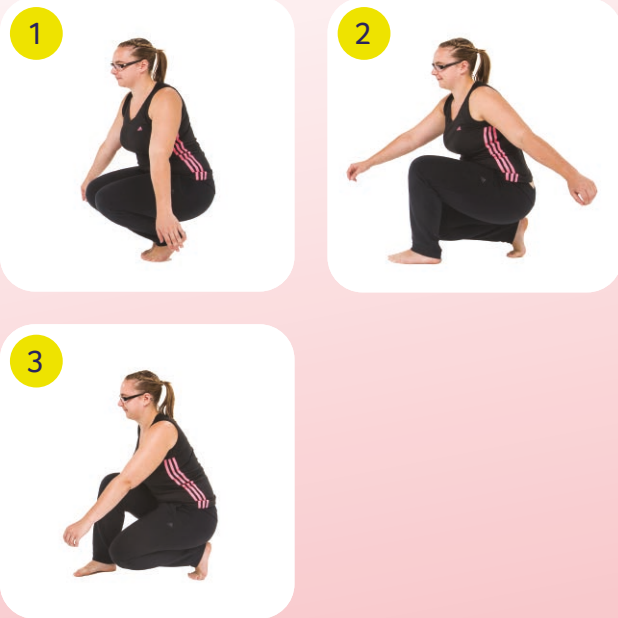
- 1 Lay flat on floor with arms above head
- 2 Lift shoulders and feet off the floor
- 3 Crunch knees into chest whilst bringing shoulders upwards at the same time
- 4 Lower back to position 2 with control
- Keep shoulders and feet off floor
- Repeat move
- Back should be rounded at all times

# Lower Body Intermediate



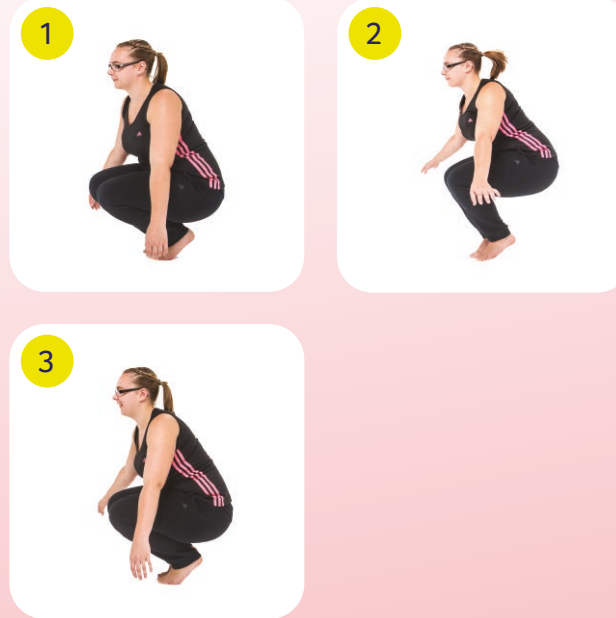
## Penguin walks

### 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

# Upper Body Intermediate

## LEVEL 1

FRONT SUPPORT ON KNEES LOWER TO THE FLOOR



- 1 Hands shoulder width apart
  - Knees on floor
  - Shoulders over hands
- 2 Lower slowly to floor keeping body straight and tight
- 3 Relax when at the bottom
  - Return to starting position
  - Repeat move

## LEVEL 2

PRESS UP KNEES



- 1 Hands shoulder width apart
  - Knees on floor
  - Shoulders over hands
- 2 Lower down to floor until nose touches floor, keeping body straight and tight
- 3 Press arms straight keeping body straight and tight
  - Repeat move

## LEVEL 3

FULL PRESS UP



- 1 Hands shoulder width apart
  - Feet on floor
  - Shoulders over hands
- 2 Lower down to floor until nose touches floor, keeping body straight and tight
- 3 Press arms straight keeping body straight and tight
  - Repeat move

# 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

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## Your Challenge!

FOR WEEK 1

How many **squats** or **squat jumps**  
can you complete in **one minute**?



don't forget to  
**print out** your  
certificate!

**Intermediate**

**WEEK 1**



# Well done!

**This is to certify**



**completed the GymFit**

**Gymnasts at home!  
work out**

**and completed ..... squats or squat jumps in one minute!**

**Jane Allen MBE  
Chief Executive Officer**

**British  
Gymnastics**