

# Advanced

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



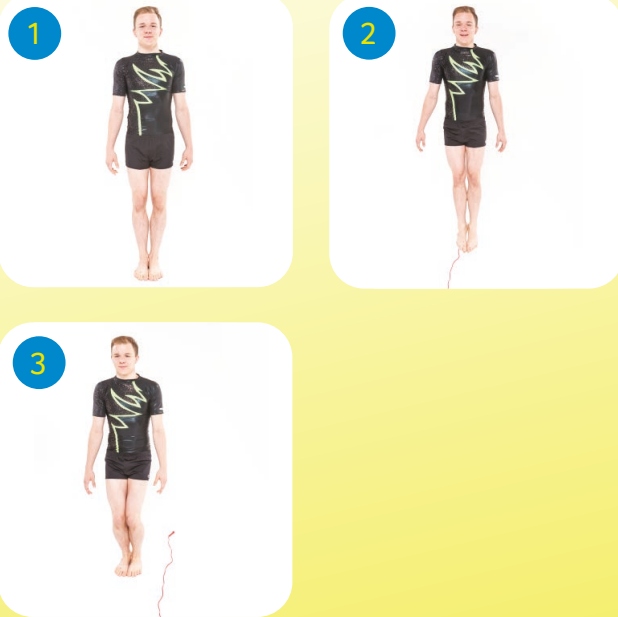
There will be a  
**new challenge**  
**to complete**  
**each week!**

**Disclaimer:**  
Participation in any of the activities listed is  
carried out wholly at your own risk!

# Cardio Vascular Advanced

### LEVEL 1

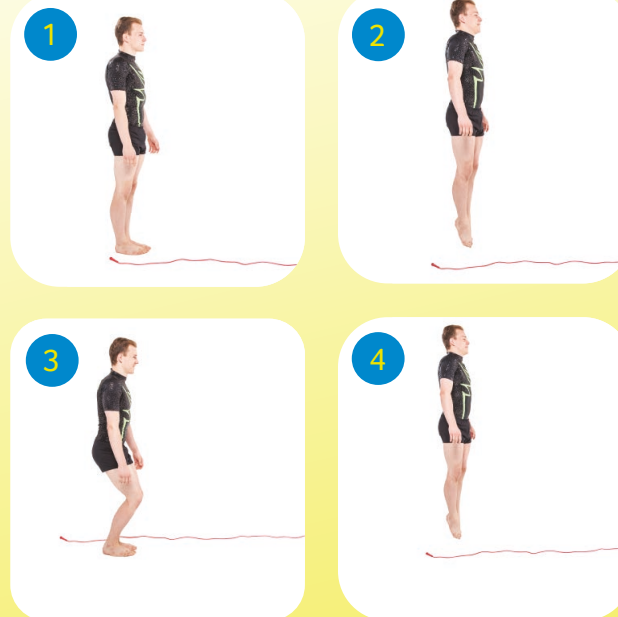
#### SIDE TO SIDE JUMPS



- 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

# Core Advanced

## 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

# 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

# Upper Body Advanced

## 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
- 4 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
- 4 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
- 4 Repeat move

# 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

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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!

**Advanced**

**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!**



A handwritten signature in black ink, reading "Jane Allen".

**Jane Allen MBE  
Chief Executive Officer**

**British  
Gymnastics**