

Beginner

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!

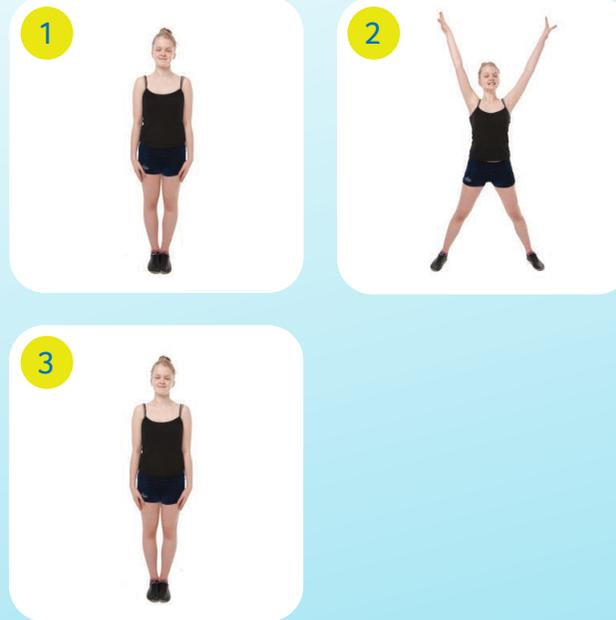
Cardio Vascular Beginner

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

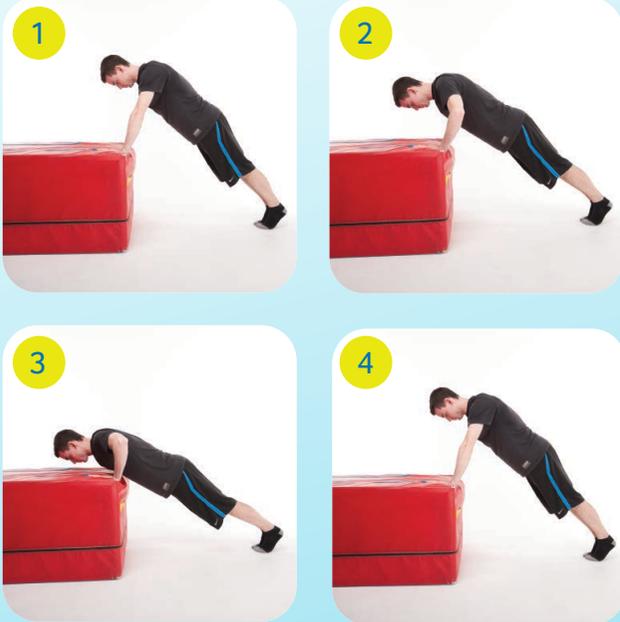


- 1 Start with feet together and arms by your side
 - 2 Jump both feet out to side and at the same time raise arms above head
 - 3 Return feet to centre and arms by side
 - 4 Perform a half squat and return to standing
- Repeat move

Upper Body Beginner

LEVEL 1

FULL PRESS UP - INCLINE - HIP HEIGHT



- 1 Hands on a platform around hip height
 - Feet on floor and hands shoulder width apart
 - Keep body straight and tight
- 2 Bend arms and lower down to platform until chest touches
- 3 Press arms straight
- 4 Repeat move

LEVEL 2

PRESS UP KNEES - INCLINE



- 1 Hands on a raised surface (lower than level one exercise)
 - Knees on floor and hands shoulder width apart
 - Keep body straight and tight
- 2 Bend arms and lower down to platform until chest touches
- 3 Press arms straight
- 4 Repeat move

LEVEL 3

PRESS UP KNEES



- 1 Hands shoulder width apart
 - Knees on floor
 - Shoulders over hands
 - No arch or curve in back
- 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
- 4 Repeat move

Core Beginner

LEVEL 1 SIT UPS - DECLINE



- 1 Sit on the floor
 - Knees bent, feet flat on floor
 - Arms stretched out in front
- 2 Lean backwards as far as you can without letting your back touch the floor and hold for 3 seconds
 - Back should be rounded at all times
- 3 Relax after the 3 seconds
 - Return to position 1 and repeat move

LEVEL 2 SIT UPS - KNEE TAPS



- 1 Lie on back
 - Knees bent, feet flat on floor
 - Arms by your sides
- 2 Lift shoulders and head off the floor
 - Tap side of knees with hands
 - Back should be rounded at all times
- 3 Lower to floor
 - Repeat move

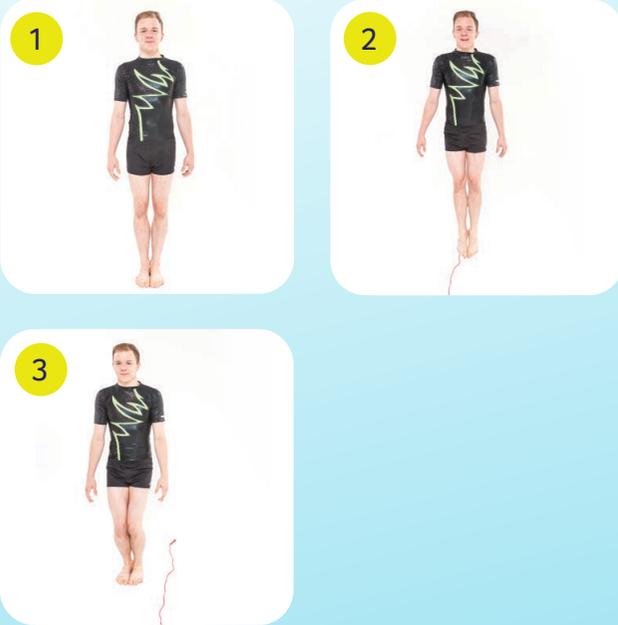
LEVEL 3 SIT UPS - FULL



- 1 Lie on back
 - Knees bent, feet flat on floor
 - Hands placed at side of head
 - Elbows pushed back
- 2 Lift shoulders, head and back off the floor
 - Perform a full sit up
 - Back should be rounded at all times
- 3 Perform a full sit up
 - Back should be rounded at all times
- 4 Controlled lower to the floor
 - Repeat move

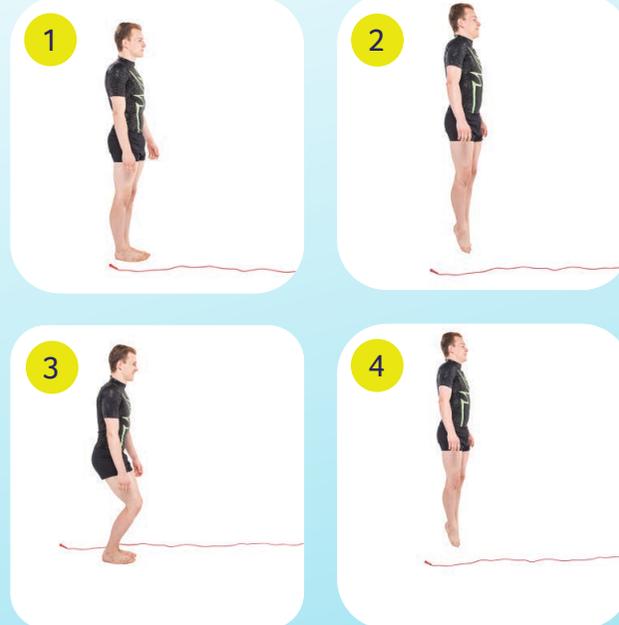
Cardio Vascular Beginner

LEVEL 1 SIDE TO SIDE JUMPS



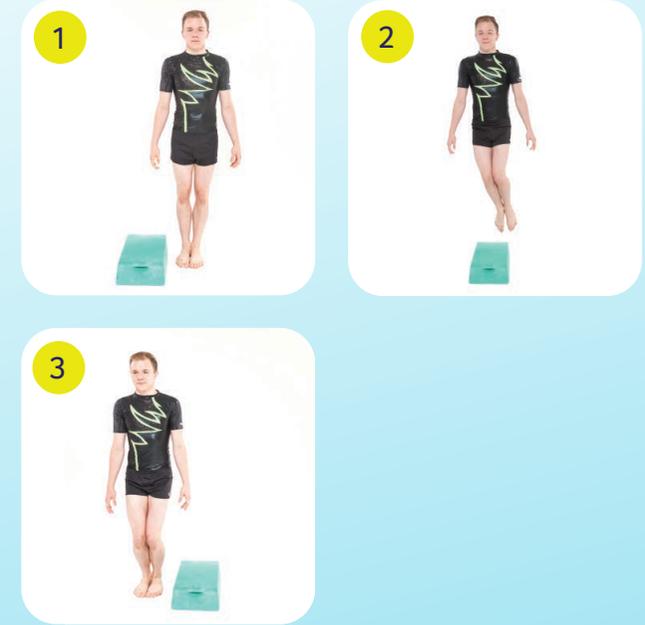
- 1 Mark a line on the floor (chalk line, skipping rope etc)
 - Start one side of line, feet together
- 2 Jump over the line so you land the other side with feet together
- 3 Continue jumping side to side

LEVEL 2 TRAVELLING SIDE JUMPS



- 1 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 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

Lower Body Beginner

LEVEL 1 SQUATS



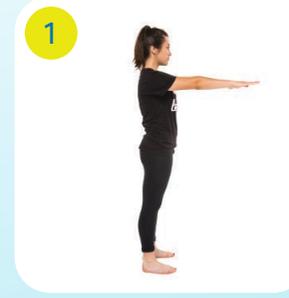
- 1 Stand with feet shoulder width apart and arms in front of body
- 2 Bend knees to 90 degrees
 - Ensure knees are over toes
- 3 Return to start
 - Repeat move

LEVEL 2 HALF SQUAT HOLDS



- 1 Feet shoulder width apart and arms in front of body
- 2 Bend knees to 45 degrees
 - Ensure knees are over toes
 - Hold for 4 seconds
- 3 Return to start
 - Repeat move

LEVEL 3 FULL SQUAT HOLDS



- 1 Feet shoulder width apart and arms in front of body
- 2 Bend knees to 90 degrees aiming to get thighs as horizontal as possible
 - Ensure knees are over toes
 - Hold for 4 seconds
- 3 Return to start
 - 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!

Beginner

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', positioned above a horizontal line.

**Jane Allen MBE
Chief Executive Officer**

**British
Gymnastics**