

Beginner

British
Gymnastics

Welcome to **GymFit** at home!

This week we're focussing on **strengthening the upper body**.
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 4



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!

Upper Body Beginner

LEVEL 1 ARM CIRCLES ABOVE



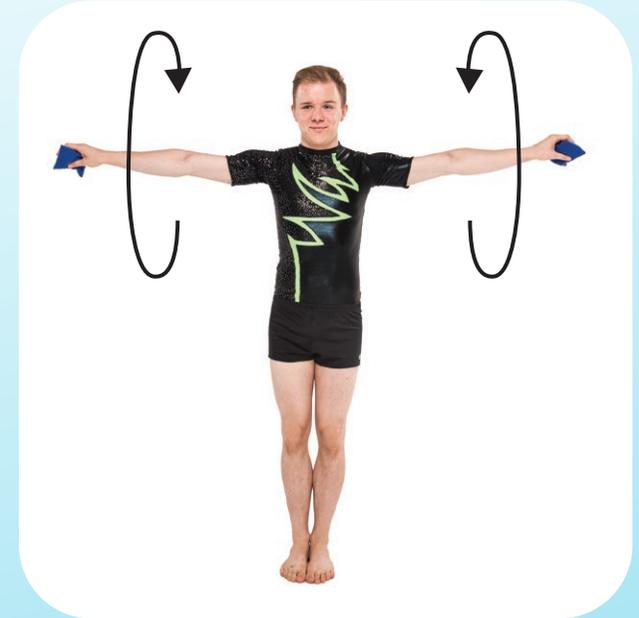
- Stand with arms raised above head
- Keeping arms straight move hands and arms in small circular motions

LEVEL 2 ARM CIRCLES SIDE



- Stand with arms out to side of body
- Keeping arms straight move hands and arms in small circular motions
- Perform forward circles and then repeat backwards

LEVEL 3 ARM CIRCLES SIDE WITH WEIGHT



- Stand with arms out to side of body with a small weight/bean bag in hands
- Keeping arms straight move hands and arms in small circular motions
- Perform forward circles and then repeat backwards

Core Beginner

LEVEL 1

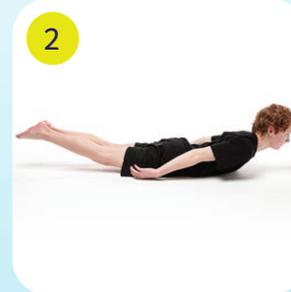
DORSAL RAISE - ARMS AT SIDE



- 1 Lay flat on stomach with your arms by your side
- 2 Lift head, shoulders and chest off floor
 - Allow legs to stay on the floor
 - Hold for a moment
- 3 Lower down and repeat move

LEVEL 2

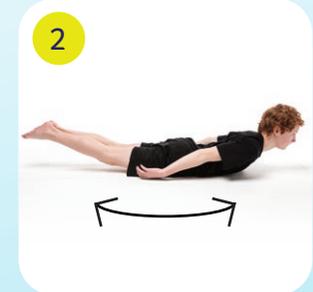
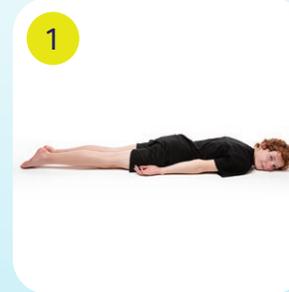
ARCH LIFTS - ARMS AT SIDE



- 1 Lay flat on your stomach
 - Arms by side
- 2 Lift head, chest and shoulders off floor
 - At same time lift legs off floor keeping them straight and pressed together
- 3 Lower down with control and repeat move

LEVEL 3

ARCH ROCKS - ARMS AT SIDE

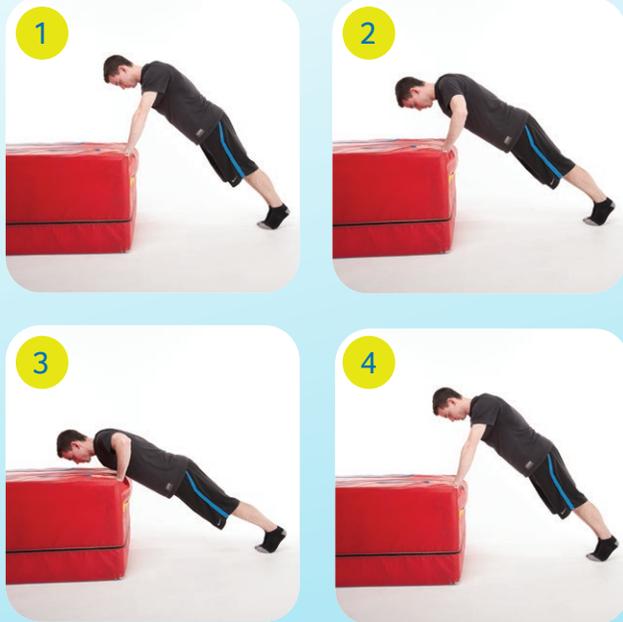


- 1 Lay flat on your stomach
 - Arms by side
- 2 Lift head, chest and shoulders off floor
 - At same time lift legs off floor keeping them straight and pressed together
- 3 Move body forwards and backwards in a rocking motion

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 SIDE TAPS - STANDING

1



2



3



- 1 Stand with feet shoulder width apart and arms by your side
 - 2 Lean to one side and reach to touch your knee
 - 3 Repeat on other side
- Both sides tapped is one rep

LEVEL 2 SIDE TAPS - LYING

1



2



3



- 1 Lie flat on back with arms by your side
 - Lift shoulders and head off floor
 - Keep legs and lower back pressed into the floor
 - 2 Lean to one side and reach to touch side of your knee
 - 3 Repeat on other side keeping shoulders off the floor
- Both sides tapped is one rep

LEVEL 3 SIDE TAPS - DISHED

1



2



3



4



- 1 Lie flat on back with arms by your side
 - 2 Lift shoulders, head and feet off floor so you are in dish position
 - Push lower back into the floor
 - 3 Lean to one side and reach to touch side of your knee
 - 4 Repeat on other side keeping shoulders and feet off the floor
- Both sides tapped is one rep

Core Beginner

LEVEL 1

DISH LIFTS - ARMS AT SIDE



- 1 Lie flat on back
 - Arms by side
- 2 Lift head and shoulders off floor and at same time lift legs 3 - 4 inches off floor
 - Back should be rounded so that lower back is pressed into the floor
 - Hold for a moment
- 3 Lower and repeat

LEVEL 2

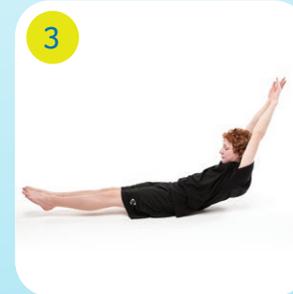
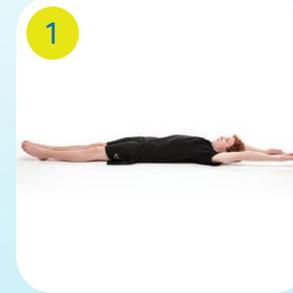
DISH LIFTS - ARMS AT EARS



- 1 Lie flat on back
 - Arms stretched out above head
- 2 Lift arms, head and shoulders off floor and at same time lift legs 3 - 4 inches off floor
 - Back should be rounded so that lower back is pressed into the floor
 - Hold for a moment
- 3 Lower and repeat

LEVEL 3

DISH ROCKS



- 1 Lie flat on back
 - Arms stretched out above head
- 2 Lift arms, head and shoulders off floor and at same time lift legs 3 - 4 inches off floor
 - Back should be rounded so that lower back is pressed into the floor
- 3 Move body backwards and forwards in a rocking motion
- 4

Beginner

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Your Challenge!

FOR WEEK 4

How many **press ups** can you complete in **45 seconds**?



don't forget to
print out your
certificate!