

# Beginner

British  
Gymnastics

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

This week we're focussing on **raising our heart rate to exercise the whole 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 5



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!

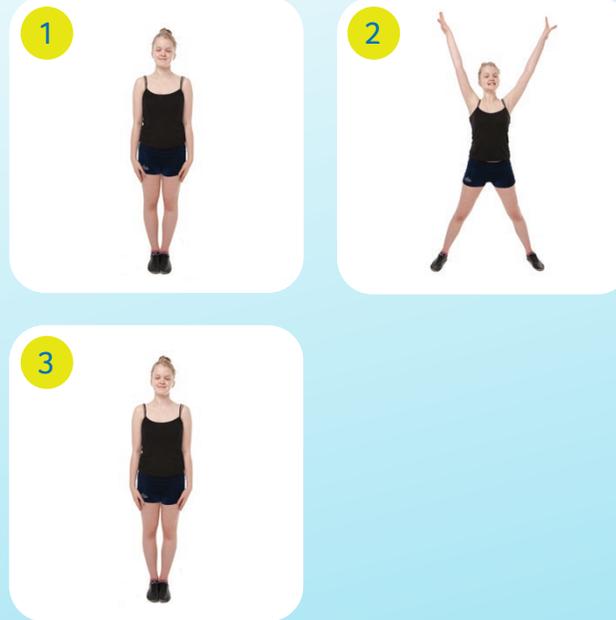
# Cardio Vascular Beginner

### 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

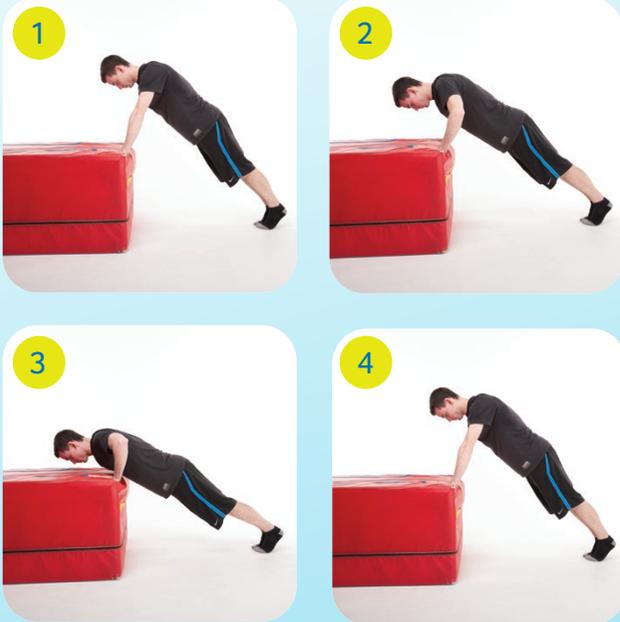


- 1 Start with feet together and arms by your side
  - 2 Jump both feet out to side and at the same time raise arms above head
  - 3 Return feet to centre and arms by side
  - 4 Perform a half squat and return to standing
- Repeat move

# 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

# 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

# Cardio Vascular Beginner

## LEVEL 1

### SIDE TO SIDE JUMPS

1



2



3



- 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



2



3



4



- 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



2



3



- 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 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

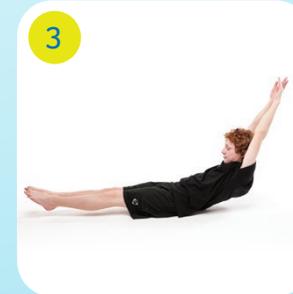
### DISH LIFTS - ARMS AT EARS



- 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

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## Your Challenge!

FOR WEEK 5

How many **side to side jumps** can you complete in **45 seconds**?



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