

# Beginner

British  
Gymnastics

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

This week we're focussing on **working our 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 9



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!

# Lower Body Beginner



## High jumps

### LEVEL 1

#### SPRING HIGH KNEES

1



2



1

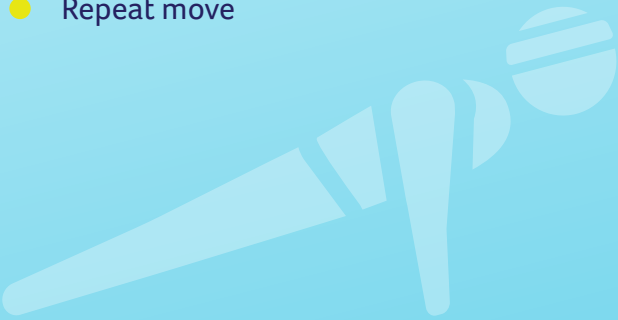
From standing lift one knee as close to chest as possible

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



# Core Beginner

## LEVEL 1

### DISH LIFTS - ARMS AT SIDE

1



2



3



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



2



3



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



2



3



4



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

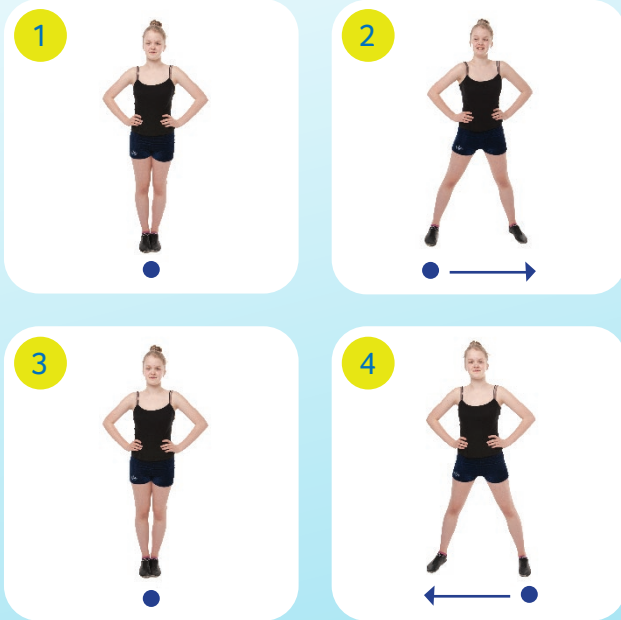
4

# Cardio Vascular Beginner

GYM FIT

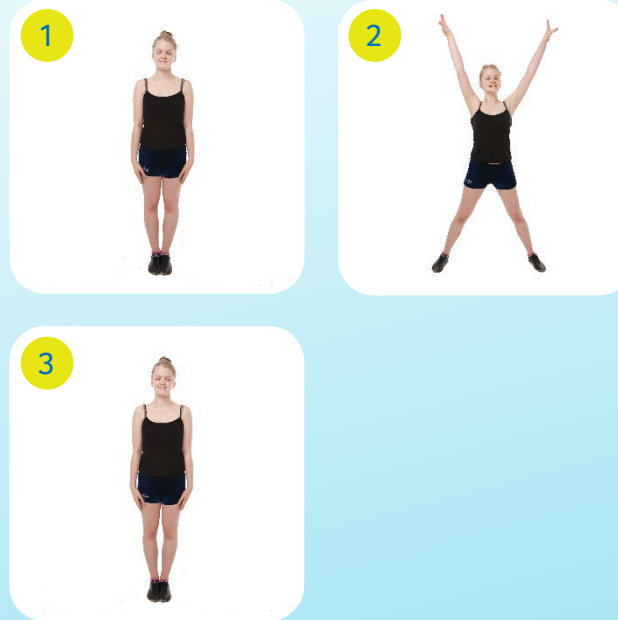
Jacks

## 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



## Lean press ups

### LEVEL 1

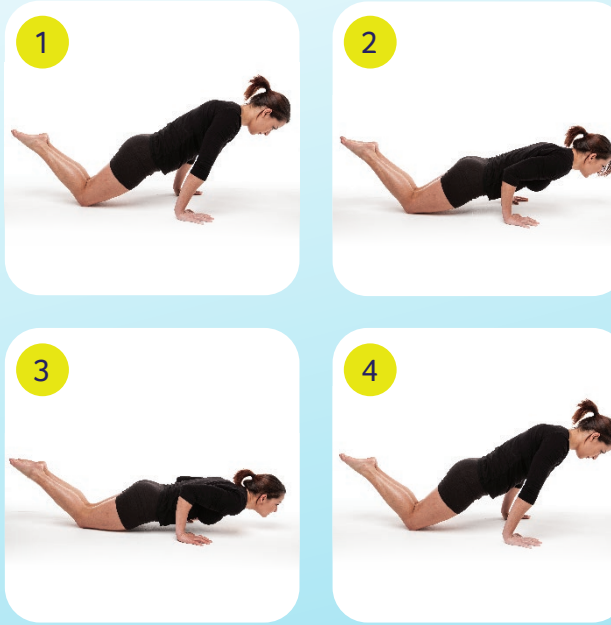
FRONT SUPPORT ON KNEES - LEAN



- Hands slightly wider than shoulder width apart
- Knees on the floor
- Lean forwards so shoulders are in front of hands
- Hold position concentrating on body tension and keeping shoulders in front of hands

### LEVEL 2

PRESS UP ON KNEES - LEAN



- 1 Hands slightly wider than shoulder width apart
  - 2 Lower down to floor until nose touches floor, keeping body straight and tight
  - 3 Keep elbows tucked into side of body
  - 4 Press arms straight
- Repeat move

### LEVEL 3

FULL PRESS UP - LEAN



- 1 Hands slightly wider than shoulder width apart
  - 2 Lower down to floor until nose touches floor, keeping body straight and tight
  - 3 Keep elbows tucked into side of body.
  - 4 Press arms straight
- Repeat move

# Lower Body Beginner

GYM FIT

Squats

## LEVEL 1 SQUATS

1



2



3



- 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



2



3



- 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



2



3



- 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



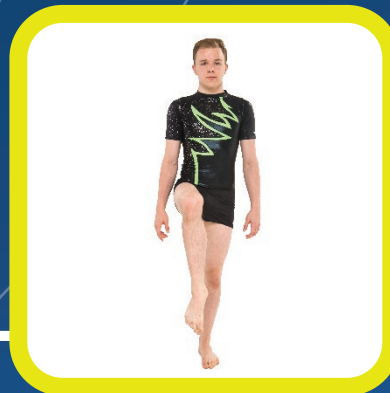
# Beginner

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## Your Challenge!

### FOR WEEK 9

How many **high knee jumps** can you complete in **45 seconds**?



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