

# Intermediate

British  
Gymnastics

Welcome to **GymFit** at home!

This week we're focussing on **strengthening the legs**.  
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 7



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 Intermediate

## LEVEL 1 SQUATS



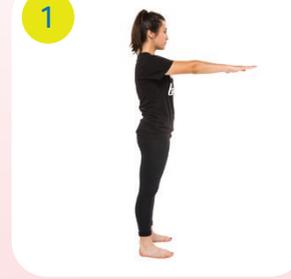
- 1 Stand with feet shoulder width apart and arms in front of body
- 2 Bend knees to 90 degrees
  - Ensure knees are over toes
- 3 Return to start
  - Repeat move

## 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

# Lower Body Intermediate

GYM FIT

Penguin walks

## LEVEL 1 PENGUIN WALKS

1



2



3



- 1 Squat down keeping hands off floor
- 2 Walk around the floor in forwards motion
- 3 Stay as low as possible

## LEVEL 2 PENGUIN HOPS

1



2



3



- 1 Squat down keeping hands off floor
- 2 Jump around the floor in forwards motion
- 3 Stay as low as possible

## LEVEL 3 PENGUIN HOPS CHANGING DIRECTIONS

1



2



3



4



5



- 1 Squat down keeping hands off floor
- 2 Jump around the floor changing directions e.g. jump forwards/backwards/side to side
- 3
- 4
- 5 Stay as low as possible

# Lower Body Intermediate

GYM FIT

Crab walks

## LEVEL 1

### CRAB WALKS SUPPORTED



- 1 Squat down facing a wall or partner for support
- 2
- 3 Walk sideways staying in squat position
- 4

## LEVEL 2

### CRAB WALKS UNSUPPORTED



- 1 Squat down
- 2 Walk sideways staying as low as possible in the squat position
- 3

## LEVEL 3

### CRAB WALKS CHANGING DIRECTIONS



- 1 Working with a partner
- 2 Both squat down facing each other at arm's length apart
- Choose a leader
- 3 Walk sideways staying in squat position
- Leader changes direction with partner following

# Lower Body Intermediate

## LEVEL 1

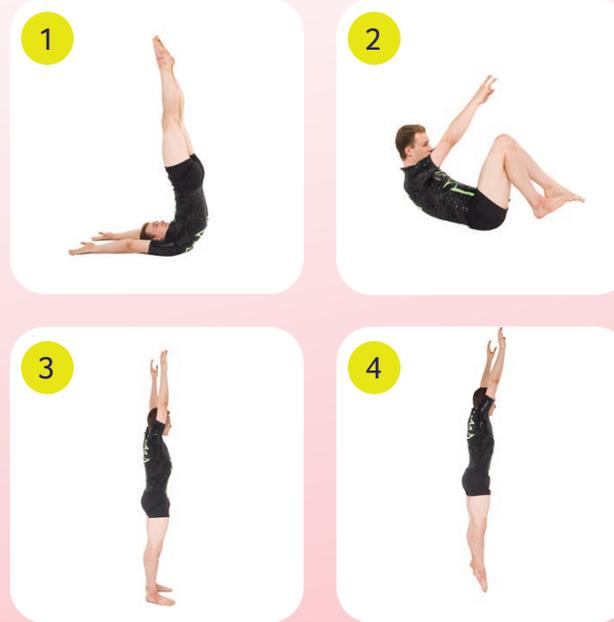
### SHOULDER STAND ROCK TO STAND



- 1 Start standing with arms out in front of you
- 2 Bend knees and lower to floor
- 3 Rock backwards into a shoulder stand
- 4 Rock forwards moving shoulders forwards
- 5 Push to stand raising arms above head
- Return to seating position
- Repeat move

## LEVEL 2

### SHOULDER STAND ROCK TO JUMP



- 1 Rock backwards into a shoulder stand
- 2 Rock forwards moving shoulders forwards
- 3 Push to stand raising arms above head
- 4 Perform a straight jump
- Land and return to seating position
- Repeat move

## LEVEL 3

### SHOULDER STAND ROCK TO ONE FOOT STAND



- 1 Rock backwards into a shoulder stand
- 2 Rock forwards moving shoulders forwards
- 3 Push to stand on one leg, raising arms above head
- 4 Return to seating position and repeat move alternating legs

# Lower Body Intermediate

GYM FIT

Squat thrusts

## LEVEL 1

### SINGLE LEG SQUAT THRUSTS



- 1 From standing, squat down so hands are on the floor
- 2
- 3 Extend one leg behind you, followed by other leg
- 4
- 5 Return one leg back to squat position, followed by other leg
- 6
- 7 Stand and repeat move

## LEVEL 2

### SQUAT THRUST STAND



- 1 Start in front support position
- 2 Jump feet in towards hands
  - Keep feet and knees together
  - Make sure you bend your knees
- 3 From squat stand upright
- 4 Return to squat position and jump feet out to front support
- 5 Repeat move

## LEVEL 3

### BURPEE



- 1 Start in front support position
- 2 Jump feet in towards hands
  - Keep feet and knees together
  - Make sure you bend your knees
- 3 From squat position jump up to perform a straight jump
- 4 Return to squat position and jump feet out to front support
- 5 Repeat move

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## Your Challenge!

FOR WEEK 7

How many **seconds** can you **hold a squat hold** without standing up?



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