

Intermediate

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 8



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 Intermediate

GYM FIT

Arm circles

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

Upper Body Intermediate



Long press ups

LEVEL 1

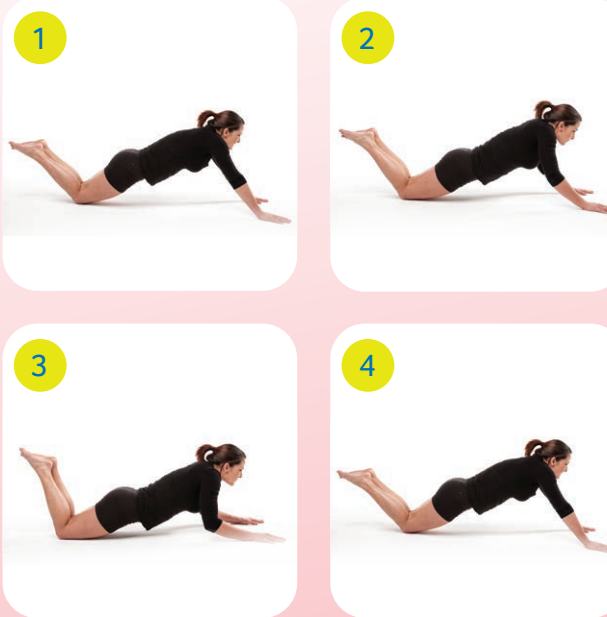
FRONT SUPPORT ON KNEES - LONG HOLD



- Hands slightly wider than shoulder width apart
- Lean backwards so shoulders are behind hands
- Hands in front of body
- Walk knees backwards so that body forms a straight line (front support position)
- Hold position concentrating on body tension and keeping shoulders behind hands

LEVEL 2

PRESS UP ON KNEES - LONG HOLD



- 1 Hands slightly wider than shoulder width apart. Lean backwards so shoulders are behind hands. Hands in front of body. Walk knees backwards so that body forms a straight line (front support position)
- 2 Lower down to floor until elbows touch 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 - LONG HOLD



- 1 Hands slightly wider than shoulder width apart. Lean backwards so shoulders are behind hands. Hands in front of body. Walk feet backwards so that body forms a straight line (front support position)
- 2 Lower down to floor until elbow touch floor, keeping body straight and tight
- 3 Press arms straight
- 4 Repeat move

Lower Body Intermediate



Shoulder stands

LEVEL 1

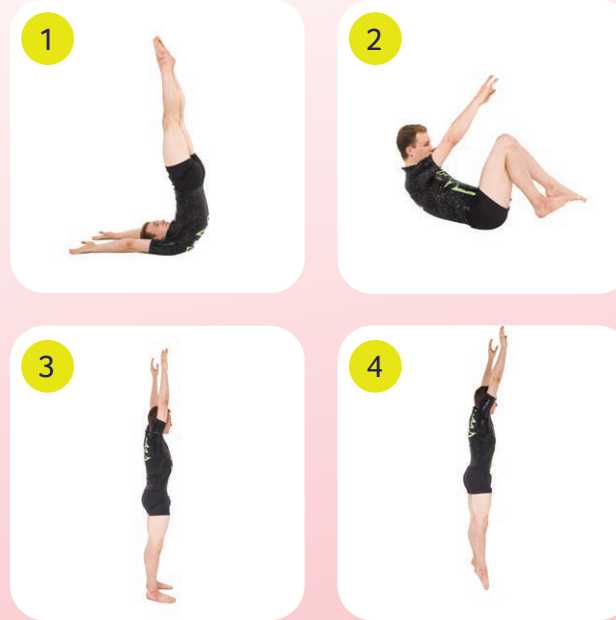
SHOULDER STAND ROCK TO STAND



- 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

Upper Body Intermediate



Tri press ups

LEVEL 1

FRONT SUPPORT ON KNEES -
LOWER TO THE FLOOR - ELBOWS IN

1



2



3



1 Hands shoulder width apart. Knees on the floor

Shoulders over hands

2 Lower slowly to floor keeping body straight and tight

Keep elbows tucked into side of body

3 Relax when at the bottom

Return to starting position

Repeat move

LEVEL 2

PRESS UP ON KNEES - ELBOWS IN

1



2



3



4



1 Hands shoulder width apart and knees on the floor.

Shoulder overs hands

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 - ELBOWS IN

1



2



3



4



1 Hands shoulder width apart. Feet on the floor

Shoulders over hands.

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

Core Intermediate



Side supports

LEVEL 1

SIDE SUPPORT ON ELBOW

1



2



1

Lie on one side supporting yourself with elbow and forearm on floor

•

Place one foot on top of the other or one foot slightly in front of the other

2

Lift hips off floor so that only elbow, arm and feet are on the floor

•

Straight line in body

•

Hold for allocated time and repeat on other side

LEVEL 2

SIDE SUPPORT ON HAND

1



2



1

From sitting slightly to the side

•

Place one foot on top of the other or one foot slightly in front of the other

•

Lift hips off floor so that you are supporting yourself on your hand

•

Only hand and feet are on the floor

2

Raise free arm upwards. Straight line in body

•

Hold for allocated time and repeat on other side

LEVEL 3

SIDE SUPPORT ON HAND - LIFT ONE LEG

1



2



1

From sitting slightly to the side. Place one foot on top of the other or one foot slightly in front of the other

•

Lift hips off floor so that you are supporting yourself on your hand

2

Lift top leg in the air. Only hand and one foot are on the floor

•

Raise free arm upwards. Straight line in body.

•

Hold for allocated time and repeat on other side

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Your Challenge!

FOR WEEK 8

How many **small arm circles** can
you complete in **45 seconds**?



don't forget to
print out your
certificate!