

# Advanced

British  
Gymnastics

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

This week the focus is on **strengthening the lower 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 19



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 Advanced



## 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

# Lower Body Advanced



## 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

# Lower Body Advanced

GYM FIT

Lunges

## LEVEL 1 LUNGES



- 1 Start standing upright
- 2 Move one foot in front of the other
- 3 Bend front leg – approx 45 degrees
  - Keep back straight
- 4 Push back to upright position
  - Repeat on other leg

## LEVEL 2 MOUNTAIN CLIMBERS



- 1 Start standing upright
- 2 Move one foot in front of the other
- 3 Bend front leg
  - Bend back leg so knee touches the floor
- 4 Push back to upright position
  - Repeat on other leg

## LEVEL 3 MOUNTAIN CLIMBERS ON MAT



- 1 Start standing upright in front of a safety mat
- 2 Move one foot in front of the other so front foot is on the safety mat
- 3 Bend front leg
  - Bend back leg so knee touches the floor
- 4 Push back to upright position
  - Repeat on other leg

# Lower Body Advanced

GYM FIT

Tuck rocks

## LEVEL 1

### TUCK ROCK TO STAND



- 1 Start standing with feet together
  - Arms out in front of you
- 2 Squat to the floor
- 3 Rock backwards keeping tuck position
  - Rock forwards moving shoulders forwards
- 4 Push on legs to stand
  - Repeat move

## LEVEL 2

### TUCK ROCK TO STAND AND JUMP



- 1 Start standing with feet together
  - Arms out in front of you
- 2 Squat to floor
- 3 Rock backwards keeping tuck position
  - Rock forwards moving shoulders forwards
- 4 Push through legs to stand
  - Perform a straight jump
  - Sit back to floor and repeat the move

## LEVEL 3

### TUCK ROCK TO SQUAT THRUST



- 1 Start in tuck sitting position on floor
  - Arms out in front of you
- 2 Rock backwards keeping tuck position
- 3 Rock forwards moving shoulders forwards
- 4 Push through legs to stand
  - Arms above head
- 5 Perform squat thrust
- 6



# Lower Body Advanced



## 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 Stay as low as possible
- 4
- 5



# Advanced

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## Your Challenge!

FOR WEEK 19

How many **tuck jumps** can you  
complete in **45 seconds**?



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