

Intermediate

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 Intermediate



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

1



2



1

Use arms to perform a jump

2

Lift knees into stomach

●

Using a rebound jumping action

●

Repeat move

Lower Body Intermediate



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

Cardio Vascular Intermediate



Side jumps

LEVEL 1

SIDE TO SIDE JUMPS



- 1 Mark a line on the floor (chalk line, skipping rope etc)
- Start one side of line, feet together
- 2 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 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 Place a small foam platform on the floor
- Start one side of the platform, feet together
- 2 Jump over the platform so you land the other side with feet together
- 3 Continue jumping side to side

Lower Body Intermediate

GYM FIT

Crab walks

LEVEL 1

CRAB WALKS SUPPORTED

1



2



3



4



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



2



3



1 Squat down

2 Walk sideways staying as low as possible in the squat position

3

LEVEL 3

CRAB WALKS CHANGING DIRECTIONS

1



2



3



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

GYM FIT Platform jumps

LEVEL 1

SIDE STEP OVER PLATFORM



- 1 Using a platform (bench, box top, small raised block)
 - Place one foot on platform
- 2 Push through both legs to perform a jump whilst switching legs so that other foot ends on top of platform
- 3
- 4 Repeat move
- 5

LEVEL 2

SQUAT JUMPS



- 1 Stand with feet shoulder width apart
- 2 Bend knees to perform a squat
 - Ensure knees are over toes by sticking bottom out
- 3 Push through legs to perform a jump
- 4 Land and repeat move

LEVEL 3

JUMPS ONTO PLATFORM



- 1 Stand in straddle over a platform (bench, box top, small raised block)
- 2 Push through legs to perform a jump
- 3 Whilst in flight, bring feet together quickly so that you finish on top of platform with slight bend in knees
- 4 Perform another small jump
- 5 Return feet to starting position

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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!