Internediate



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



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

From standing lift one knee as close to

Push through standing leg to perform a

small jump and change leg so opposite





LEVEL 2 FLOOR SQUAT STRETCH JUMP





- Squat so hands are touching the floor, knees bent, bottom down
- Extend to perform a straight jump
- Arms above head
 - Land with slight bend in knees and return to squat position







- Use arms to perform a jump
- Lift knees into stomach
 - Using a rebound jumping action
 - Repeat move

knee is now lifted Repeat move

chest as possible

Lower Body Intermediate



LEVEL 1PENGUIN WALKS







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













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

Cardio Vascular Intermediate



Side jumps

LEVEL 1 SIDE TO SIDE JUMPS







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

LEVEL 2 TRAVELLING SIDE JUMPS









- Place a line across the floor (10m in length)
- Perform a side jump over the line
- Side jump back over the line
- Travel the length of the line
 - Turn around at the end and return

LEVEL 3 SIDE TO SIDE JUMPS OVER PLATFORMS







- Place a small foam platform on the floor
 - Start one side of the platform, feet together
- Jump over the platform so you land the other side with feet together
- Continue jumping side to side

Lower Body Intermediate



Crab walks

LEVEL 1CRAB WALKS SUPPORTED





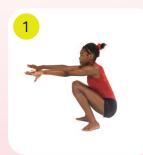




- 1 Squat down facing a wall or partner for support
- 2
- 3 Walk sideways staying in squat position

4

LEVEL 2CRAB WALKS UNSUPPORTED







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









- 1 Working with a partner
- 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 GYMFIT Platform jumps









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



LEVEL 2 **SQUATJUMPS**









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













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

Intermediate

British Gymnastics

Your Challenge: FOR WEEK 19

How many tuck jumps can you complete in 45 seconds?







don't forget to print out your certificate!