

Beginner

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 Beginner



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

Core Beginner



Balance board

LEVEL 1

BALANCE BOARD - WIDE FEET



- 1 Using a partner to steady you, put one foot on top of the balance board
- 2 Place the other foot on the board so that your feet are shoulder width apart
- 3 Release from your partner and balance for the specified time

LEVEL 2

BALANCE BOARD - FEET TOGETHER



- Using a partner to steady you, put one foot on top of the balance board
- Place the other foot on the board so that your feet are shoulder width apart
- Move both feet together
- Release from your partner and balance for the specified time

If you don't have a **balance board** at home, use a **cushion** or **pillow** instead!

LEVEL 3

BALANCE BOARD - SINGLE LEG



- 1 Using a partner to steady you, put one foot on top of the balance board
- Place the other foot on the board so that your feet are shoulder width apart
- Move both feet together
- 2 Release from your partner and balance
- 3 Take one foot off the board and balance for the specified time
- Hold and repeat on the opposite leg

Cardio Vascular Beginner

GYM FIT

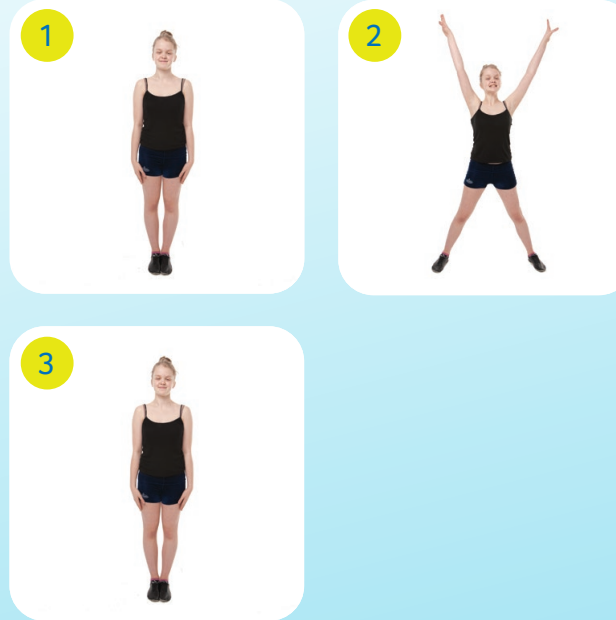
Jacks

LEVEL 1 SINGLE LEG JACKS



- 1 Start with hands on hips
- 2 Extend one leg out to the side
- 3 Return to centre
- 4 Extend opposite leg to the side
- Return to centre
- This is one rep
- Continue movements

LEVEL 2 JUMPING JACKS



- 1 Start with feet together and arms by your side
- 2 Jump both feet out to the side and at the same time raise arms above head
- 3 Return feet to centre and arms by side
- Repeat move

LEVEL 3 JUMPING JACK SQUAT



- 1 Start with feet together and arms by your side
- 2 Jump both feet out to side and at the same time raise arms above head
- 3 Return feet to centre and arms by side
- 4 Perform a half squat and return to standing
- Repeat move

Lower Body Beginner

LEVEL 1 SQUATS

1



2



3



- 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



2



3



- 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



2



3



- 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 Beginner

GYM FIT

Calf raises

LEVEL 1 CALF RAISES

1



2



3



- 1 Standing using a partner or a wall to assist with balance if needed
- 2 Raise heels off floor as high as possible
- 3 Concentrate on keeping heels together
- 3 Return to floor and repeat move

LEVEL 2 CALF RAISES - PLATFORM

1



2



3



- 1 Stand on a platform such as a bench
- 2 Use a partner or a wall to assist with balance if needed
- 3 Balance so that just the balls of your feet are on the edge of a platform
- 2 Let your heels drop as low as possible
- 3 Then raise heels as high as possible

LEVEL 3 SINGLE LEG CALF RAISES

1



2



3



- 1 Stand on platform such as a bench
- 2 Use a partner or a wall to assist with balance if needed
- 3 Balance so that just the balls of your feet are on the edge of a platform
- 2 Transfer weight so that you are balancing on one leg
- 3 Bend the free leg so foot is raised
- 2 Drop your heel as low as possible
- 3 Raise your heel as high as possible

Beginner

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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!