Beginner

British Gymnastics

Welcome to GymFit at home!

WEEK 8

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!

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 Beginner

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 Beginner

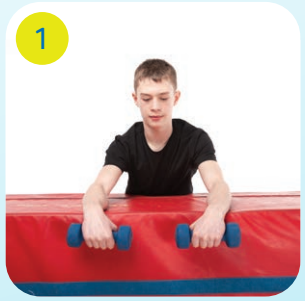
GYM FIT **Wrist circles**

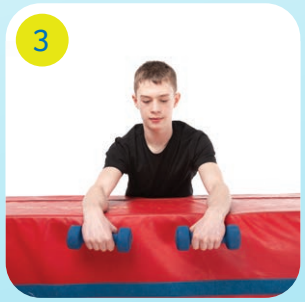
LEVEL 1
WRIST CIRCLE - BEAN BAGS

- Hold bean bag in hands with arms by your side
- Circle wrists

Try a water bottle or tinned food if there are no weights available!

LEVEL 2
REVERSE WRIST CURL





1. Rest arms on a platform
   - Hold a weight in hands with palms towards the floor
2. Pull knuckles towards forearms
3. Return to starting position and repeat move

LEVEL 3
WEIGHT WIND UP

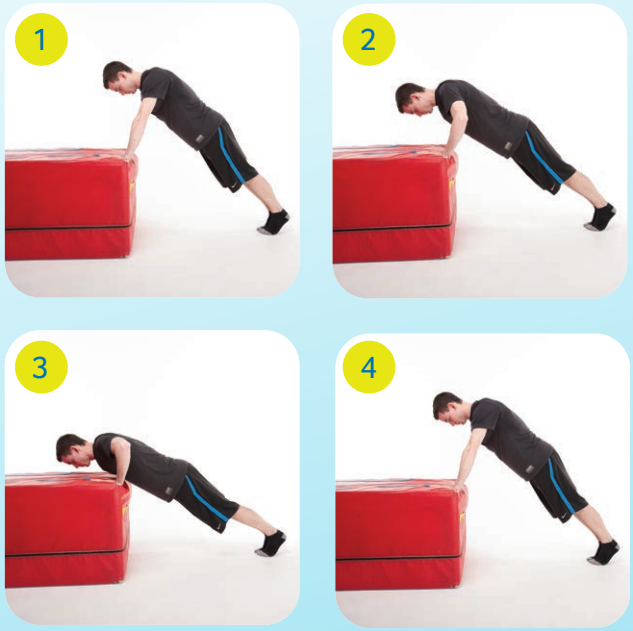
1. Attach a weight to the end of a rope and a stick to the other end
   - Rest forearms on a platform with hands in over grasp
2. Wind weight up by turning a stick with
3. hands
4. Unwind weight to the start position and repeat move

Upper Body Beginner

GYM FIT

Press ups

LEVEL 1
FULL PRESS UP - INCLINE - HIP HEIGHT

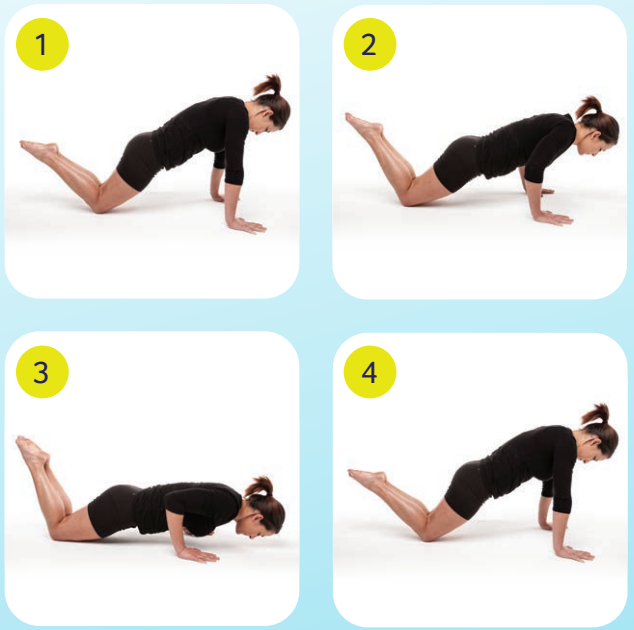


1. Hands on a platform around hip height
   - Feet on floor and hands shoulder width apart
   - Keep body straight and tight
2. Bend arms and lower down to platform until chest touches
3.
4. Press arms straight
   - Repeat move

LEVEL 2
PRESS UP KNEES - INCLINE

1. Hands on a raised surface (lower than level one exercise)
   - Knees on floor and hands shoulder width apart
   - Keep body straight and tight
2. Bend arms and lower down to platform until chest touches
3.
4. Press arms straight
   - Repeat move

LEVEL 3
PRESS UP KNEES



1. Hands shoulder width apart
   - Knees on floor
   - Shoulders over hands
   - No arch or curve in back
2. Lower down to floor until nose touches floor, keeping body straight and tight
3.
4. Press arms straight keeping body straight and tight. Repeat move

Core Beginner

GYM FIT

Sit ups

LEVEL 1
SIT UPS - DECLINE

1. Sit on the floor
   - Knees bent, feet flat on floor
   - Arms stretched out in front
2. Lean backwards as far as you can without letting your back touch the floor and hold for 3 seconds
   - Back should be rounded at all times
3. Relax after the 3 seconds
   - Return to position 1 and repeat move

LEVEL 2
SIT UPS - KNEE TAPS

1. Lie on back
   - Knees bent, feet flat on floor
   - Arms by your sides
2. Lift shoulders and head off the floor
   - Tap side of knees with hands
   - Back should be rounded at all times
3. Lower to floor
   - Repeat move

LEVEL 3
SIT UPS - FULL

1. Lie on back
   - Knees bent, feet flat on floor
   - Hands placed at side of head
   - Elbows pushed back
2. Lift shoulders, head and back off the floor
3. Perform a full sit up
   - Back should be rounded at all times
4. Controlled lower to the floor
   - Repeat move

Upper Body Beginner

GYM FIT **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
3. floor, keeping body straight and tight
   - 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
3. floor, keeping body straight and tight
   - Keep elbows tucked into side of body
4. Press arms straight
   - Repeat move

Beginner

British Gymnastics

Your Challenge!

FOR WEEK 8

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

don't forget to print out your certificate!