

Beginner

British
Gymnastics

Welcome to **GymFit** at home!

This week the focus is on **strengthening the legs**.
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 II



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

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

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



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

- 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

LEVEL 3

BALANCE BOARD - SINGLE LEG



- 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 Move both feet together
- 2 Release from your partner and balance for the specified time
- 3 Take one foot off the board and balance for the specified time
- Hold and repeat on the opposite leg

Cardio Vascular Beginner



Side jumps

LEVEL 1

SIDE TO SIDE JUMPS

1



2



3



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



2



3



4



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



2



3



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 Beginner



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



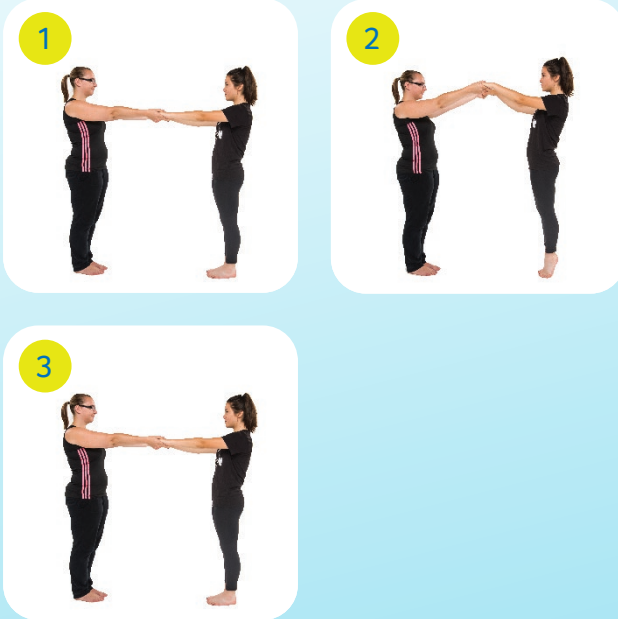
- 1 Squat down keeping hands off floor
- 2 Jump around the floor changing directions e.g. jump forwards/backwards/side to side
- 3
- 4
- 5 Stay as low as possible

Lower Body Beginner

GYM FIT

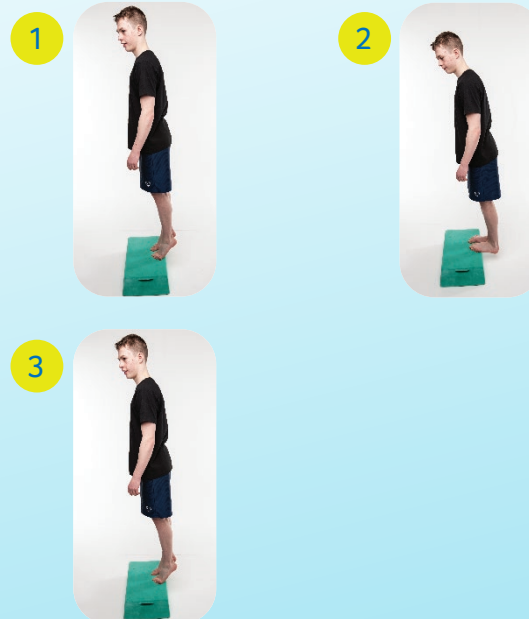
Calf raises

LEVEL 1 CALF RAISES



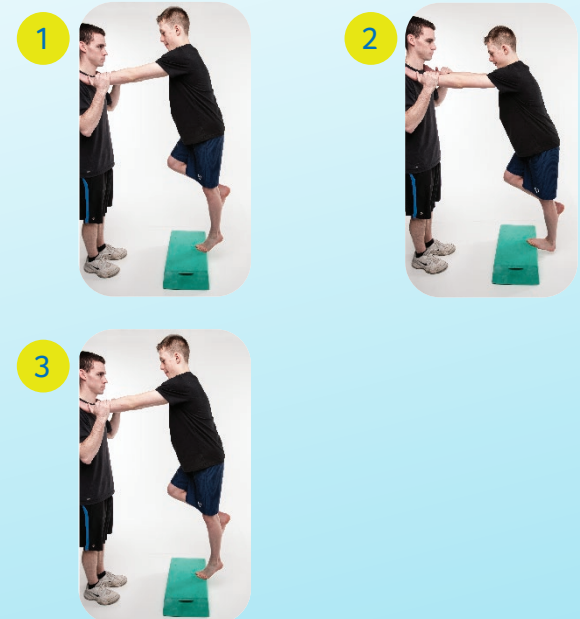
- 1 Standing using a partner or a wall to assist with balance if needed
- 2 Raise heels off floor as high as possible
- 3 Concentrate on keeping heels together
- 3 Return to floor and repeat move

LEVEL 2 CALF RAISES - PLATFORM



- 1 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 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 11

How many **crab walks** can you
complete **without standing up**?

Try your best to squat
with your knees as
close to a right angle
as you can!



don't forget to
print out your
certificate!