

Beginner

British
Gymnastics

Welcome to **GymFit** at home!

This week the focus is 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!

WEEK 12



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



Wide press ups

LEVEL 1

FRONT SUPPORT ON KNEES
LOWER TO THE FLOOR - HANDS WIDE

1



2



3



- 1 Hands slightly wider than shoulder width
 - Knees on the floor
- 2 Lower slowly to floor keeping body straight and tight
- 3 Relax when at the bottom
 - Return to starting position

LEVEL 2

PRESS UP ON KNEES - HANDS WIDE

1



2



3



4



- 1 Hands slightly wider than shoulder width
 - Knees on the floor
- 2 Lower down to floor until nose touches floor, keeping body straight and tight
- 3
- 4 Press arms straight
 - Repeat move

LEVEL 3

FULL PRESS UP - HANDS WIDE

1



2



3



4



- 1 Hands slightly wider than shoulder width
 - Feet on the floor
- 2 Lower down to floor until nose touches floor, keeping body straight and tight
- 3
- 4 Press arms straight
 - Repeat move

Upper Body Beginner



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 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 floor, keeping body straight and tight

Keep elbows tucked into side of body

4 Press arms straight

Repeat move

Core Beginner

LEVEL 1

DISH LIFTS - ARMS AT SIDE

1



2



3



1 Lie flat on back

Arms by side

2 Lift head and shoulders off floor and at same time lift legs 3 - 4 inches off floor

Back should be rounded so that lower back is pressed into the floor

Hold for a moment

3 Lower and repeat

LEVEL 2

DISH LIFTS - ARMS AT EARS

1



2



3



1 Lie flat on back

Arms stretched out above head

2 Lift arms, head and shoulders off floor and at same time lift legs 3 - 4 inches off floor

Back should be rounded so that lower back is pressed into the floor

Hold for a moment

3 Lower and repeat

LEVEL 3

DISH ROCKS

1



2



3



4



1 Lie flat on back

Arms stretched out above head

2 Lift arms, head and shoulders off floor and at same time lift legs 3 - 4 inches off floor

Back should be rounded so that lower back is pressed into the floor

3 Move body backwards and forwards in a rocking motion

4

Core Beginner



Front supports

LEVEL 1

FRONT SUPPORT HOLDS



- Hands shoulder width apart
- Shoulders over hands
- Toes on floor
- Legs extended and together
- Hold position

LEVEL 2

FRONT SUPPORT - SHOULDER TAP



- 1 Front support on toes with hands shoulder width apart
 - Shoulders over hands
- 2 Lift right hand off floor to touch left shoulder
 - Keep body straight and tight
- 3 Return to floor and repeat on other hand

LEVEL 3

FRONT SUPPORT - KNEE RAISES



- 1 Front support on toes with hands shoulder width apart
 - Shoulders over hands
- 2 Lift left knee to touch left elbow
 - Keep body straight and tight
- 3 Return to floor and repeat on other leg

Upper Body Beginner



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

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Your Challenge!

FOR WEEK 12

How many **wide hand press ups** can you complete in **45 seconds**?



don't forget to
print out your
certificate!