

Intermediate

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!

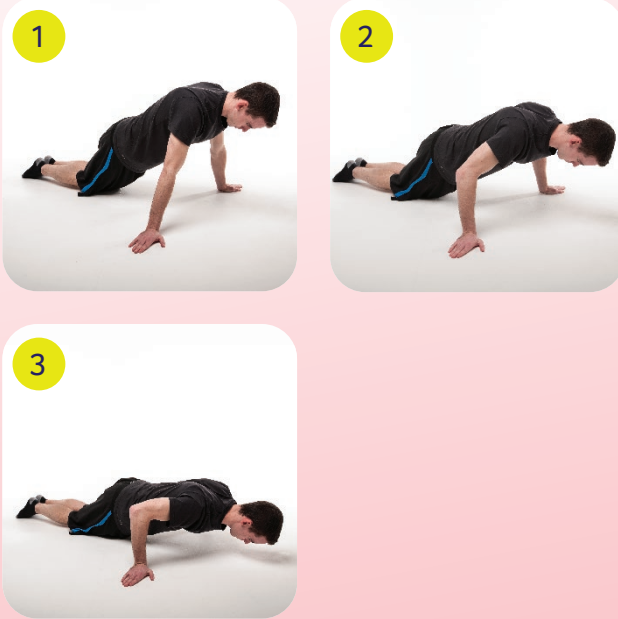
Upper Body Intermediate



Wide press ups

LEVEL 1

FRONT SUPPORT ON KNEES
LOWER TO THE FLOOR - HANDS WIDE



- 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 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 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 Intermediate



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

3 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

3 Keep elbows tucked into side of body

4 Press arms straight

Repeat move

Core Intermediate



Knee crunches

LEVEL 1 KNEE CRUNCH

1



2



3



- 1 Lay flat on floor with arms above head and legs bent
 - 2 Crunch knees into chest
 - 3 Lower feet back to the floor with control
- Repeat move
 - Back should be rounded at all times

LEVEL 2 HALF DISH KNEE CRUNCH

1



2



3



- 1 Lay flat on floor with arms above head and legs bent
 - Lift shoulders off the floor
 - 2 Crunch knees into chest
 - 3 Lower feet back to the floor with control
- Keep shoulders off floor
 - Repeat move
 - Back should be rounded at all times

LEVEL 3 FULL DISH KNEE CRUNCH

1



2



3



4



- 1 Lay flat on floor with arms above head
 - 2 Lift shoulders and feet off the floor
 - 3 Crunch knees into chest whilst bringing shoulders upwards at the same time
 - 4 Lower back to position 2 with control
- Keep shoulders and feet off floor
 - Repeat move
 - Back should be rounded at all times

Upper Body Intermediate



Lean press ups

LEVEL 1

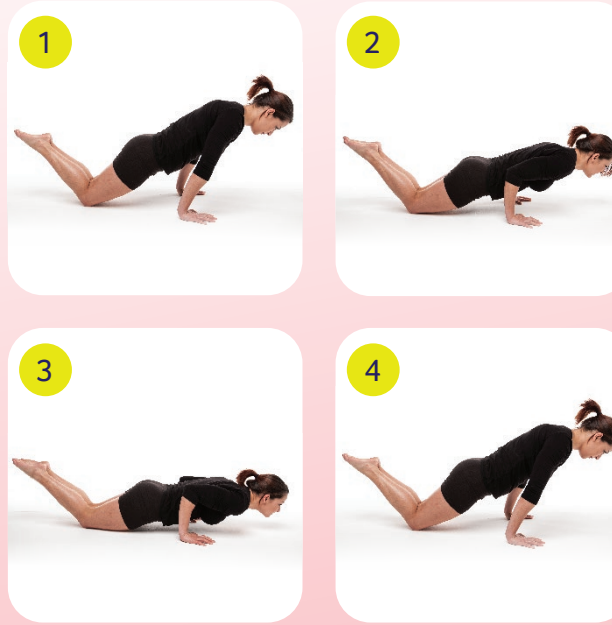
FRONT SUPPORT ON KNEES - LEAN



- Hands slightly wider than shoulder width apart
- Knees on the floor
- Lean forwards so shoulders are in front of hands
- Hold position concentrating on body tension and keeping shoulders in front of hands

LEVEL 2

PRESS UP ON KNEES - LEAN



- 1 Hands slightly wider than shoulder width apart
- 2 Knees on the floor. Lean forwards so shoulders are in front of hands
- 3 Lower down to floor until nose touches floor, keeping body straight and tight
- 4 Keep elbows tucked into side of body
- 5 Press arms straight
- 6 Repeat move

LEVEL 3

FULL PRESS UP - LEAN



- 1 Hands slightly wider than shoulder width apart
- 2 Feet on the floor. Lean forwards so shoulders are in front of hands
- 3 Lower down to floor until nose touches floor, keeping body straight and tight
- 4 Keep elbows tucked into side of body.
- 5 Press arms straight
- 6 Repeat move

Core Intermediate



Front supports

LEVEL 1

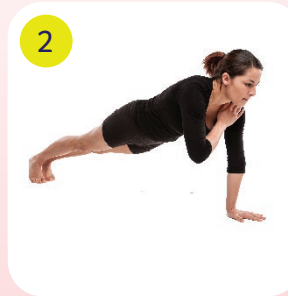
FRONT SUPPORT HOLDS



- 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

Intermediate

British
Gymnastics

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!