

# Gymnastics at Home Worksheets – Core Strength

## Before you start you'll need:

- **Flat surface – carpet/ rug/ or a mat**
- **2 chairs (same height/ level)**
- **A basketball/ football/ medicine ball**
- **A wall or closed door**

Core strength is how well you can control the middle part of your body. This is essential for all gymnastics. If you have a strong cores it makes achieving gymnastics skills easier and progress will be faster. Complete ALL exercises below to give you a core of steel! Your form must be correct in order to not put strain on your back. If your back hurts then STOP. It means your shape is not correct. Correct your shape and try again. Tension is key.

### Circuit 1

1. Hip lifts to candle	<b>Recommended</b> x15
2. Dish rocks arms by ears	x15
3. Long front support hold	x15 seconds
4. Shoulder bridge lift 1 leg & hold for 20 seconds	x1 each leg
5. V-sit hold (hands on floor behind)	x15 seconds

### Circuit 2

6. Plank walks sideways (walk on elbow and feet)	<b>Recommended</b> x20 steps
7. V-sit, log roll, v-sit, log roll back again	x20
8. Side plank hold, holding ball in air	x20 seconds each side
9. Front support knee twists	x20
10.Straddle reach ups (lie on back with legs on wall in straddle)	x20

### Circuit 3

11.Sliders (dish upper body reaching hands to knees)	<b>Recommended</b> x30
12.Front support hold (hands on ball)	x30 seconds
13.Bicycle crunches (opposite elbow to knee)	x30
14.Windscreen wipers (lie on back, arms out, legs lift side to side)	x30
15.Dish hold between 2 chairs (shoulders and heels)	x30 seconds

Once your body gets used to the exercise you may need to increase reps and time. Work to the reps and length of time that are right for you, but try to push yourself. For demonstrations of all of the above exercises subscribe to the Active Leeds YouTube channel and select the 'Core Strength' video from the gymnastics playlist.