

DIY Circuit

Here are a few ideas for you to create your very own at home circuit! These include some fun activities to keep you active and Gymnastics skills you can practice from home. You could even do your circuit as a group including other members of your bubble!



If you have chalk at home draw a large shape and write 10 star jumps inside your shape. If you don't have any chalk you could do the same on a piece of paper and lay it on the ground to do your 10 star jumps on.

Find a chair of any sort that you have around your home and put it in place for your circuit. Use the chair to crawl underneath it as fast as you can without tipping the chair.





Try and find a skipping rope, or any rope around your home, lay the rope in a flat line on the ground. Use this to walk along while holding your balance.

Draw another shape on the ground with your chalk or on another piece of paper, then write 10 push ups inside the shape. Then complete 10 push ups on top of your shape.



Find a nice flat spot in your circuit and rock in tuck five times, before you hold a bridge shape for three banana's. You could place another piece of paper down to remember where your bridge spot is!



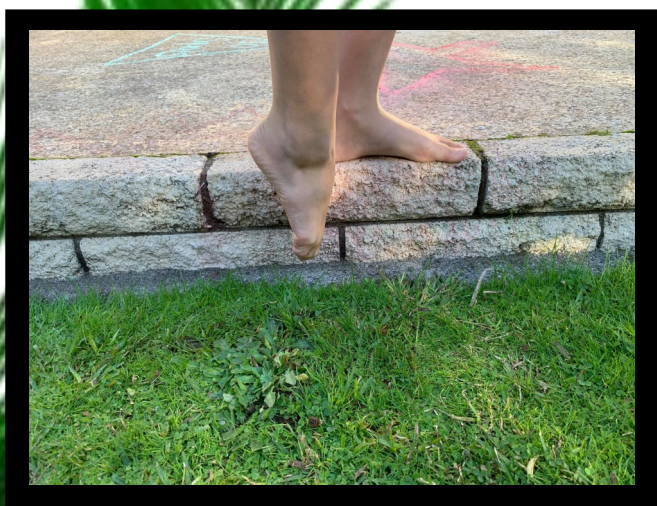


Go back to your rope and complete a cartwheel as straight as you can along your rope! Remember the pattern is foot, hand, hand, foot, foot. If starting out make the rope into a mountain shape and starting on one side put a hand either side of the peak and step your feet to the other side.

Ask another person in your bubble to come help you in this activity. Complete an assisted handstand for as long as you can! If starting out, you can find a safe wall and walk up the wall backwards into a handstand shape.



For this step of the circuit find a ledge on which you can complete 10 dips on each side, so 20 dips all together. Remember to keep those toes pointed!





Use your ledge again or another raised surface to complete 10 tucked handstands. If you have space either side, you could bunny hop side to side over your ledge or raised surface.

Grab your chalk or one more piece of paper and draw your shape, then add 10 squats into that shape. Complete your 10 squats as fast as you can but make sure to get low!



Congratulations you have a home circuit set up. We would love to see photos of you and your bubble demonstrating your course.

