

BETSY ON-DEMAND



Work Out #1

Thigh Squeezing and Strength, Obliques, Core and Upper!

All gymnasts need strong inner thighs for great form and tension! Add in some core and you are good to go!

Video Link [HERE](#)

Work Out #2

PLANK, PLANK, PLANK, PLANK, PLANK!!!

Betsy Bootcamp Focusing on PLANKING! One of the best workouts ever! It is a doozie!

Video Link [HERE](#)

Work Out #3

The Needle Workout

Needle kicking! Focusing on something so important for gymnasts! Active flexibility, leaping, single leg work!!! Get your long bands and small bands, sliders and weights ready for an amazing workout!

Video Link [HERE](#)

Work Out #4

You Rocker MY WORLD!

Rock, rock, rock side back, on your belly! We totally rock your CORE in this one!

Video Link [HERE](#)

Work Out #5

LOTS OF LUNGING!

We lunge and lunge and then we lunge! Great intense leg and pylo workout!

Video Link [HERE](#)

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Work Out #6

Plyometric Training and Multi-joint Functional Weight Training!

Start with jumping move into weights then finish with active core for a well-rounded workout for gymnasts!

Video Link [HERE](#)

Work Out #7

TOTAL BODY TRAINING

This total body workout will have you working legs, arms, core plyos and cardio! Get ready to sweat!

Video Link [HERE](#)

Work Out #8

Potpourri of Fun

This workout focuses on quickness, agility core and upper body tension and speed. Also lots of biceps work for strong arms!

Video Link [HERE](#)

Work Out #9

Core, Core, Arms Handstands and MORE!

To have a strong handstand you must have a strong core! This workout focuses on BOTH!

Video Link [HERE](#)

Work Out #10

Total Body for Skills

This workout focuses on legs, hurdles, upper body quickness and strength topped off with leg shaping. This total body focus will help you master your skills!

Video Link [HERE](#)

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Work Out #11

Cardio Leg Kicker

Lots of Legs, Jumps and kicks! Top it off with CORE for the finisher!

Video Link [HERE](#)

Work Out #12

50/50 Core

Top each set off with 50 repetitions of a core exercise! Tons of abdominals and obliques with triceps, blocking and body tension!

Video Link [HERE](#)

Work Out #13

Kipping, Casting and Hurdling with Weight Training

This skill focused workout is not only well rounded for skill development but covers the basics with the weights too!

Video Link [HERE](#)

Work Out #14

Classic Betsy Bootcamp Mix

Turning, Leaping Weight Training and more! Get your total body fix with this mix up of fun!

Video Link [HERE](#)

Work Out #15

An Athlete's Dream

Agility, Abduction, Coordination and Quickness! Throw in some weight training and active core and you have an athletes' s dream workout!

Video Link [HERE](#)