

Betsy Bootcamp December Training 2021

Coaches Note: Endurance, Tightening, Shaping, Quickness, Season is right around the corner! Keep the athletes moving and focus on TIGHTENING EVERYTHING UP, also be sure to do the injury prevention for ankles/ calves, wrists and hips! Season is coming!!!

KETTLE BELL or HAND WEIGHTED WARMUP:

Coaches Note: This is a heavy endurance and core warmup: This is a nice warmup for December because it includes endurance, strength, core and injury prevention. If you do NOT have kettle bells, no worries, use light dumbbells or hand weights! You can even use a foam block to do this and increase reps if you want! Keep the athletes moving and COUNT OUT the core exercises!

You Need:

Hand weights, kettle bells preferred but not expected.
Slider and Bosu Balls for Injury Prevention.

PART One: Complete one time

1) High Kettle Swings 15

Video link

https://youtu.be/IMcD_WZFc_0

2)Squat Over shoulder press 20

Video link

https://youtu.be/XKUGXS_-9zk

3)Squat to Triceps Extension 15

Video link

<https://youtu.be/b3EkVTRrvVs>

4)Figure 8 Swing Sorry Sideways 20

Video link

<https://youtu.be/oatdQp32VPk>

5)Side swing with jump squat (sorry again) 20

Video link

<https://youtu.be/BeRkGE-7pdo>

6)Oblique Chops 15 each way

Video link

<https://youtu.be/vLnHS-Dw-kE>

7)Side Swing Thrus Video link 15 each way

<https://youtu.be/m0Inj9n8Nn8>

Part Two: Core and Kettle Complete one or two times,
time depending

Coach counted:

1) Rainbows 20

Video link

<https://youtu.be/aPRdMh1fSoQ>

2) Tuck Front Raises 15

Video link

<https://youtu.be/5n-on5-Ri5E>

3) Side V-Ups 15 each side

Video link

<https://youtu.be/OTMLqsg12-I>

4) Full Situp Shrugs 20

Video link

<https://youtu.be/lq5Sa9LhpFQ>

5) Front Plank Twister 20 each side

Video link

<https://youtu.be/g9jRTALBwal>

6) Upper Body Lifts 20

Video link

<https://youtu.be/fUt-53KUIBU>

Part Three: Injury Prevention and Active Flex

You Need Bands, kettles, Sliders and A Bosu Ball

1)Bosu Partner Calf Raises 30 each foot

Video link

<https://youtu.be/g5wqkgleMLE>

2)Wrist Curls on beam 20

Video link

<https://youtu.be/wGexlqy6vXc>

3)Kettle Toe Pointers 15 each foot, if no kettle bell use bands and do 30

Video link

<https://youtu.be/Hv63cmKNgUE>

4)Band Kicks on Knees with Foam Block 10 each side, 10 back

Video link

<https://youtu.be/fLdUB15Sl1w>

5)Active Side Kicks sliders 10 each side

Video link

https://youtu.be/CHOWwp_YQyU

6)Active Oblique Kicks Sliders Video link 10 each side

<https://youtu.be/5WhjtQxmWow>

7)Active Straddle Downs 10

Video link

<https://youtu.be/xInVM7rTPfl>

Workout One: Legs; Quickness And Tightening Time!

You need: MARKERS like cones or BOSU's, bean bags, small x's drawn in chalk on the floor, preschool markers/shapes, etc. Doesn't matter just a "spot"

You need: Spotting Blocks, Small Bands, Bosu Balls, LONG BANDS

For Circuit Four You need Long Bands, Bosu and Partners, If you do not have enough BOSU balls, you can do this exercise with just bands.

Circuit One: Complete ONE TIME:

1) Legs lateral hops over markers (follow the count, complete 10 passes)

Video link

<https://youtu.be/T6pnkqiWpfU>

2) Low squat jump over 5 obstacles with tuck jump (go through 8 times)

Video link

<https://youtu.be/tWp-9ClykZk>

3) Squat jump 1/2 over obstacle 20 Total (low) Video link

<https://youtu.be/xQO6G6yO7sQ>

Circuit Two: Complete ONE TIME

1) Quickness Diagonal Back Kicks 50 total

Video link

<https://youtu.be/A9nY2GIEyXE>

2) Leap Up to Block 10 each leg

Video link

<https://youtu.be/ZvVaYQoMyKI>

3) Leg tightening lift and squeeze on beam with block 20 total

Video link

https://youtu.be/5gRiSQu_tWI

Circuit Three: Complete TWO TIMES:

Leg Shaper Circuit

Video link

<https://youtu.be/nTm3woXgQeU>

- 1) Abduction with Band on Block 30**
- 2) Side Lunge Kick with Kettle 15 each leg**
- 3) Hip Hold with foot abduction 20**

Circuit Four: Complete ONE TIME: NEED PARTNERS

Legs Core Tension tightness Quickness

Video link

<https://youtu.be/YGv02mrqJMw>

- 1) Abduction On Bosu 50**
- 2) Bicycle Crunches 50**
- 3) Hamstring Kicks 50**

Workout Two: Core: Time For Shaping!

You need:

*Kettle Bells, Bosu Balls, Sliders, Tumble Track
Weighted Bars or dumbbells*

Circuit One: Go Through the Circuit Two Times:

Pike and Hollow Super circuit

Video link

<https://youtu.be/EfHRiM99zU0>

- 1)V-up punch with kettles 15**
- 2)Pike over to candle BOSU 15**
- 3)Plank walk to pike ups sliders 4 walks forward 4
walks backward**
- 4)Pike Jumps Tumble track 20**

Circuit Two: Complete two times:

- 1)Back Side Upper Body Lift with Dowel on Bosu 30
(listen to directions on vide)**

Video link

<https://youtu.be/bNxzAAkWCMc>

2) Core arch rock slam 20

Video link

<https://youtu.be/1OD2G5XR7a8>

3) Core tight arch to pike up slider 20

Video link

<https://youtu.be/LZUY1dGN6xM>

Circuit Three: Complete 2 times:

1,2) Core Tuck Rock Shaper with kettles and Tuck Rock on Bosu (2 exercises 15 of each)

Video link

<https://youtu.be/Gkzy7vLDGGM>

3) Core rocker straight bar pull back 20

Video link

<https://youtu.be/yidJDyOjsd0>

Circuit Four: Complete one or two times, time permitting

1) Core twist Bosu Roller 10 each way

Video link

<https://youtu.be/iteudrCkwwc>

2) Core Kettle Chest press floor tap 20

Video link

<https://youtu.be/PnCc5AdaOaU>

3) Core arms elbow shaper 10

Video link

<https://youtu.be/R0tj6N6L-bl>

Workout Three: Upper And Core: Tension, quickness and Shoulder Endurance

You need floor markers, kettle bells, Bosu Balls, Sliders, kettle bells or dumbbells

IMPORTANT: You need to set up sets of long bands at a stall bar or leg lift rack or another apparatus that supports this. Check video Body Tension Band Pulls (circuit four exercise #1) for the setup. These exercises are REALLY REALLY GOOD for developing tension, don't skip them!

Circuit One: Complete ONE TIME

1) Quickness Lateral walks over markers 20 total passes

Video link

<https://youtu.be/o5RiTnheRAo>

2) Quickness Hand Walkouts complete 10 (each one consists of three walkouts)

Video link

<https://youtu.be/LjMEzw1iR24>

3) One Arm L-Lift 15 each way (use light weights)

Video link

https://youtu.be/NFHUIZb_T5Q

Circuit Two: Complete two times:

1) Fast Hands on bosu 20

Video link

<https://youtu.be/2dtH4Rvfg7w>

Followed by: Arms Bosu Pop Backs 20

Video link

<https://youtu.be/lePEYb3YQB4>

2) Arms tension lifts offs with bands 20

Video link

<https://youtu.be/uBEjvMwk-KQ>

3) Single Arm Swings From Knee 15 each side

Video link

<https://youtu.be/HoBlgvHtFrE>

Circuit Three; Complete Two Times:

1) Partner Band Shrugs on BOSU

Video link

<https://youtu.be/HER7mz2dWVs>

2/3)Core rocker shoulder press and side rock to pushup (2 exercises)

Video link

<https://youtu.be/Snu-OmP9i4E>

Circuit Four: Complete ONE TIME:

1)Body Tension Band Pulls 20 of each(2 exercises, on back and in pushup)

Video link

<https://youtu.be/5f4fzPsr7nc>

2)Plank to TeePee Slide 10

Video link

<https://youtu.be/hv2XSv2jM5w>