

February 2025 Betsy Bootcamp

*February is all about leg tightening, shaping, and injury prevention. **Why?*** Because the details matter in the middle of competition season. This month's workouts focus on what keeps gymnasts healthy *and* sharp when it counts most: active flexibility, body-tension strength, lots of planks, and smart lower-body work. We've also added a couple of leg and flex warm-ups that are simple, effective, and easy to plug into practice. Do the work. Protect the body. Finish the season strong. And yes, Happy Valentine's Day. Listen to my message below!



Warmup One: Cardio, Legs and Flex



This is a great warmup the focuses heavily on leg tightening, legs, active straddle and upper flexibility. Focus on SQUEEZING QUADS specifically on the leg tightening portion!

Levels: All Modify Numbers for Lower Levels

Time: 40 minutes

You Need:

Rings or circles on floor

Small Bands

Kettle Bells

Weighted Balls or Foam Blocks for Leg tightening exercises

Sliders

Spotting Blocks

Part One and Two All Video Link:

<https://vimeo.com/1155753719/0703a074ff?share=copy&fl=sv&fe=ci>

Part One; Cardio Rings 10 minutes. Complete two sets of each

- 1) Ring Squat Burpee Combo 1 minute
<https://vimeo.com/1153143561/138478e66a?share=copy&fl=sv&fe=ci>
- 2) Ring right leading grapevine 1 minute
<https://vimeo.com/1153143550/16c23fed7f?share=copy&fl=sv&fe=ci>
- 3) Ring left leading grapevine 1 minute
<https://vimeo.com/1153143494/368d6b1cf3?share=copy&fl=sv&fe=ci>
- 4) Ring Jump 1/2 with band 1 minute
<https://vimeo.com/1153143394/876b42c567?share=copy&fl=sv&fe=ci>

Part Two: Strength and Cardio Legs 8 Minutes: Complete two sets of each

- 1) Banded Alt Courtsey 30 total
<https://vimeo.com/1153143447/65a08e3ffc?share=copy&fl=sv&fe=ci>
- 2) Alt courtsey (weights) 30 total
<https://vimeo.com/1153143330/0a790a0e8b?share=copy&fl=sv&fe=ci>
- 3) Lateral ski squat jumps (band, weights) 30 total
<https://vimeo.com/1153143407/6ee6fe2c29?share=copy&fl=sv&fe=ci>
- 4) Calf raise with squat 30 total
<https://vimeo.com/1153143664/8694b8710b?share=copy&fl=sv&fe=ci>

Part Three; 12 minutes:

Full Exercise Link: <https://vimeo.com/1156069079/7ee4b43467?share=copy&fl=sv&fe=ci>

Leg Tightening: Complete 30 seconds of each exercise or 40 repetitions

- 1) Leg tightening lateral taps elevated
<https://vimeo.com/1153143691/46dde7e9e9?share=copy&fl=sv&fe=ci>
- 2) Leg tightening seated lateral taps
<https://vimeo.com/1152285852/12a3e1b853?share=copy&fl=sv&fe=ci>
- 3) Leg tightening half leg lift tap
<https://vimeo.com/1153143573/8444bddcf8?share=copy&fl=sv&fe=ci>
- 4) Leg tightening V-Squeeze hold
<https://vimeo.com/1153143595/389ed9525d?share=copy&fl=sv&fe=ci>
- 5) Leg tightening squat adductor pulse
<https://vimeo.com/1153143580/ffd26eb2bd?share=copy&fl=sv&fe=ci>

- 6) Leg tightening half v-up
<https://vimeo.com/1153143661/7ffabe8ded?share=copy&fl=sv&fe=ci>
- 7) Leg tightening tuck ups
<https://vimeo.com/1153143473/14ec00966c?share=copy&fl=sv&fe=ci>
- 8) Leg tightening arch rockers
<https://vimeo.com/1153143541/64d5d338be?share=copy&fl=sv&fe=ci>
- 9) Leg tightening reverse leg lift tap
<https://vimeo.com/1153143537/b4fc284d32?share=copy&fl=sv&fe=ci>
- 10) Leg tightening figure 4 vup (Complete Each Side)
<https://vimeo.com/1153143479/119b593cb4?share=copy&fl=sv&fe=ci>
- 11) Leg tightening leg extensions
<https://vimeo.com/1153143377/acfe400e15?share=copy&fl=sv&fe=ci>
- 12) Leg tightening Squat adductor pulse
<https://vimeo.com/1153143588/a909193bfc?share=copy&fl=sv&fe=ci>
- 13) Leg tightening ceiling kick
<https://vimeo.com/1153143433/1264e469fa?share=copy&fl=sv&fe=ci>

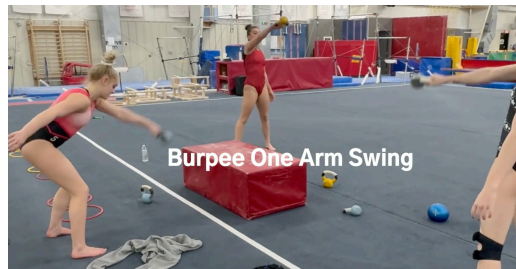
Part Four: Active Flex Sequence

10 Minutes: Complete two sets of each:

All Exercise Link: <https://vimeo.com/1156072112/a99ce5014e?share=copy&fl=sv&fe=ci>

- 1) Active Flex Slide Straddle 20
<https://vimeo.com/701361207/c0860c7c01?fl=ls&fe=ec>
- 2) Active Flex Straddle Outs 20
<https://vimeo.com/701361306/45060c1b93?share=copy&fl=sv&fe=ci>
- 3) Active Flex Stall Bar Active Splits 15 each side
<https://vimeo.com/944563436/61d295ffcd?share=copy&fl=sv&fe=ci>
- 4) Active Flex Stall Bar Straddle Splits
(No separate link see main video)
- 4) Active Neck rolls 20 each direction
<https://vimeo.com/891627100/2a94f58825?share=copy&fl=sv&fe=ci>
- 5) Warmup Active Shoulder Lifts 30
<https://vimeo.com/686897139/7c4d9031b8?share=copy&fl=sv&fe=ci>
- 6) Back Stretch Upward Facing Dog 30 seconds
<https://vimeo.com/771328776/7b27d6056a?share=copy&fl=sv&fe=ci>
- 7) Ip Cat Backs 1 minute
<https://vimeo.com/1026998145/248298dd55?share=copy&fl=sv&fe=ci>

Workout Two: Core and Upper Shaping/ Strength with Active Stretch and Cardio



This is a great total stretch, strength, cardio, core and shaping workout perfect for “In Season” training. This one packs in lots of core and shaping. ALSO keep moving for cardio benefits!!

Levels: All

Time: 30-40 minutes

You Need:

Kettle Bells or Dumbbells
Tumble Track
Weighted Bars of foam blocks/dowels for tramp
Weighted ball or med ball
Hanging Rope
Beam

Part One: Flex with Cardio 6 minutes:

All Exercise List For Part ONE AND TWO: <https://vimeo.com/1156075849/bcf8fc2d1c?share=copy&fl=sv&fe=ci>

1) Hip Circles 15 each leg each direction

<https://vimeo.com/1152291382/3bfc96cb9f?share=copy&fl=sv&fe=ci>

2) Crawl with forward arm circle 2 passes

<https://vimeo.com/1152290836/74d25abf16?share=copy&fl=sv&fe=ci>

<https://vimeo.com/1152290856/a4565efd71?share=copy&fl=sv&fe=ci>

3) Crawl with arm circle (back) 2 passes

<https://vimeo.com/1152291433/7fd7a28201?share=copy&fl=sv&fe=ci>

4) Slow High Plank Crawl 2 passes

<https://vimeo.com/1152291065/8dce098756?share=copy&fl=sv&fe=ci>

5) Tuck Rock Plank Kickout 30

<https://vimeo.com/1152290758/a0892b9155?share=copy&fl=sv&fe=ci>

6) Plank Jacks 15 rest, repeat
<https://vimeo.com/1152290680/9f4231c14d?share=copy&fl=sv&fe=ci>

7) 5 Step Lateral Run 1 full minute, rest, repeat
<https://vimeo.com/1152291169/60072ee2e9?share=copy&fl=sv&fe=ci>

Part Two Total Body Kettle and Ball Work: 10 minutes:

Complete Two Sets of Each:

1) Half Burpee 1 arm swing (alternating) 20 repetitions
<https://vimeo.com/1153143346/be03a1a1a7?share=copy&fl=sv&fe=ci>

2) Kettle High Pull 20 repetitions
<https://vimeo.com/1153143652/d975053f2b?share=copy&fl=sv&fe=ci>

3) Overhead Kettle Shrugs 30
<https://vimeo.com/1050769874/a7b8af6c3f?share=copy&fl=sv&fe=ci>

Part Three Ball Work/Shaping and Core 10 minutes **Complete two sets of each**

All Exercise Link for Part Three, Four and Five: <https://vimeo.com/1156079228/e189355392?share=copy&fl=sv&fe=ci>

1) Rolling Pushup (ball and very challenging, do your best) 6 each direction
<https://vimeo.com/1153143526/6abe235e34?share=copy&fl=sv&fe=ci>

2) Russian Twist Slams 30 total
<https://vimeo.com/1153143364/715ac2c880?share=copy&fl=sv&fe=ci>

3) V-Up Side rock (shapers) 20 total
<https://vimeo.com/1153143291/b22aa3e77f?share=copy&fl=sv&fe=ci>

4) Twisting rocker 30 total
<https://vimeo.com/1153143272/d009f65984?share=copy&fl=sv&fe=ci>

5) Ball pushup (close grip, with good form, 15)
<https://vimeo.com/1153143356/f30d1b5a5e?share=copy&fl=sv&fe=ci>

6) Mt Climbers on ball 50 total
<https://vimeo.com/1153143308/d3cb08f061?share=copy&fl=sv&fe=ci>

7) Prone lift off (butterfly arms) 20
<https://vimeo.com/1153143464/68b4da926b?share=copy&fl=sv&fe=ci>

Part Four Air Shaping: Complete this part in conjunction with part five so you can share tumble track or trampoline space. Complete two sets of each.

1) Tumble Track twisting hops f/b foam block 4 passes

<https://vimeo.com/848827570/221ca41934?share=copy&fl=sv&fe=ci>

2) Lateral tuck bounces with weighted bar or foam blocks 20

<https://vimeo.com/1153143498/6988ad0601?share=copy&fl=sv&fe=ci>

3) Lateral Pike Bounces 20

<https://vimeo.com/1153143419/e2e72ccb1b?share=copy&fl=sv&fe=ci>

Part Five: Complete this part in conjunction with part four so you can share tumble track or trampoline space. Complete two sets of each

1) Tuck crunch punches 30

<https://vimeo.com/1153143634/c316cd80cf?share=copy&fl=sv&fe=ci>

2) Hanging tuck ups (rope) 20

<https://vimeo.com/1153143627/afe6124d8e?share=copy&fl=sv&fe=ci>

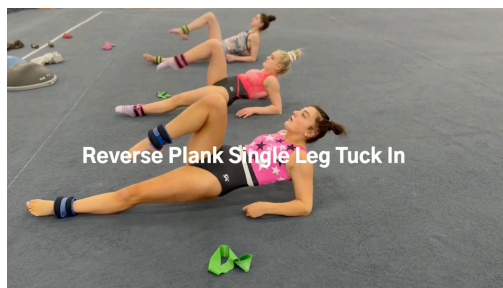
3) Beam Pike Lever 10

<https://vimeo.com/1153143508/611693eba0?share=copy&fl=sv&fe=ci>

4) V position crunch and punch (pike) 20

<https://vimeo.com/1153143518/774e5ffa25?share=copy&fl=sv&fe=ci>

Workout Three: Planks/Core /Bosu Side Station Supersets



The plank is a foundational exercise for gymnasts in every phase of training. Start practice with a focused plank/core block, or use it as a finisher. Then layer in these BOSU supersets as side stations throughout the workout.

If possible, place a BOSU at one event and have athletes rotate through, aiming to complete one superset while waiting for their turn. This keeps them engaged, builds core endurance, and works especially well as an endurance booster at the end of a routine.

Level: Intermediate, Bosu exercises can be modified for lower levels

Part One: Coach-Led Core (16-18 minutes)

All exercise link: <https://vimeo.com/1156082403/6b5f4e3027?share=copy&fl=sv&fe=ci>

Complete 30 seconds of each exercise with 2 seconds in between each exercise: Repeat the entire 13 exercises

1)Shoulder tap High plank

<https://vimeo.com/1152290656/885549dcdb?share=copy&fl=sv&fe=ci>

2)Plank Up downs

<https://vimeo.com/1152290960/bcf25d21bb?share=copy&fl=sv&fe=ci>

3)Reverse Plank Single Leg Tuck in

<https://vimeo.com/1152290795/6f383c7a9b?share=copy&fl=sv&fe=ci>

4)Downward Dogs

<https://vimeo.com/1152291334/25772136ad?share=copy&fl=sv&fe=ci>

5)Side Plank Leg lifts (bands)

<https://vimeo.com/1152290786/75045d07ec?share=copy&fl=sv&fe=ci>

6)Hollow Hold

<https://vimeo.com/1152290709/be55187bfe?share=copy&fl=sv&fe=ci>

7)Reverse Plank Tap

<https://vimeo.com/1152291415/1b0a05f918?share=copy&fl=sv&fe=ci>

8)Plank rockers

<https://vimeo.com/1152291111/c7652421b5?share=copy&fl=sv&fe=ci>

9)High Plank Up downs

<https://vimeo.com/1152290901/4578b5c665?share=copy&fl=sv&fe=ci>

10_Arch Hold

<https://vimeo.com/1152290836/74d25abf16?share=copy&fl=sv&fe=ci>

11)Prone Butterfly reach around

<https://vimeo.com/1152290993/13316eed60?share=copy&fl=sv&fe=ci>

12)Weighted V-Up

<https://vimeo.com/1152290694/a455804a13?share=copy&fl=sv&fe=ci>

13) Tricep Plank Up

<https://vimeo.com/1153143402/3a62d010d9?share=copy&fl=sv&fe=ci>

Part Two: Event Supersets



ALL SUPERSETS LINK: <https://vimeo.com/1156085217/c9b1f5fbb3?share=copy&fl=sv&fe=ci>

Superset One:

1)Bosu Plank Wobble 45 seconds

<https://vimeo.com/1152291046/5e6bdd1691?share=copy&fl=sv&fe=ci>

2)Static Tuck Hold on Bosu 45 seconds

<https://vimeo.com/1152290925/97127b1e7d?share=copy&fl=sv&fe=ci>

Superset Two:

3)Bosu Plank Hold 1 minute

<https://vimeo.com/1152291349/e7e8350f5f?share=copy&fl=sv&fe=ci>

4)Hollow Hold Bosu 1minute

<https://vimeo.com/1152291360/0112df6de4?share=copy&fl=sv&fe=ci>

Superset Three;

5) 90 angle bosu pushup 30 seconds

<https://vimeo.com/1152291268/a21ff10acb?share=copy&fl=sv&fe=ci>

6) Bosu Tuck open 45 seconds

<https://vimeo.com/1152291256/0268b371d1?share=copy&fl=sv&fe=ci>

Superset Four:

7) Bosu Arch rock Arm Swing 45 seconds

<https://vimeo.com/1152291240/49a4b36b90?share=copy&fl=sv&fe=ci>

8) Bosu Plank Slider 45 seconds

<https://vimeo.com/1152289792/e8ad5cff50?share=copy&fl=sv&fe=ci>

Workout Four: Legs and Arm Endurance Challenging



This is a great upper and lower body workout! Focus on shoulder and arm endurance along with leg holds! Great for that mid-season endurance level up! This one is challenging!!

Level: Advanced but can be modified!

Time: 45-50 minutes

You Need:

Kettle Bells,

Ankle Weights

Spotting Blocks

Battle Ropes

Bosus

Paralettes

Small Bands

All Exercise Link Part One and Two:

<https://vimeo.com/1156614739/d9f7bfd08a?share=copy&fl=sv&fe=ci>

Part One: Kettle Endurance and Cardio 6 minutes

1) High Knee Kettle Run 4 passes

<https://vimeo.com/1152289926/b616bd50d4?share=copy&fl=sv&fe=ci>

2) Backward Kettle Run 4 passes

<https://vimeo.com/1152289741/ff8cc8c374?share=copy&fl=sv&fe=ci>

3) 5 Step Releve Walk to Kneel Down 4 passes

<https://vimeo.com/1152289714/fafa057bb6?share=copy&fl=sv&fe=ci>

4) 5 Step Releve walk backward to kneel down 4 passes

<https://vimeo.com/1152289767/a6260bdeef?share=copy&fl=sv&fe=ci>

Part Two: Leg Endurance/Holds: Complete this circuit ONE TIME: 10 minutes

1) Static 15 second split squat (then switch) Do this for 3 minutes alternating every 15 seconds

<https://vimeo.com/1152290878/b68e6c0447?share=copy&fl=sv&fe=ci>

2) Static Split Squat Hold 1 minute each leg (yes after you complete part one)

<https://vimeo.com/1152290725/021012134c?share=copy&fl=sv&fe=ci>

3) Lunge with hamstring pulse 40 pulses each leg, stay in that deep lunge!

<https://vimeo.com/1152291190/8f16aea065?share=copy&fl=sv&fe=ci>

4) Rope Lateral Hop Slams 1 minute (each athlete can go on their own to complete this during this sequence)

<https://vimeo.com/1152289946/727dc2d4b9?share=copy&fl=sv&fe=ci>

Circuit Two: COMPLETE this circuit TWO Times: 12 minutes

1) Leg extension abduct 50

<https://vimeo.com/1152290772/6678f7b413?share=copy&fl=sv&fe=ci>

2) Rope Fast Arms Bosu 50 (each athlete can go on their own during the sequence)

<https://vimeo.com/1152289812/a03d0bb427?share=copy&fl=sv&fe=ci>

3) Pistol squat with full lateral raise 15 each leg, its a doozey!

<https://vimeo.com/1152291317/7e588eeab4?share=copy&fl=sv&fe=ci>

<https://vimeo.com/1152291404/54fea2a698?share=copy&fl=sv&fe=ci>

Circuit Three: Complete this circuit Two times; 10 minutes

1) Prone rope slam on bosu 40

<https://vimeo.com/1152290129/d031118458?share=copy&fl=sv&fe=ci>

2) Pushup to press handstand 15 leading with each leg

<https://vimeo.com/1152290022/1ee56ddc57?share=copy&fl=sv&fe=ci>

3) Handstand hold paralettes 60 seconds

<https://vimeo.com/1152291131/fbf911f0d4?share=copy&fl=sv&fe=ci>

Circuit Four: Complete this circuit ONE or two times, depending on time! 10-12 minutes

1) Front Raise Pull Out 20

<https://vimeo.com/1152289988/841d3575d1?share=copy&fl=sv&fe=ci>

<https://vimeo.com/1152289845/cfc272c96a?share=copy&fl=sv&fe=ci>

2) Elevated Reverse Plank Adductor Kick 15 each leg

<https://vimeo.com/1152289973/f109bc3985?share=copy&fl=sv&fe=ci>

<https://vimeo.com/1152289861/0f205456f7?share=copy&fl=sv&fe=ci>

3) One arm rope slam 15 each arm!

<https://vimeo.com/1152289963/a671c45598?share=copy&fl=sv&fe=ci>

<https://vimeo.com/1152289691/082534f69a?share=copy&fl=sv&fe=ci>

4) Finish with : Prone Bosu Straddle Leg Lifts time permitting

<https://vimeo.com/1152289936/0ed2ac4ca9?share=copy&fl=sv&fe=ci>

Workout Five: Quick Core with Ball or Foam Block



This is a quick 15-18 minute core leg tightening workout that you can add at the end of a workout for an endurance finisher!

You need:

Small weighted or yoga balls or foam blocks

All exercises Link: <https://vimeo.com/1156989463/a28846a8ba?share=copy&fl=sv&fe=ci>

Time: 15 minutes complete the 11 exercises, rest and repeat!

Level: Intermediate, can be challenging with a ball, foam blocks or without blocks for lower levels are an option!

Coach Needs to Time Each Exercise: 30 seconds, no break between sets!

1)V-up with ball

<https://vimeo.com/1152286164/a01a99ea18?share=copy&fl=sv&fe=ci>

2)Static Reverse Plank Hold with Ball

<https://vimeo.com/1152285720/39576cd3a6?share=copy&fl=sv&fe=ci>

3)Side Plank Ball between knees

<https://vimeo.com/1152286131/6cdbcb104c?share=copy&fl=sv&fe=ci>

4) Side plank dip with ball each side

<https://vimeo.com/1152285831/7d2fb5f8fc?share=copy&fl=sv&fe=ci>

5)Reverse Plank Dip with Ball

<https://vimeo.com/1152285737/97f84dbec8?share=copy&fl=sv&fe=ci>

6)Leg Grab V-Rock with ball

<https://vimeo.com/1152285800/14b071dd0a?share=copy&fl=sv&fe=ci>

7)Plank Rollover with Ball

<https://vimeo.com/1152285943/a1790945d4?share=copy&fl=sv&fe=ci>

8)Side Plank Dip one leg bent with ball

<https://vimeo.com/1152285774/2f80365337?share=copy&fl=sv&fe=ci>

9)Releve Bridge Adduction Pulses

<https://vimeo.com/1152285892/e9771f96bd?share=copy&fl=sv&fe=ci>

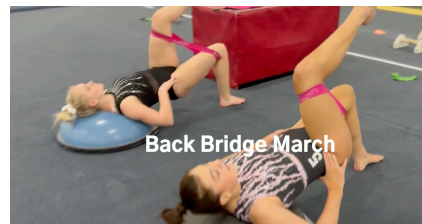
10)Prone Leg Taps with Ball

<https://vimeo.com/1152285787/9ae6d5ff23?share=copy&fl=sv&fe=ci>

11) Prone Hamstring Curl with pump

<https://vimeo.com/1152285758/3a80010758?share=copy&fl=sv&fe=ci>

Workout Six: Injury Prevention Work and Hips Finisher



This is a critical **in-season** workout—do not skip it. These exercises are ideal as side stations, especially near stall bars, for maximum efficiency.

Sore ankles, wrists, and backs are part of in-season training, which is why this work should be done 2–3 times per week. The workout finishes with a heavier hip and BOSU ball section.

These are best used as side stations, but can also be performed without a BOSU if needed.

You Need:

Stall Bars with Heavy Long, Bands

Small Bands

Bosu (optional for hip finisher)

Part One: Total Body Injury: 20 minutes

All exercise Link:

<https://vimeo.com/1157700649/af2363ebf2?share=copy&fl=sv&fe=ci>

1) Wrist curls (palms up) 30

<https://vimeo.com/1153143619/7e8d623a5f?share=copy&fl=sv&fe=ci>

2)Wrist curls palms down 30

<https://vimeo.com/1153143609/4b2893d71b?share=copy&fl=sv&fe=ci>

3)Banded Wrist adduction 30

<https://vimeo.com/1153143440/9c6386dfd4?share=copy&fl=sv&fe=ci>

4) Ankle extensions (stall bar) 30 each foot
<https://vimeo.com/1153143390/844a770922?share=copy&fl=sv&fe=ci>

5) Injury Prevention banded abduction at stall bar 20 each leg
<https://vimeo.com/936392606/294682695e?share=copy&fl=sv&fe=ci>

6) Bent over shoulder circles (right, outward) 20 each arm
<https://vimeo.com/1152285981/848076de0f?share=copy&fl=sv&fe=ci>

7) Bent over shoulder circles inward 20 each arm
<https://vimeo.com/1152285929/b7448508b6?share=copy&fl=sv&fe=ci>

8) Banded Leg Adduction 20 each leg
<https://vimeo.com/1152285965/a48516eb73?share=copy&fl=sv&fe=ci>

9) Banded Deadlift 20
<https://vimeo.com/1152286117/aa149dd6b8?share=copy&fl=sv&fe=ci>

10) Injury Prevention Band Squats at stall bar 15 slow and controlled
<https://vimeo.com/936393260/9f87c5237f?share=copy&fl=sv&fe=ci>

11) Injury Prevention Back/Hammy Squat at stall bar 10
<https://vimeo.com/815091090/3b6571de67?share=copy&fl=sv&fe=ci>

12) Back Cross Band Pull Backs 20
<https://vimeo.com/1009977647/d4dcd1f178?share=copy&fl=sv&fe=ci>

13) Banded pushup row 15 each side
<https://vimeo.com/1152289901/ffba531eed?share=copy&fl=sv&fe=ci>

14) IP Glute Circles and Backward Walks
(tie two resistance bands behind back)
Attempt 5 circles each direction, walk forward and backward one pass, worth the extra work to get the bands “just right”

<https://vimeo.com/901941389/f67d392d60?share=copy&fl=sv&fe=ci>

***HIPS BOSU FINISHER: Can be don'e without the BOSU ball as well
Done together: 10 minutes. Complete two sets one each***

All Exercise Link: <https://vimeo.com/1157918870/3e9d130736?share=copy&fl=sv&fe=ci>

1) Bosu Back Bridge March 30 total
<https://vimeo.com/1152290057/e12fb0af7f?share=copy&fl=sv&fe=ci>

2) Back Bosu Butterfly Abduction 20 total
<https://vimeo.com/1152290039/340d6b0233?share=copy&fl=sv&fe=ci>

3) Prone Bosu Butterfly Lift 20 total
<https://vimeo.com/1152290101/f1b53e207a?share=copy&fl=sv&fe=ci>

4) Bosu Seated Butterfly (abduction) 30

<https://vimeo.com/1152290090/c41d2ca8c6?share=copy&fl=sv&fe=ci>

6) Bosu One Leg Bridge Abduction 20 each leg

<https://vimeo.com/1152290073/b970858f91?share=copy&fl=sv&fe=ci>

