

Betsy Bootcamp Classic Workout

Weighted Total Body Workout



This is a challenging total body workout that uses weights. It is recommended for upper level athletes but it can also be done with lower level athletes, it will take some time to get proper technique so I advise starting with lower weights and modifying if you feel necessary.

Ability: All levels if modified with proper weight choice

Time: 20-30 minutes depending on how many sets you do

You Need:

***Weighted Bar (if you do not have one dumbbells, light to medium weight will do)
Kettle Bells and or Dumbbells- recommend 5-10 lbs depending on athletes)
Stability Ball against a wall
Battle Rope***

All Exercise Link is here: <https://vimeo.com/1161957623/4fe3491b0f?share=copy&fl=sv&fe=ci>

Circuit One: Complete One set

1) Total Body Thrust swing (watch form!) 15
<https://vimeo.com/815852240/b89f23e10a?share=copy>

2) Total body squat row press 15
<https://vimeo.com/815853426/2d6b843570?share=copy>

3) Total Body Surfer Slams 20
<https://vimeo.com/815852361/38eceb7e6c?share=copy>

Circuit Two: Complete one set

1) Total Body one arm swings with side lunge 10 each side
<https://vimeo.com/815853496/aec692aff3?share=copy>

2) Total Body Curl Squat and press 15
<https://vimeo.com/815853541/79a1ebf947?share=copy>

3) Total Body Power Oblique Slams 20 each side
<https://vimeo.com/710960470/afa51cef85?share=copy>

Circuit Three: Complete one set

1) Total Body Squat and shrug 15
<https://vimeo.com/815853560/be85e642ab?share=copy>

2) Total Body Single Leg lunge to lift off 15 each side
<https://vimeo.com/815093123/55975f4e2e>

3) Total Body Deadlift press (good morning) 15
<https://vimeo.com/815099183/b2c6a92a0d>

Circuit Four: Stability Work Complete One Set

1) Total Body squat with stability ball and a swing 15
<https://vimeo.com/815851179/cb7ab15d76?share=copy>

2) Total Body Tension upside down kettle bell squats stability ball 15
<https://vimeo.com/815851205/230550443c?share=copy>

3) Legs wall ball squat 20
<https://vimeo.com/751412236/6cf631734a?share=copy>