

Preseason Phase Two Targeted Workouts

Workout One: Dynamic Leg Power, Strength and Jumps

Betsy's Notes:

A challenging, lower-body focused workout designed to develop **dynamic leg power, strength, and jump performance**. This is a heavier Phase Two workout and requires significant floor space, but the payoff is comprehensive leg development as athletes prepare for increased preseason demands.

This is an especially strong choice for athletes who need more **power, explosiveness, and dynamics in their jumps**. Use the complete workout as a dedicated lower-body training session, or pull individual exercises to use as side stations throughout practice.

Level: Challenging

Best suited for intermediate through advanced athletes. Modify weight, resistance, repetitions, and exercise selection for lower levels.

Time: Approximately 45 minutes

Equipment Needed:

- Long Resistance Band Anchored to a Pole
- Kettlebells or Weights
- Yoga Blocks
- Springboard
- Panel Mats
- Spotting Blocks
- Weighted Balls

See the specific setup for Exercise #3 in Circuit #2: Burpee Back Punch Jump.

All Exercise Final Link: <https://vimeo.com/1228184286/5a53ca25b4?share=copy&fl=sv&fe=ci>

Circuit One: Across the floor and work

1)Releve Walks with Upside down dumbbells or kettles 4 passes (do not let arms drop)

2)Legs weighted hurdles 4 passes

3)Legs weighted alternating leaps 4 passes

4)Legs genie hops 4 passes

5)Legs jump lunge rows with kettles 20 total

Circuit Two: Board and Landing Work (Set up stations as seen in exercises below)

1) Legs jump panel jump block stick 5 times

2)Legs landings punch sequence, assemble, punch, stick, jump, stick 5 in a row

3) Burpee Back Punch jump 5 in a row

Circuit Three: Power Jumps and endurance

Complete two sets of each

1)Legs power band jumps 30

2)Candle Roll with Jump Lunge 15 (arms up)

3)Heels Elevated Prisoner Ball Squats 30 (panel or yoga block)

Circuit Four : Complete Two Times Hamstrings, Calves and Glutes

1)Legs back partner pull throughs 20 each partner (stand on the side)

2) Calves Panels Lunge Raise 30 each leg

3) Legs shaping glute bridge butterfly 30

Targeted Workout Two : Arms and Upper Body Work

Betsy's Notes:

A challenging and completely balanced upper-body workout combining **dynamic movement, plyometrics, strength, balance, isolation work, and gymnastics shaping**. I reorganized the flow of this workout so it can be used effectively during **any phase of the Performance System**.

The workout begins with **plyometrics and power push-up variations** before progressing into strength and more controlled upper-body work. This is a tough one! One quality set will be plenty for many athletes initially. As strength and endurance improve, work toward completing two sets with excellent form.

Level: Advanced

Can be modified for other levels by adjusting exercise variations, weight, repetitions, and number of sets.

Time: 30–40 minutes

One set will be sufficient for most athletes initially. Progress toward two sets as athletes develop the strength and endurance to maintain quality movement.

Equipment Needed:

- Sliders
- Panel Mats
- Small Weighted Balls
- BOSU Ball
- Light Dumbbells
- Parallettes, Floor Rails, or Panel Mats for Isolation Holds

All Exercise Link FINAL: <https://vimeo.com/1228190359/0f22e5620b?share=copy&fl=sv&fe=ci>

Part One: Balance and One arm/leg Work

1) One arm carry Drop 2 passes

2) Arms Single Leg Front and Lateral raises 10 of each exercise (Bosu Optional)

3) Arms plank one arm lift with tick tock 15 each arm

Part Two: Power Pushups Variations and Plyo

1) Upper Plyo Pops 10

2) Upper Core v-up roll pushup 10 each side

3) Upper Diagonal Walk Pushup 10 each way

4) Upper rocket pushup on one leg 10 each leg, get low in the squat

5) Upper up and over pushup on ball 20 total

6) Plyo Jacks Panel (2 options beginner and advanced watch both videos) 10 of each

Part Three: Basic Shoulder Strength

1) Arms core v-up lateral pull 15

2) Shoulders front raise to horizontal 15

3) Shoulders Around the World 10 (light and watch form!)

Part Four: Slide and Shape

Complete two sets of each

1) Arms Alternating plank slides 15 each side

2) 90 angle slide pushups 15 (controlled)

3) Prone slide to pushup 20 (focus on stretch and shape!)

Part Five ISO HOLDS Finisher Need paralettes and need a wall or beam for 3rd exercise)

1)Upper Core Reverse Plank Tuck Hold hold for 10 3x

2)Upper Core Pike Hold (L Seat) Hold for 10 3x

3)Beam Decline (35 degree) handstand hold

Targeted Workout Three: Upper Body/Core Supersets

Betsy's Notes:

A focused upper-body and core workout designed to build **strength, muscular endurance, and conditioning** as athletes begin putting routines together. This is the time to start connecting strength work with the endurance demands athletes will experience during skills and routines.

These exercises are performed as **supersets**, meaning athletes move directly from one exercise into the next with minimal rest. Keep athletes moving and aim for only about **10 seconds of recovery between each completed superset**. When performed correctly, this structure is extremely effective for developing the strength and endurance needed for preseason routine preparation.

Level: All Levels

Adjust weight, repetitions, exercise difficulty, and number of sets based on athlete level and ability.

Time: Approximately 30 minutes

Keep transitions between exercises quick and recovery between supersets to approximately 10 seconds.

Equipment Needed:

- BOSU Ball
- Floor Bar
- Dumbbells
- Large Exercise Ball
- Resistance Band
- Leg Lift/Stall Bars
- Spotting Block

All Exercise Link: <https://vimeo.com/1228191876/9098656718?share=copy&fl=sv&fe=ci>

Super Set One: Complete two times

1) Shoulder Burner Presses: 10 doubles, 10 singles, 10 doubles

2) Shoulder Shift Pushup Floor Bar 15

Super Set Two: Complete two times

1) Arms Reverse Grip Pushup Bosu 15

2) Core hollow Arnold press 20

Super Set Three: Complete two times

1) Body Tension Shape drops (good for front tumbling) 20

2) Chest Slider Shaper 30

Super Set Four: Complete two times

1) Body Tension Pop Backs 20

2) Fast arms stall bars

Super Set Five: COMPLETE ONE TIME

1) Shoulder dynamic front raise 30

2) Handstand hold 1 minute against wall