

Betsy Bootcamp May 2026

Ultimate Function and Stability Workouts

This is the true end of the season. It's time to recover, rebalance, and reset. This month focuses on restoring your body after a long season while preparing you for the harder conditioning ahead. You'll see more stability, balance, and prehab/rehab work to help you rebuild the right way. Don't be afraid to challenge yourself and go a little heavier, add reps, or increase sets where it makes sense. At the same time, this is a slightly lighter phase for periodized gymnastics conditioning. Enjoy the end-of-season celebrations, recharge mentally, and take care of your body.

Work hard—but recover just as hard.

Workout One: Stability and Function

You Need:

Two or One Loop band (light to medium)

Squishy hand balls OR foam blocks

Bosu Balls

Kettle Bells or Dumbbells

This whole workout can be done with or without the equipment for ALL levels, however adding in the equipment makes this a total functional workout for your MAY STABILITY project! Remember, May is all about resetting and getting the body ready for the hard training we will be doing in summer strong.

Level: All, can be modified to advanced or beginner levels and there are some “challenges” which are noted in the workout.

Time: 30/45 minutes

Part One; Double Band/Ball Cardio:

All Exercise Link: <https://vimeo.com/1175120722/fb4aeeca41?share=copy&fl=sv&fe=ci>

Complete 1 minute of each exercise below with a 10 second rest in between:

1) Straight Leg In Outs

<https://vimeo.com/1175105573/c7068a1b7a?share=copy&fl=sv&fe=ci>

2) Punch Press Jacks

<https://vimeo.com/1175107182/52edd92824?share=copy&fl=sv&fe=ci>

3) Single Leg Skip RT

<https://vimeo.com/1175107039/98c4ee2091?share=copy&fl=sv&fe=ci>

4) Single Leg Skip Left
<https://vimeo.com/1175107204/f66c24bc45?share=copy&fl=sv&fe=ci>

5) Sumo Kick and Twist
<https://vimeo.com/1175107120/f8bc4dd12c?share=copy&fl=sv&fe=ci>

6) Jump Lunge Chop
<https://vimeo.com/1175105618/540ccaafd5?share=copy&fl=sv&fe=ci>

7) Tuck Crunch Exchange (challenge!)
<https://vimeo.com/1175107224/f5a0bb3590?share=copy&fl=sv&fe=ci>

8) Pike Crunch Exchange (challenge!)
<https://vimeo.com/1175107136/a64302e2cd?share=copy&fl=sv&fe=ci>

9) Bicycle Crunch with ball
<https://vimeo.com/1175106734/09586ba605?share=copy&fl=sv&fe=ci>

Part Two: Rotation and Function.

Rotate between three stations, Stall Bar with bands, Kettle Bells and Bosu Balls

All Station Exercises Here in One Link: <https://vimeo.com/1175122737/022f7de0cf?share=copy&fl=sv&fe=ci>

Station One: Stall Bar with Bands.

Complete 15 repetitions of each exercise then move to the next station

1) Kneeling Rotation Lift Rt
<https://vimeo.com/1175106680/2dc0f97591?share=copy&fl=sv&fe=ci>

2) Kneeling Rotation Lift Left
<https://vimeo.com/1175106767/bd8f7b18db?share=copy&fl=sv&fe=ci>

3) Kneeling Chops
<https://vimeo.com/1175107164/71cf53b290?share=copy&fl=sv&fe=ci>

4) Kneeling Chop Left
<https://vimeo.com/1175107050/cf5560d7a6?share=copy&fl=sv&fe=ci>

5) Lunge Chop Right
<https://vimeo.com/1175106820/675c860437?share=copy&fl=sv&fe=ci>

6) Lunge Chop Left
<https://vimeo.com/1175106798/b62ff596f2?share=copy&fl=sv&fe=ci>

Station Two: Bosu Ball and Weights

Complete the number of repetitions advised then move to the next station

1) Bosu Twist Rocker 20

<https://vimeo.com/1175106987/79b16bcaf3?share=copy&fl=sv&fe=ci>

2) Bosu Upper Body Lift 20

<https://vimeo.com/1175107001/2ae6da24d1?share=copy&fl=sv&fe=ci>

3) UP and Over Bosu Pushup 20

<https://vimeo.com/1175106704/34790ccca3?share=copy&fl=sv&fe=ci>

4) Alternating Bosu Lunge (challenge) 10 each leg

<https://vimeo.com/1175106905/f052f04f0a?share=copy&fl=sv&fe=ci>

Station Three: Kettle Bells:

Complete the number of repetitions or time advised then move to the next station

1) Kettle Row 15

<https://vimeo.com/1175106843/9b6d91c71d?share=copy&fl=sv&fe=ci>

2) One arm kettle swing 15 each arm

<https://vimeo.com/1175107016/cf2fe1aab2?share=copy&fl=sv&fe=ci>

3) Double Kettle Swing 20

<https://vimeo.com/1175106718/84c3348235?share=copy&fl=sv&fe=ci>

4) Bear Transfer Left (challenge) 1 minute

<https://vimeo.com/1175106855/267299af1e?share=copy&fl=sv&fe=ci>

5) Bear Transfer Right (challenge) 1 minute

<https://vimeo.com/1175106881/3609eff15d?share=copy&fl=sv&fe=ci>

6) Deadbugs (challenge mentally) 1 minute

<https://vimeo.com/1175107090/09b30dc35c?share=copy&fl=sv&fe=ci>

Workout TWO: STABILITY and MOBILITY: Prehab and Rehab

Coaches Note: The end of the season is time for resetting, getting joints mobile and promotion stability for the bigger conditioning coming in June! It's not strenuous, but it's NEEDED!

Ability: All Levels

Time: 30-40 minutes

*You Need:
Stability Balls
Bosu Balls
Small therabands
Weighted bar and long bands at stall bars
Dumbbells
Foam Blocks
Slider*

Part One: Mobility Start Warmup!

ALL EXERCISES LINK IS HERE: <https://vimeo.com/1177750873/c796df2757?share=copy&fl=sv&fe=ci>

Complete ONE set of each:

1) Ankle Mobility Circles (inward and outward) 30 each way

<https://vimeo.com/805696811/f55bdd86e2>

2) Wrist Lateral Pulls (palms up and down) 30 each way

<https://vimeo.com/787311348/e2dce74037>

3) Hips knee lifts with stability ball 40 each direction

<https://vimeo.com/749106291/dec59d1177>

4) Hip Mobility knee drops 15 each side

<https://vimeo.com/737511274/48bab4ba96>

Part Two: Stability Strength

Complete two sets of each:

1)Legs stability side squats bands 4 passes
<https://vimeo.com/804094364/001c6307f2>

2)Upside Down Bosu Squats 20
<https://vimeo.com/815093292/e252f6f05a>

3)Chest Stability Press on Ball 20
<https://vimeo.com/676429801/070db9ce3a>

Part Three: Mobility, Balance and Strength

Complete two sets of each:

1)Hip Mobility Circles over block 15 each direction
<https://vimeo.com/851416176/1a5917718a>

2)Stability Rock Bosu 50 (stay tight and engaged)
<https://vimeo.com/730469226/c8ece5c57d>

3)Stability 90 angle pushup 20
<https://vimeo.com/851421612/9aeae063a5>

Part Four: Shoulder/Chest Mobility and Strength

Complete two sets of each:

1. Shoulder Mobility Y Lifts over foam block 10 up and back
<https://vimeo.com/851415423/9f2e78fb0f>

2)Shoulder Mobility Pullovers 20
<https://vimeo.com/676430927/04ee86e914>

3) Pike Outs with Stability Ball 20
<https://vimeo.com/686300313/5a02063b96>

Part Five: Everything Goes!

Complete ONE or Two sets of each time depending.

1)Hip Ankle Releve rotation 20 each side
<https://vimeo.com/805695477/247c03779d>

2) Stability Around The World on Bosu 15 (light weights only)
<https://vimeo.com/768691253/a0e0397286?share=copy>

3) Single Leg Stability Ball DeadLift 15 each side
<https://vimeo.com/710960372/fbe966fcb6>

Workout Three: End of Season Stability

Strengthening your ankles, hips, and shoulders while developing balance and body awareness is critical this month, so please take this workout seriously. It may not feel as physically demanding, but that's the point, slow down and focus on balance, stability, and control. Use excellent form throughout. The final circuit moves to the beam, so be ready. You'll need BOSU balls, stability balls, and bands to get the full benefit of this workout—grab your equipment and use it. This is one of the most important workouts of the month, so don't skip it.

You Need: 3 Stations

Kettles/Bands

Bosus

Stability Balls

(Beam at the end!)

Level: Intermediate but all levels can try!

Time: 40-45 minutes

Circuit One: Complete Two Times: 8 minutes

ALL EXERCISES LINK FOR CIRCUITS ONE TWO AND THREE:

<https://vimeo.com/1178149455/3756ef1971?share=copy&fl=sv&fe=ci>

1)Kettle Swing to Releve 15

<https://vimeo.com/1069760654/a4eec95360?share=copy>

2)Stability Ski Swings 30 total

<https://vimeo.com/1069761018/3c7b87e1bc?share=copy>

3) Stability One Arm One Leg Press 15 each side

<https://vimeo.com/1070764031/1b66c19a69?share=copy>

Circuit Two: Complete Two Times: 8 minutes

1)3 Point Squats 10 each leg

<https://vimeo.com/815098740/1edf06781c?share=copy>

2)Single Leg Bosu Stick 10 each side

<https://vimeo.com/1069760875/13cf779aa8?share=copy>

3)Row Backs 15

<https://vimeo.com/1070764098/6fcd03a108?share=copy>

Circuit Three: Complete Two Times: 8 minutes

1)One Leg Arnold Press 15 each side

<https://vimeo.com/1070764042/fa195d55bb?share=copy>

2) Releve RDL 10 left 10 right in front
<https://vimeo.com/1070764084/c827974cef?share=copy>

3) Ankle Stability Releve Band Hold 30 seconds each foot
<https://vimeo.com/1070764067/da7ce99672?share=copy>

ALL EXERCISES LINK CIRCUITS FOUR, FIVE and SIX

<https://vimeo.com/1178151349/df64bcd124?share=copy&fl=sv&fe=ci>

Circuit Four: Complete Two Times: 6- 8 minutes

1) Stability Bosu Dead Bugs with weights, 20 total
<https://vimeo.com/1069760718/26c64ae86f?share=copy>

2) Stability Jack Knife Pop 15 (no pop for lower level)
<https://vimeo.com/1070764073/18fb485d80?share=copy>

3) Prone Butterfly Situp 30
<https://vimeo.com/1070773080/c69db8849f?share=copy>

Circuit Five: Complete Two Times; 8-10 minutes

1) Hips Band Circles 20 each leg
<https://vimeo.com/780399237/52d4fd4f20?share=copy>

2) Stability Stir The Pot 15 each direction
<https://vimeo.com/1070764056/e5a0d9d23d?share=copy>

3) Alternating Bridge Kicks with pullover 30 total
<https://vimeo.com/1070764019/d2ef3bdd88?share=copy>

Circuit Six: Complete 2 sets of each exercise 6 minutes

1) Wrist Stability Kettle Drops 15 each side slow and controlled
<https://vimeo.com/1069758173/8ccfb3a8b2?share=copy>

2) Bosu Beam Puhsupps 10 to 15 based on level of athlete
<https://vimeo.com/1069758050/b7263d3c20?share=copy>

3) Ball Beam Roll Outs 15
<https://vimeo.com/747658682/165499446b?share=copy>

Workout Four: Functional Core and Upper

This is a challenging potpourri of core that hits functional strength and balance, active core and quick core. It is good for upper level trainees who like to be challenged. Do your best, there are a lot of logistics so if you need to modify and rearrange the circuit to fit your group go for it.

Time: 30 Minutes

Level; Advanced/Intermediate

You Need;

Bosu

Small Balls

Short Bands

Stability Balls

Bands at leg lift bar

Sliders

Part One: Partner /Cardio and Balance Work:

Complete one set of the following:

1)Partner Shuffle and Toss 10 passes

<https://vimeo.com/701360659/43bc8bf3ae?share=copy>

2)Core partner Oblique Toss 20 each side each partner

<https://vimeo.com/901941105/29d5bfd557>

Part Two: Circuits, Set up stations!

Circuit One: Complete ONE time

1)Core legs hanging band runners 100 runners

<https://vimeo.com/936392440/670cf88654?share=copy>

<https://vimeo.com/936391581/bdd236dc51?share=copy>

2)Core Bosu Tuck Opens 30

<https://vimeo.com/936363131/6357fefc46?share=copy>

3)Core oblique ball situp (banded, challenging, if too challenging to set up modify with the second exercise shown 40

<https://vimeo.com/936362888/27a430c64a?share=copy>

<https://vimeo.com/756909389/a309c46709>

Circuit Two: Complete One Time

1)Backside Core Snow Angels on BOSU 40

<https://vimeo.com/749106429/e8590f6767>

2)Core Diamond Leg lifts with bands 20
<https://vimeo.com/936392945/21d1db76c0?share=copy>
<https://vimeo.com/936392371/c36d24edfb?share=copy>

3)Core Ball Shape Changer 20
<https://vimeo.com/651820775/5d76cd715c?share=copy>

Circuit Three: Complete One time

1) Core arch slide rockers 30
<https://vimeo.com/936362781/b7ac8f2e13?share=copy>

2)Core backside arch slide to pushup position 20
<https://vimeo.com/730469726/b14d076820?share=copy>

3)Upper Stability Ball Tricep Pushups (V-position) 20
<https://vimeo.com/935619327/2820acb851?share=copy>

Circuit Four; Complete One time

1)Upper Reverse Grip Pushups (stability ball) 15
<https://vimeo.com/935619362/d1c7ca4b84?share=copy>
<https://vimeo.com/935619291/0115b38259?share=copy>

2)Upper Tuck 90 angle pushups on Stability Ball 20
<https://vimeo.com/935619216/dd66825aa3?share=copy>

3) Core Chest Plank Slide Ups 20
<https://vimeo.com/936362750/8e35e159f1?share=copy>

Bonus Exercise: For more advanced athletes with good balance- give this one a try!

Core Single Leg Mt. Climber with Twist (stability Ball) 15 each side
<https://vimeo.com/936374375/8a7d3700ba?share=copy>
<https://vimeo.com/936374108/113bbf72eb?share=copy>

Workout Five : Handstand Strength Work and Upper Body Supersets

Part one of this workout is very challenging and can also be used as side stations during your bar workout or other event stations. Part two is made up of supersets, meaning you complete one exercise and then move quickly to the next. This section focuses on strength maintenance, finishing with punching handstands to build shoulder endurance and reinforce the handstand theme.

Level: All- Modify part one for lower levels! It's challenging!

Time: 30 -40 minutes depending on how quick your athletes move! Can get done quickly if focused.

You Need:

Bosu Ball and Floor Bar at a wall

Battle Rope

Sliders

Balance Beam

Weights or Kettle Bells (heavy for part one)

Tumble Track

Weighted Bar

Long Bands attached High

Part One: Handstand and Press Strength- This is challenging so please modify for lower levels. Use as side stations or complete all together in a circuit.

All Exercise Link for Part One:

<https://vimeo.com/1178152954/f17aee8010?share=copy&fl=sv&fe=ci>

1. Pop Back Handstands 10

<https://vimeo.com/1175128674/b5d7208d57?share=copy&fl=sv&fe=ci>

2. Wall Pops 15

<https://vimeo.com/1175128726/a359a99243?share=copy&fl=sv&fe=ci>

3) Wall Pop Back To HS 10

<https://vimeo.com/1175128751/4cc103d87a?share=copy&fl=sv&fe=ci>

4) Wall HS Shoulder Taps 20 taps

<https://vimeo.com/1175128713/55aa4377cf?share=copy&fl=sv&fe=ci>

5) Wall HS SH Tap feet elevated 20 taps

<https://vimeo.com/1175128589/c731302c49?share=copy&fl=sv&fe=ci>

6) Press Out Deadlift 10 (LIFT HEAVY)

<https://vimeo.com/1175128539/9d416d1de2?share=copy&fl=sv&fe=ci>

Part Two: Superset Circuits. Move quickly between each exercise!

Circuit One: Complete two times:

1) Arms Shoulder Slams with Pushups 20 total
ideo link

<https://youtu.be/RasjcJN82Bk>

2) Arms Sliders Blocking Pops Forward 1 pass
Video link

<https://youtu.be/uDwwxSSkNmW>

3) Arms Sliders Blocking Pops Backward 1 pass
Video link

https://youtu.be/i4e8oQiB_fQ

Circuit Two: Complete two times:

1) Arms Biceps Beam Pull ups 15 total
Video link

<https://youtu.be/EclHmhcgTk8>

2) Arms Shoulders Front Raise against wall with weights 15 watch form!!!

Video link

<https://youtu.be/XFU95MQ-fpc>

Circuit Three; Complete Two times:

1) Arms High Pull Backs and Forward for Speed (front and back) 30 of each one

Video link

https://youtu.be/eefkf_9fAm8

2) Arms Weighted Total Tension Bounces 40 (stay super tight and engaged!)

Video link

<https://youtu.be/7xkJ7Qw1PeM>

Circuit Four: Complete two times:

1) Arms Shape Changer Shrugs (chest IN squeeze bottom!) 20

Video link

<https://youtu.be/Ut0q-OAscMU>

2) 3 Handstand Punch Variations at block, Donkey Kick, straddle half and straddle to handstand. Complete each on 3 times in a row: Video link

<https://youtu.be/tvGJQtFfTtQ>

Workout Five: Glutes, Hips and Leg Shaping with Stability **(BURNER)**

Get legs strong, flexible and injury proof and ready for more challenging conditioning with this base building, stability and shaping workout!

Level: Intermediate

Time: 20-30 minutes

You need:

Bosu Balls

Small heavy bands

Spotting box/block

Circuit One: Complete 2x

ALL EXERCISE LINK: <https://vimeo.com/1178157112/72cc4e57bb?share=copy&fl=sv&fe=ci>

1)Prisoner Squat on Bosu 20
<https://vimeo.com/815093514/cf4805a449>

2) Single Leg Bridge with band abduction 30 each side
<https://vimeo.com/815091000/4381cbcba2?share=copy&fl=sv&fe=ci>

Circuit Two: Complete 2x

1)Legs Power single leg drop down to arabesque
<https://vimeo.com/815093277/82a69dfb16>

2)Legs Glutes 1-2 step in bridge 15 lead with right leg, 15 lead with left
<https://vimeo.com/815091023/b1a6c6ac77?share=copy&fl=sv&fe=ci>

Circuit Three: Read notes below for set description

Set up a Bosu on a block and everyone should do at least one set of Bosu Frog Lifts while everyone else does the exercises below it:

Everyone Does One Set: Glute Shaping Bosu Frog Lift with band
<https://vimeo.com/815090618/e6429902a4>

1)Legs quick In outs 40
<https://vimeo.com/815093527/9544b114e9?share=copy&fl=sv&fe=ci>

2)Legs Side to side taps 40
<https://vimeo.com/815093540/36495a9817>

3)Legs Courtsie Taps 30 total

<https://vimeo.com/815092923/d88d1e2b43?share=copy&fl=sv&fe=ci>

4Glute Shaping)Diagonal Kicks and Back Kicks 15 of each

<https://vimeo.com/815093187/7513b27083?share=copy&fl=sv&fe=ci>

Circuit Four: Complete one set of each:

1)Lying Side Leg Lifts 30 each side

<https://vimeo.com/815093552/6e6cec900d>

2)Legs core swimmers with bands 40

<https://vimeo.com/815093640/6ad7ac13bb>

3)Core banded bicycle crunches 40

<https://vimeo.com/815093210/98a5a438e4>