

INTRO AND HOW TO USE THE BETSY BOOTCAMP LITTLES PROGRAM

Coaches,

Thank you so much for purchasing the Betsy Bootcamp Littles Program! I am incredibly proud of this program because it was created specifically for younger athletes who need time, repetition, body awareness and proper progressions to build strong foundations for the future.

This is NOT a random collection of workouts. The program was intentionally periodized over 12 weeks to help your littles gradually build:

- Body awareness
- Static strength
- Balance and posture
- Agility and coordination
- Core shaping
- Athletic confidence
- Jumping and reaction ability
- Dynamic control through movement

The program is divided into TWO PHASES:

PHASE ONE (Weeks 1–6)

Foundation + Body Awareness

This phase focuses heavily on:

- Shapes
- Stability
- Crawling patterns
- Static holds
- Intro agility
- Basic shaping and body tension
- Lower impact jumping and coordination

The goal is to teach littles HOW to move before asking them to move fast or explosively.

PHASE TWO (Weeks 7–12)

Power + Reaction + Dynamic Control

Once the athletes build a strong foundation, the program progresses into:

- Faster reaction work
- More dynamic shaping
- Athletic confidence
- Plyometric introduction
- Stronger posture under movement
- Reactive agility and endurance

This phase should feel more athletic, dynamic and game-like while still maintaining quality gymnastics shapes.

PROGRAM STRUCTURE: The program is designed as a 3-day training split. Each workout is approximately 20–30 minutes long before add-ons. I strongly recommend using the schedule provided rather than randomly selecting workouts. The workouts were intentionally organized to build upon each other progressively throughout the summer.

HOW TO USE THE PROGRAM

1. WATCH THE FULL EXERCISE LINKS FIRST

Before starting each workout, watch the “All Exercise Link” first to get a full understanding of the flow and setup of the workout. After that, you can refer back to the individual clips as needed.

2. MODIFY MODIFY MODIFY

This program is meant to be flexible. Some gyms may move faster than others. Some athletes may need more repetition. Mix and match where needed and make the workouts work for YOUR athletes.

3. QUALITY OVER SPEED

Especially with littles, slower and cleaner is often better. Don’t rush through the workouts just to “finish.” Focus on body positions, posture, shapes and attention to detail.

4. REPETITION IS A GOOD THING

Younger athletes NEED repetition. They improve through consistency, familiarity and confidence. Some workouts may feel challenging or awkward at first. Stick with them and you will see major progress by the end of the summer.

5. INJURY PREVENTION MATTERS

The Injury Prevention/Active Flex add-ons are intentionally paired with workouts throughout the schedule. Please do not skip them. These smaller add-ons help build healthier wrists, ankles, shoulders, hips and posture while also improving flexibility and body awareness.

6. MAKE IT FUN

This program was built specifically for littles. Encourage effort, celebrate progress and create positive energy around conditioning. Obstacle courses, relays, partner work and agility games are intentionally included to help athletes associate conditioning with confidence and success.

7. PROGRESSION OVER PERFECTION

The goal is not perfection in Week One. The goal is improvement over 12 weeks.

Most importantly, remember that these little athletes are developing their movement foundation right now. Strong basics, body awareness, posture, coordination and confidence will carry over into EVERYTHING they do later in gymnastics.

Thank you again for trusting me and supporting Betsy Bootcamp. I truly hope this program helps your athletes become stronger, healthier, more confident movers this summer. Please share any videos or feedback, as I will be giving away a free year of Betsy Bootcamp training and nutrition to the gym who shares the most. My IG is [betsy_mcnally_laouar](#)! —Betsy McNally

