



## **Betsy Bootcamp Classic Workouts**

### **Leg Strength and Power for Leaping and Jumping**

*Great workout for developing single leg strength, power direction change and landings for leaps! If you have athletes who need more power and “jumping out of their legs” this is it!*

Time: 30 minutes

Ability: Medium to Upper levels but can be modified for lower levels with lower mats and weights

*You Need:*

*Spotting Blocks*

*Panel Mats*

*Kettle Bells or Weights*

*Ankle Weight (optional)*

*Wedge mat*

*Link for All Exercises: <https://vimeo.com/1162290038/4e9d2b2c55?share=copy&fl=sv&fe=ci>*

Part One:

***Leg Strength: Complete one set of each of the exercises below to get legs ready for jumps!***

1) Single leg non weighted 3 point squats  
<https://vimeo.com/815098740/1edf06781c>

2) Power static lunge kettle swing  
<https://vimeo.com/815092977/64adcf25>

3) Legs hamstring weighted reverse leg lifts (ankle weights optional)  
<https://vimeo.com/815851343/dbd739bc74?share=copy>

4) Single Leg Challenge: Attempt 5-8 each side:  
Single Leg candle step up  
<https://vimeo.com/815098670/8adc622fd4>

Part Two: Jumps, Leaps and Power

**Set up 4 Spotting Blocks and 4 panel mats depending on how many athlete you have,  
Also grab a wedge mat**

Complete one or two sets of each of the exercises

1) Single Leg Leap ups (adjust height to level) 10 each side  
<https://vimeo.com/816295837/f04818ef12?share=copy>  
<https://vimeo.com/816295736/eedfd2c865?share=copy>

2) Legs leap up to pistol squat 10 each side  
<https://vimeo.com/816295727/e835e04f23?share=copy>

3) Legs reverse swing 1/2 turn up punch to panel 5 each side  
<https://vimeo.com/816295555/2ab9c6a936?share=copy>

4) Legs reverse swing 1/2 turn punch ups to panel add weights  
<https://vimeo.com/816295727/e835e04f23?share=copy>

5) Legs reverse swing 1/2 turn to punch up to block (no weight)  
<https://vimeo.com/816295571/69e947fbb4?share=copy>

6) Leg power single leg drop down to arabesque 10 each leg  
<https://vimeo.com/815093277/82a69dfb16>

7) 3 prisoner squats to block  
<https://vimeo.com/815851220/388da884de?share=copy>

8) Single Leg power long jump punch to block Try 10  
<https://vimeo.com/815851152/9253e165d4?share=copy>