

Betsy Bootcamp Training: March 2023

It's all about body tension, maintenance, staying quick, focused and peaking at the right time in this month's training! March is about keeping our bodies injury proof, flexible and our muscles firing even in the thick of competition season! This month is a great mix of shorter, more "complete" workouts as well as a few "maintenance" workouts which will include some great, challenging agility work too!

Workout One: Complete Dowel Warmup

Coaches Notes: Great for a quick total body warmup, perfect for maintaining flexibility, sharpness and cardio endurance. Workout includes cardio, core and injury prevention. If you don't have dowels use a foam block!

Time: 10 minutes

Ability levels: ALL

You need: Small dowels/sticks or foam blocks

Complete the workout as on big circuit, keep moving between exercises with little rest!

1)Releve Walks 4 passes

<https://vimeo.com/794656362/20ed5a83bd>

2)Active Kicks Front 2 passes

<https://vimeo.com/794656375/5ec1f76385>

3)Active Kicks Side 2 passes

<https://vimeo.com/794656387/10cc3adea6>

4) Good Mornings 20

<https://vimeo.com/794656404/377a0f5ae1>

5)Jump Lunges 30 total

<https://vimeo.com/794656391/538f16ee21>

6)Jump 1/2 20 total

<https://vimeo.com/794659090/71892ba5ff>

7) Side Plank Arm Lift 20 each side

<https://vimeo.com/794659145/71013f1ebe>

8) Around The Back Exchange 10 each way

<https://vimeo.com/794656439/e649cc3993>

9)Upper Body Lifts 20

<https://vimeo.com/794656416/2521f0162c>

10) V-Up Exchange 20

<https://vimeo.com/794656452/b186d8059e>

11) High Leg Lift 15
<https://vimeo.com/794659112/77a5dab073>

12) Switchers 20
<https://vimeo.com/794657131/9d56da9726>

13) Toe Curls 20 (squeeze a foam block if no dowel with toes 40 times)
<https://vimeo.com/794657073/33846ba5af>

14) Wrist Twists 20 (squeeze a foam block if no dowel 40 times)
<https://vimeo.com/794656768/fec1284dbd>

Workout Two: Total Core Maintenance

Coaches Note: Great core maintenance workout on “all sides” of the body. Perfect for mid-end of season maintenance for shaping and endurance,

Time: 12-15 minutes

Difficulty Level: Medium to Advanced

Focus on tight shapes, proper form and sharp, clean movements.

Complete each exercise in a row, take a short 1 minute break after exercise #6

1) Core Plank Hold 1 minute
<https://vimeo.com/793824125/7467c1080c>

2) Core Plank Spider Man Crunch 20 each side
<https://vimeo.com/793824180/9a904ec991>

3) Core Side Plank Dips 20 each side
<https://vimeo.com/793823442/f871bc4512>

4) Core Hollow Tappers 20
<https://vimeo.com/793824094/a3949e8cd0>

5) Core Feet Hollow Flex Pointers 30
<https://vimeo.com/793824085/a761315760>

6) Core Alternating Star Taps 20
<https://vimeo.com/793823035/b4ef99f9b7>

7) Core Rockers 20
<https://vimeo.com/793824195/5eafc0cdbf>

8)Core Prone Back single leg kicks 15 each side
<https://vimeo.com/793823054/ad9ccbc65c>

9)Core tuck Candle Kick outs 15
<https://vimeo.com/793823060/b466e55e53>

10)Core Prone Shoulder Press 20
<https://vimeo.com/793823464/ac7cf47b95>

11)Diamond Candles 15
<https://vimeo.com/794656467/82d9b30a6c>

12)Backside Core Diamond Lifts 15
<https://vimeo.com/793824103/62b0980c66>

13) Core Oblique Tuck Ups 20
<https://vimeo.com/793824113/6586442c3a>

Workout Three: Active Flex and Injury Prevention

Coaches Note: Great total body active flex and injury prevention workout.

Time: 10 minutes

Ability Level: Beginner to Advanced

You need: Sliders, long bands dumbbells and foam blocks

1)Forward to Back Swing Kick 10 each side
<https://vimeo.com/794656327/3bb397255a>

2)Ring Kicks 10 each side
<https://vimeo.com/794656066/2ccd63607d>

3)Active Flex Lying Leg Kicks 20 each side
<https://vimeo.com/793823083/9e417352cf>

4)Active Side Leg Kicks 20 each side
<https://vimeo.com/793824708/62d6a543a9>

5)Core Active Flex Straddle Ups 20
<https://vimeo.com/793823370/5cdd8593f4>

6) Active Stretch Forearm Cobra 20
<https://vimeo.com/793824155/d138733b2c>

7) Active Shoulder Reach Back (On Belly) 20
Video link

https://youtube.com/shorts/JJbkDMps_VM

8) Wrists Dumbbell Circles 20 each way
<https://vimeo.com/793824072/629ea891f9>

9) Double Trouble wrist and inner thigh squeeze with block
<https://vimeo.com/795009625/e642c96d5e> 40

10) Ankles/Toe Sliders with band 30
<https://vimeo.com/795009486/4577816e63>

11) Toe Point Sliders on Belly 20
<https://vimeo.com/795009417/bf2327e929>

12) Partner Adduction Feet 50 inward, 50 outward
<https://vimeo.com/794657158/bf2915ad2c>

13) Partner Flex and Point 40 total
<https://vimeo.com/794656754/8f4cf612e6>

14) Calves Relieve Hold 30 seconds each side
<https://vimeo.com/794656634/b816c300a1>

Workout Four: Upper Body Muscle Maintenance (Traditional Arms/Back Leg Lifts and Holds)

Coaches Note: During mid-Season we can get so wrapped up in routines we forget to do regular “muscle maintenance” specifically of our upper bodies. This is a great workout to hit hard once a week during the month of march to keep shoulders, back and arms consistently STRONG.

Time: 30 minutes

Level: medium to advanced (depending on weight amount used)

You need:

Dumbbells
High Bar/Leg lift bar

Part One:

Complete TWO sets of each exercise:

1) Arms/Shoulders Arnolds 15
<https://vimeo.com/793824688/001cca60ee>

2) Dumbbell Front Raises 15
<https://vimeo.com/793824665/6dd8c49ae9>

3)Lateral Raises 15
<https://vimeo.com/793824636/29e02677dc>

4)Half Get Ups 10 each side
<https://vimeo.com/795009456/3e207d23c7>

5)Kettle Bell Rows from Plank 10 each side
<https://vimeo.com/795009731/54ef3c72a5>

6)Reverse Kneeling Step up with press 15
<https://vimeo.com/795009625/e642c96d5e>

Part two: The Finisher- holds/lift/press

Complete two sets of each:

1)Tuck chin hold 20 seconds
<https://vimeo.com/794656029/baa0fbb201>

2)Tuck Ups 20
<https://vimeo.com/793823027/e5d11e7f5b>

3)Diamond Leg Lifts 15
<https://vimeo.com/794657242/804f9a8fe2>

4) Elevated Press Pops 20
<https://vimeo.com/793824630/f8186e20b1>

Workout Five: Leg Details and Tightening:

Coaches Note: This is a great workout for problem areas especially tight legs and leg/core endurance! Stay sharp for the big competitions with this leg burner!

Time: 15-20 minutes

Level-medium to advanced

You need a small tighter band for around the legs.

Complete two sets of each exercise in a row, with a 10 second rest between each set:

1)Side to Side Hops 30
<https://vimeo.com/794656029/baa0fbb201>

2)Squat Jumps with bands 20
<https://vimeo.com/793824150/df35a84496>

3)Deep Squat Banded Abduction 20
<https://vimeo.com/795009969/28290712ce>

4)Legs/Bands Flutters and Scissors 30/30
<https://vimeo.com/795009928/ff2f1fb6e1>

5)Core Plank Jacks with Band 20
<https://vimeo.com/793823436/c57b5c98e0>

6)Tightening Walkouts 20 total
<https://vimeo.com/795009943/a92e530bbf>

7)Band Tightening Kicks F/S/B 15 each
<https://vimeo.com/795009881/b4642ff3b9>

8)Band Tightening Diamonds 20
<https://vimeo.com/795009858/130df98ae9>

9)Glute Flare with Band 20
<https://vimeo.com/795009782/41a8d674b0>

10)Banded Hollow Twists 20
<https://vimeo.com/793824613/59c6d3a6a3>

Workout Six: Body Tension and Upper Focus:

Coaches Notes: When I wrote this workout I was thinking about upper levels working toward staying tight in their bar routines, handstands, giants, swings,, but really it can apply to any level. Will take a little time adjusting the right band and tumble track set up. Great for total body tension maintenance!

Time: 30-45 minutes (LONGER)
Level: All, but really great for advanced

You Need;
Leg lift bar and appropriate bands
Sliders
Tumble Track
Bosu Balls
Foam Blocks
Battle ropes (optional for endurance burner at end)
Dumbbells

Circuit One: Complete two times

1)Tension Push down 20

<https://vimeo.com/794656508/a309c9e6d0>

2) Pushup Back to Bosu 10
<https://vimeo.com/794656608/20461c74e8>

3) Upper Slider Plank Squeeze 20
<https://vimeo.com/794657199/6a98932544>

Circuit Two: Complete two times:

1) Chest Bear Hugs 20
<https://vimeo.com/794659154/e6b17d192d>

2) Core Body Tension lower body Taps 20
<https://vimeo.com/794656077/a355364c76>

3) Pencil Punches Tumble track 2 passes
<https://vimeo.com/793824652/3c33fed4b6>

Circuit Three: Complete two times

1) Bicep Curls 20
<https://vimeo.com/794656578/81f8910430>

2) Tuck Shaping with Block overhead track 2 passes
<https://vimeo.com/793823356/029dbf79fa>

3) Core tension twisting candles bosu 10 each way
<https://vimeo.com/794656017/ba8a267f24>

Circuit Four: Complete ONE TIME

1) Upper Body Sit up with weighted bar 20
<https://vimeo.com/794656042/edfd8d8b36>

2) Body Tension quarter HS abduction on stability ball 30
<https://vimeo.com/794659070/f4d047d996>

3) Balance Bar grabs (great for releases)
<https://vimeo.com/794655909/11e2bddf1f>

Circuit Five: Complete one time (If you have time)

1) Total Body Block on Ball for Tension 20
<https://vimeo.com/794655937/2dd0a76dbc>

2) Rope Ripples and Front Raises 30 and 15
<https://vimeo.com/795009473/7276900d7a>

Workout Seven: Legs/Cardio/Quickness and Strength!

Coaches Notes: Divided into two parts- part one focus on SPEED and quickness to keep muscles twitchy and engaged- great for a quick warmup. Part two is all about basic strength and endurance maintenance in the legs!

Time: 30 minutes:

Ability: Beginner to Advanced

You Need:

Spotting blocks that slide

Panels

Dumbbells or kettles

Foam Blocks

Part One: Speed and Quickness

1) Block Pushes (if no block available, use slides and go for speed!)

<https://vimeo.com/793823381/09e9fd51f0> 10 passes

2)Single Leg Runner ups 20 each leg (Two sets)

<https://vimeo.com/793823405/d01f414fbb>

3)Panel Fast Feet: 50 rest, repeat 50

<https://vimeo.com/793824131/a93e9ad4df>

3)Fast Feet Taps on Block 50 rest, repeat 50

<https://vimeo.com/795009796/4ec892ea53>

4)Single Leg Tuck ups 20 each leg, rest, repeat

<https://vimeo.com/795009431/ef5cb95afc>

5) Pop backs to pushup 15, rest repeat

<https://vimeo.com/795009558/28e05136dc>

6) Low box jumps

<https://vimeo.com/795009920/91aba0a0ee>

Part Two: Leg strength maintenance: Complete two sets of each:

1)Basic Squats 15

<https://vimeo.com/793823361/8c1f026d2e>

2)Basic Connected Lunges 15 each leg
<https://vimeo.com/793823365/1ef0d8bbe4>

3)Basic Plea Pulses 30
<https://vimeo.com/793823367/97e3cfc3b2>

4)Core Adduction Squeeze situps 50
<https://vimeo.com/793823075/6fd701622c>

5) Weighted Russian Twists 20 each side
<https://vimeo.com/795009809/617d523197>

Workout EIGHT: Ladder, Blocks and Rings: Agility maintenance work:

Coaches Note: Part one is a great warmup to focus on agility, mind body connection and quickness! Also, ankle stability and balance. Part two is much more advanced and great for upper levels but also a great challenge for the more basic athlete.

Time: 20 minutes:

Level: first part beginner to advanced, second part more advanced

You need:

Agility ladder

Pilates rings or rings on the floor drawn with chalk

Small foam blocks

Part One:

1)Fast Feet 4 passes
<https://vimeo.com/795009531/501a4f23f8>

2)Ladder Backward run
<https://vimeo.com/795009954/58f46ac2a9>

3)Punches Forward 4 passes
<https://vimeo.com/795009825/e5e67cb7e1>

4)Backward punches foot extensions 4 passes
<https://vimeo.com/795009445/7074e3c305>

5)Sideways punch in and out 4 passes
<https://vimeo.com/795009738/4d18237e99>

6)Ladder Single Leg Foot Extension punch
<https://vimeo.com/795009748/90cdd3dd72>

7)Grapevine hands and feet 2 passes of each
<https://vimeo.com/794655998/4799e7b8d1>

8) Ladder single leg lateral hop with touch (challenging) 4 passes total
<https://vimeo.com/794655865/859b0f2b03>

Part TWO: ADVANCED Ring Time!

You need rings, drawn with chalk or pilates rings plus small foam blocks or sponges:

1) Ring Circuit Single Foot Hop Right 3 hops = 1 round. Complete 10 rounds
<https://vimeo.com/794656069/f7436b68bb>

2) Ring Circuit Single Leg jump sequence Left= Complete 10 rounds
<https://vimeo.com/794655792/b49894cc26>

3) Ring Circuit Punches 20 total punches 2x
<https://vimeo.com/794655803/251055e6f2>

4) Ring Circuit Single Leg lateral toe tap 10 each foot 2x
<https://vimeo.com/794656056/57b3cd078c>