

Betsy's Beam Complex

This is a great workout for leg development, balance and power for jumps and single leg work for leaps and jumps! This is a two parter! Here is the first part!

You Need:

Balance Beams

Kettle Bells or Dumbbells

Part One: Beam Complex (All Exercises Here)

<https://vimeo.com/1138248700/fc3045d0f4?share=copy&fl=sv&fe=ci>

- 1) Walking Needles Forward 2 passes
- 2) Walking Needles Backward 2 passes
- 3) Walking Lunges Arms overhead 4 passes
- 4) Walking Lunge Row 2 passes
- 5) High Pulls 15 left 15 right
- 6) Leaning Back Kicks 15 each leg
- 7) Beam Assisted High Plank Kicks 10 each leg
- 8) Leaning Front Kicks 15 each leg
- 9) Leaning Side Kicks 15 each leg



Part TWO:

A few more for your CORE to add to your beam workout!

- 1) Core Rolls

Video link

<https://youtu.be/66yTK4vCRZ0>

- 2) L- Seat Travelers

Video link

<https://youtu.be/ilmPRUntxGs>

- 3) Single Leg Swing Thru

Video link

<https://youtu.be/1tdfwCCxPKo>

- 4) Static Straddle Hold to single leg standup

Video link

<https://youtu.be/jfRXAvJ8u3U>

- 5) Swing Thru To Plank

Video link

https://youtu.be/_C6rnOkD6uA

- 6) Walking Planks Forward and Backward

Video link

<https://youtu.be/QtgT99-RhkE>

Video link

<https://youtu.be/KQuJDBHD5ZM>

7) Half Burpee Traveler

Video link

<https://youtu.be/Nl8uDxuWwZc>

8) Bird Dogs

Video link

<https://youtu.be/lpkn68UgWhY>

9) Side Plank Stars

Video link

<https://youtu.be/F3t-REER1as>

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