

## Betsy Bootcamp Classic Workout Series

### Ladder, Agility and Neuromuscular Workout



*Want a challenging Agility and Neuromuscular workout?? This is it! Stick with it. It will be challenging the first time but the more your mind and muscles connect the easier it gets and that is the point! Great for your “non” athletic kids who need to build body awareness and athleticism.*

Time: 25-30 minutes

Ability Level: All Levels but fairly challenging so may need to modify for lower levels.

All exercises link here:

<https://vimeo.com/1161927877/1e84f233c4?share=copy&fl=sv&fe=ci>

#### ***You Need an agility ladder***

Complete TWO Passes of each ladder exercise

1)Ladder two feet runs

<https://vimeo.com/815850979/b462f10efb?share=copy>

2)Ladder 1-2 in, 1-2 out

<https://vimeo.com/815850993/07394e2d4b?share=copy>

3)Ladder Backward 2 in 2 out

<https://vimeo.com/815850882/937aa33ba1?share=copy>

- 4) Ladder lateral switch jumps L  
<https://vimeo.com/815850893/71b50f57df?share=copy>
- 5) Ladder lateral switch jumps R  
<https://vimeo.com/815850905/129a0065b7?share=copy>
- 6) Ladder twisting quarter punch  
<https://vimeo.com/815851006/ec8dbc112d?share=copy>
- 7) Ladder jump 1/2's  
<https://vimeo.com/815851075/561cafeee2?share=copy>
- 8) Ladder hurdle hops  
<https://vimeo.com/815851012/6e72cc8b54?share=copy>
- 9) Ladder reverse grapevine  
<https://vimeo.com/815850985/03ee7db996?share=copy>
- 10) Ladder walking planks  
<https://vimeo.com/815851086/bc20c0013e?share=copy>
- 11) Ladder walking planks backwards  
<https://vimeo.com/815851097/b94e7c9ce8?share=copy>
- 12) Ladder lateral walk and block  
<https://vimeo.com/815851135/314a535ca3?share=copy>
- 13) Ladder walking plank step overs  
<https://vimeo.com/815850921/81e8d443cd?share=copy> (common error here)  
<https://vimeo.com/815851108/1de26f676b?share=copy>
- 14) Lateral burpee pop in and out  
<https://vimeo.com/815851129/f4cded32fe?share=copy>