

Betsy Bootcamp Classic Workouts

## **Weighted, Total Core Workout**



*Use this workout 2x a week if you can! I feel it's the most important one of all for building a strong foundation for the core. Coach will need to call out reps so be present!*

Time: 30 minutes highly intense core workout.

Ability Levels: For upper levels use weight. For lower levels focus on their form then add weights when they are ready.

**All Exercises Link: <https://vimeo.com/1161964070/a769a6bb13?share=copy&fl=sv&fe=ci>**

*You Need:*

*Weights or kettle bells*

*Bosu Balls and wedge mat for the bonus core exercises*

Part One:

**Total Core: Coach calls out the reps do then all together in a giant set with little rest in between exercises, rest and repeat,**

1)Core weighted rockers 20  
<https://vimeo.com/manage/videos/780405736/d7ef731778>

2)Weighted Pike Reaches 20  
<https://vimeo.com/manage/videos/805695597/6f7c12862b>

3)Core side weighted plank dips 20 each side  
<https://vimeo.com/816297771/d7c6a49e3e?share=copy>

4) Core back weighted upper body lifts 20  
<https://vimeo.com/816297619/a1b5754171?share=copy>

Part Two:

**Twisties: Coach calls out the reps all together in a giant set with little rest in between exercises, rest and repeat**

1)Core weighted Russian Twist bicycles 30  
<https://vimeo.com/816297742/0e83793e55?share=copy>

2)Core upper candle to side rock 10 total  
<https://vimeo.com/815106206/9b191a33c6?share=copy>

3)Core twisting rockers with punch 20 total  
<https://vimeo.com/821532200/5683d8d992?share=copy>

4) Core twist rock flutters 20 total  
<https://vimeo.com/667301506/8bdac21bd0?share=copy>

Part Three:

**Backside NO Weights Coach calls out the reps all together in a giant set with little rest in between exercises, rest and repeat**

1)Frog Situps 20  
<https://vimeo.com/manage/videos/696282167/f886216099>

2)Plank To Arch Up 15  
<https://vimeo.com/manage/videos/717652839/6c199f355f>

3)Back side Twist Lifts 20  
<https://vimeo.com/686866152/7065383d08?share=copy>

4)Alternating Superman Holds Hold 3 seconds each side 5x  
<https://vimeo.com/manage/videos/766215777/a4d5c196d4>

Part Four:

***EXTRA: Grab a wedge mat, weighted bar or a single dumbbell and Bosu Ball***

1)Core weighted pike over BOSU 15

<https://vimeo.com/815102140/63cd7e5747>

2)Core weighted tuck open BOSU 15

<https://vimeo.com/815102192/002f8b7887>

3)Core Wedge rock with bar 15

<https://vimeo.com/815853527/e35845c4cd?share=copy>