

December 2025 Betsy Bootcamp Training

Welcome to December!! Time for landings, leg tightening, detail work and injury prevention for ankles, wrists and shoulders. Let's start the season strong!!

Workout One: Upper Body and Core Burnout

This is an excellent Upper body and core workout that blends endurance (circuit style triple sets) with an excellent burner for shoulders and core at the end! Can be used 2x a week for overall power and strength maintenance as well.

For this workout you need:

Heavy to medium kettle bells or weights (pick based on level)

Small Loop bands

Medicine or weighted balls

Spotting blocks

Weighted Bars

Bosu Balls

Level: All Levels, You can modify with weights

Time: 40 minutes



All Exercises here:

<https://vimeo.com/1130004046/4a204b526d?share=copy&fl=sv&fe=ci>

Circuit One: Complete the number of reps for each exercise then move to the next station: Do this circuit two times:

1. Pull Through to Half Burpee 15
2. Banded Lateral Crabwalk 5 steps each direction 3 times each way
3. Jump 1/2 Ball Slam 10 left, 10 right

Circuit Two: Complete the number of reps for each exercise then move to the next station: Do this circuit two times:

4. Heavy Chest Press 15, rest repeat
5. Diagonal Banded Pushups 15 left, 15 right
6. Roll back to burpee back 10 total

Circuit Three: Complete the number of reps for each exercise then move to the next station: Do this circuit two times:

7. Bent Over Kettle Pendulum 20 15 each direction
8. Chest Press with Flutter 15 presses, rest, repeat
9. Pushup with leg kick (BOSU) 10 left, 10 right, 20 total

Part Two: WEIGHTED BAR SHOULDER BURNOUT GIANT CIRCUIT

For this part, you need either a weighted bar or you can use ONE dumbbell. This is a timed burnout for shoulders.

Directions: Complete each exercise for 30 seconds. Rest 5 seconds between each exercise. Repeat The giant circuit after you do it once!

10. Behind Hamstring tricep Lift
11. Bent over Front Raises
12. Overhead Jump twists
13. Reverse Lunge High Rows
14. Straight Body Punches
15. Side Lunge rainbows

Part Three: Leg Lift and Upper Core Burnout:



Directions: Complete TWO sets of each of the exercises below:

All Exercises: <https://vimeo.com/1136262376/e62baa9953?share=copy&fl=sv&fe=ci>

1. Controlled Half Leg Lifts use ankle weights 15
2. Diamond Leg Lifts 20
3. Beam Leg Lifts with Shape Changer 15
4. Weighted Upper Body Lift 30
5. Bosu Upper Body Lift With twist 20 each direction

Workout Two: Express Warmup: Body Weight Fitness With Power Kettle Finisher

Short on time? This is a very well balanced overall total body workout that includes a cardio/core fitness beginning followed by power kettle moves. We sneak in some active flexibility in this one too,,,shhhhh The goal is to move quick and get on those events without sacrificing precious conditioning time!

Time: 20 minutes

Levels: All levels can modify weights and reps!

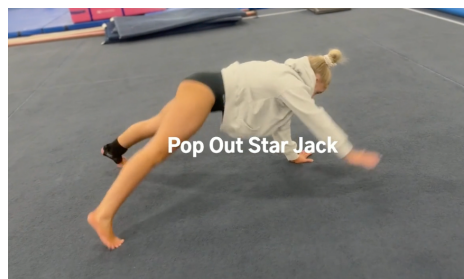
You Need:

Light kettle bells or dumbbells

Timer

Part One: Body Weight Fitness, Cardio and Flex

All Exercise Link for Part One: <https://vimeo.com/1135360088/ce11664341?share=copy&fl=sv&fe=ci>



Directions: Complete 30 seconds of each exercise followed by 5 seconds of rest. Don't stop!

1. Piked Shoulder taps

<https://vimeo.com/1134698911/297c32b257?share=copy&fl=sv&fe=ci>

2. Pop Out Star Jack

<https://vimeo.com/1134698675/e70710fe44?share=copy&fl=sv&fe=ci>

3. Bear position to pop pushup

<https://vimeo.com/1134699307/b492e8e311?share=copy&fl=sv&fe=ci>

4. Bear walk knee tap backwards

<https://vimeo.com/1134699294/57d2d83640?share=copy&fl=sv&fe=ci>

5. Alternating Front to Back Squat jumps (practice before you do it! Challenging for the brain)

<https://vimeo.com/1134698698/7584b18bf3?share=copy&fl=sv&fe=ci>

6. Jump Lunges T Arms

<https://vimeo.com/1134699281/4d3f604a77?share=copy&fl=sv&fe=ci>

7)Plank Up down with side kick

<https://vimeo.com/1134699245/22deffa6b9?share=copy&fl=sv&fe=ci>

8)Bear knee tap forward

<https://vimeo.com/1134699227/c20a46fd22?share=copy&fl=sv&fe=ci>

9)Side Plank Swing Kick

<https://vimeo.com/1134699173/bbae74e4f8?share=copy&fl=sv&fe=ci>

10_Side Plank Leg Swing Left

<https://vimeo.com/1134698955/cdf3538436?share=copy&fl=sv&fe=ci>

11)Alternating Vup

<https://vimeo.com/1134698923/c2c1eae2ce?share=copy&fl=sv&fe=ci>

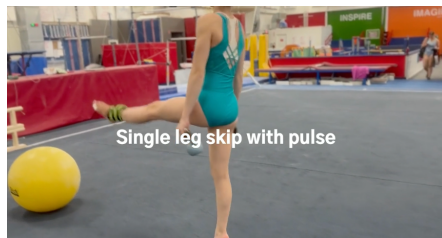
12) Jump squat twists

<https://vimeo.com/1134699330/4d6c9d4349?share=copy&fl=sv&fe=ci>

Part Two: Kettle Power Circuit:

All Exercises HERE:

<https://vimeo.com/1135488275/4523504bbd?share=copy&fl=sv&fe=ci>



1. Single Leg Skip with Leg Pulse 4 passes across floor

<https://vimeo.com/1134699082/546d1b2106?share=copy&fl=sv&fe=ci>

2. Double Kettle Power Swing 2 sets of 15

<https://vimeo.com/1134698585/6c9b038601?share=copy&fl=sv&fe=ci>

3. 5 Bent over power swing to 2 burpees (do this 5 times in a row)

<https://vimeo.com/1134699345/9f6dafba9e?share=copy&fl=sv&fe=ci>

4. Quick Circuit 5 Power press to V-up Press 30 second Arch Hold (3 times in a row)

<https://vimeo.com/1134698838/0c374f04a8?share=copy&fl=sv&fe=ci>

Workout Three: Legs, Lunges, Landings and Tightening

This workout knocks out everything you need for the start of the season, some ankle strengthening, landing work and of course strength and tightening! Focus on squeezing and extension through all moves! Ankles are critical as we will be hitting hard floors soon so really focus on ankle engagement! QUALITY over quantity, stick landings!

You need:

Panel Mats

Spring Board

Kettles or weights

Weighted Bars

Spotting Blocks

Small Bands

Ankle Weights

Sliders and Long Bands

Levels: This one is intermediate to advanced but all levels can be given progressions

Time: 40 minutes

Part One: Single Leg Work: Complete two sets of each exercise (best if done in circuits or stations)

All Exercise Link for parts 1-4

<https://vimeo.com/1135492047/4171dc28ea?share=copy&fl=sv&fe=ci>



1) Single Leg jump up to stick 10 left, 10 right

<https://vimeo.com/1134698770/cc4ec1fd96?share=copy&fl=sv&fe=ci>

2) Single Leg Jump Down 10 left, 10 down

<https://vimeo.com/1134699435/4111639eeb?share=copy&fl=sv&fe=ci>

3) Single Leg Jump down with jump (board) 10 left 10 right

<https://vimeo.com/1134699467/124f3c31c0?share=copy&fl=sv&fe=ci>

4) Single Leg Jump with Pulse (back kick) 4 passes across floor each leg

<https://vimeo.com/1134699149/be7d4c006c?share=copy&fl=sv&fe=ci>

Part Two: Lunges: Complete the requested passes across the floor

1) Walking Lunge with Row 4 passes across floor

<https://vimeo.com/1134699510/229bbe7a1a?share=copy&fl=sv&fe=ci>

2) Walking lunge front raise shrug 4 passes across floor

<https://vimeo.com/1134698640/387f3b8847?share=copy&fl=sv&fe=ci>

3) Walking lunge wood chop 4 passes across floor

<https://vimeo.com/1134699187/768d60e875?share=copy&fl=sv&fe=ci>

4) Walking Lunge Kettle Scoop 4 passes across floor

<https://vimeo.com/1134698748/3655c2266a?share=copy&fl=sv&fe=ci>

Part Three: Calves and Feet (no extra video links, these are in the “all exercise link) Best if completed in circuit form or stations. Complete one set of each:

1) Alternating toe lifts 30 each foot

2) Jump 1/2 Landing Drill 10 left, 10 right

2) Tuck Jump Landing Drill 10

3) Backward tuck jump landing drill 10

3) Lunged and leaning Calf Raise (panel or yoga block) 30 left 30 right

Part Four: Quad and Hammy Burn Tightening: Feel the BURN! Complete TWO sets of the below exercises in a GIANT set (stations)



All Exercises link: <https://vimeo.com/1135495339/ae32761c91?share=copy&fl=sv&fe=ci>

1. Wall Seat 1 minute but you aren't done..... move quickly to exercise #2
2. Wall Seat Abduction 1 additional minute
3. Partner Banded Hamstring Slides 30
4. Reverse Leg lifts (weighted) 30
5. Banded Abductions and Flutters 50/50

FOR ADVANCED ATHLETES OR THOSE WHO NEED MORE CHALLENGE DO PART FOUR TWO TIMES AND MAKE THEM WORK!

Workout Four: Upper Body Details Shoulders, Triceps, Forearms, Wrists and Core

The season is upon us. Taking extra care of ankles and wrists this month! This is a very diverse workout that combines skill specific training with upper body strength and shaping. Like the leg workout focus on form and shape especially during the skill specific areas of the workout. Don't skimp on wrists and forearms, super important for gymnast in season! This workout is more for Injury prevention than strength building.

Level: All Levels

Time 40-45 minutes

You Need:

Weighted Bars

Bosu Balls

Kettle bells

Stability Balls

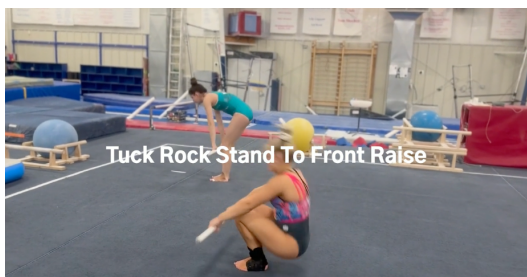
Spring Board

Small Bands

Part One: Shoulders and Chest Strength: Complete two sets of each

All Exercise Link: (all of the exercises are in this link watch first)

<https://vimeo.com/1136208613/eca515a94f?share=copy&fl=sv&fe=ci>



1. Tuck Rock Stand To Raise 15

<https://vimeo.com/1134699024/b7a6f59ee7?share=copy&fl=sv&fe=ci>

2. Bosu twist with punch 20 each side

<https://vimeo.com/1134699452/9f73df99e4?share=copy&fl=sv&fe=ci>

3. Incline Prone Front Raise Stability Ball 15

<https://vimeo.com/1134699379/a4e98af793?share=copy&fl=sv&fe=ci>

Part Two: Skill Specifics (presses and handstand work) Complete two sets of each

1. Jump 1/2 to HS HOP 5 each direction

<https://vimeo.com/1134698515/28cce5fbd5?share=copy&fl=sv&fe=ci>

2. Bosu Straddle Back (core) 10

<https://vimeo.com/1134699488/7d7ec5ef1e?share=copy&fl=sv&fe=ci>

3) Bosu Press Back 10

<https://vimeo.com/1134698414/8e4ecc2ec9?share=copy&fl=sv&fe=ci>

Part Three; Stability Work: Complete two sets of each

1) Plank Roll Backs Stability Ball 30

2) Roll Pike Up to Pushup 20

<https://vimeo.com/1134699046/ed0afa7250?share=copy&fl=sv&fe=ci>

3) Chest Pulse Stability ball 30

<https://vimeo.com/1134698566/df77af5d4f?share=copy&fl=sv&fe=ci>

4) Kneeling Chest Squeeze Stability Ball 1 minute

Part Four: Tricep Burner and Pirouette Finisher Complete two sets of each:

All Exercises: <https://vimeo.com/1136267541/ea5664516e?share=copy&fl=sv&fe=ci>

1. Arch Rock Tricep Extension 15

2. Vup Tricep Extension 15

3. Tricep Dip on Weighted. Balls 20

4. Pirouette Finisher Go for one minute rotating one way, rest 15 seconds then go the other way!

Part Five: Forearms and wrists: Complete each exercise 2 times

1)Active Forearms Stretch Bosu 1 minute

<https://vimeo.com/1134699420/a78004a234?share=copy&fl=sv&fe=ci>

2)Neutral Grip Bar twist 30 each arm

<https://vimeo.com/1134698451/18865cc4c0?share=copy&fl=sv&fe=ci>

3)Wrist Finger Roll to curl 15-30 depending on weight of bar

<https://vimeo.com/1134699208/be1ad78bd1?share=copy&fl=sv&fe=ci>

4)Wrist overhand Grip roll Up 15-30 depending on weigh of bar

<https://vimeo.com/1134699124/a3a9c04a37?share=copy&fl=sv&fe=ci>

5) Thumb Adduction 30

<https://vimeo.com/1134699098/c6b7113fe6?share=copy&fl=sv&fe=ci>

Workout Five: LEGACY WORKOUT Active Flexibility with Strength and Ankles

This is one of my favorite classic strength and active flex workouts that is making a comeback. Great for the start of the season, strength and flex together, you can't beat it! Add this in once a week this month and stay consistent! Some very interesting and challenging moves in this one, the barrel exercises specifically, stick with it, they are effective.

Level: Intermediate to advanced but can be modified

Time: 30 minutes

You Need:

Kettle bells or weights

Barrels

Long Bands

Foam Block

Sliders

Panels

Uneven parallel bar (high Bar)

Battle Ropes

Circuit One: Repeat this circuit two times

1) Active Flex Weighted Shoulder Circles; 20 each direction

<https://youtu.be/6TQj3r3-uSE>

2)Active Flex Three straddle points; 5 all the way up
<https://youtu.be/DIntuZO9BoY>

3) Active Flex Hips with Barrel (squeeze block between ankles); 10 repetitions
<https://youtu.be/uSAIj28JZ-s>

Circuit Two: repeat this circuit two times

1)Active Flex Barrel Swing Arounds; 10 each side
<https://youtu.be/ppoGKkBEELY>

2)Active Flex High Arm Obliques on Ball
(2 positions); 10 each position
<https://youtu.be/sqXSW392Bp0>

3) Active Flex Pushup Slider Splits ; 20 each side
<https://youtu.be/5OzvKWRgrUw>

Circuit Three: repeat this circuit two times

1)Active Flex Split Jump with rope slam; 15 each leg (if no rope do it without or on tumble track)
<https://youtu.be/ljY3XJAwKBg>

2)Active Flex Shoulders and Inner thighs over barrel; 15 each leg
<https://youtu.be/Yhqgywssq2I>

3) Active Flex Pull up with splits; 10 total pull ups
<https://youtu.be/Kov8eRAptV8>

Circuit Four: Repeat this circuit two times

1)Active Flex Lunge and Press; 15 each leg
<https://youtu.be/18gHSBI07dI>

2)Active Flex Hips Circles over Bosu; 15 each side
<https://youtu.be/FbQu1b-DAw>

Circuit Five: Ankle/Feet Injury Prevention Topper: Complete one or two time!

1-3) Feet Injury Prevention Circuit
<https://youtu.be/N8yAsMAR1c4>;
1)Slider Twist ins 20 each way
2)Block Pickups 10 each foot,
3)Partner Pushes 30 each partner

Workout Six: LEGACY Workout Legs and Power (Good to use before Holiday Break!)

This is an emergency workout for any athletes who STILL need strength or who missed out on summer training and they need big gains. You can definitely use this “In season” but use warning, may cause soreness LOL :) It’s very effective, one of my favorite summer strong workouts!

YOU NEED:

Blocks

Kettle Bells or weights

Battle ropes

Band

Wedge Mat

Small Loop Bands

Time: 45 minutes if done in its entirety. You can do less sets and save time! If you are all in go for two sets!

Level: All but use sparingly or on off weeks where you aren’t competing! Great for A PRE WINTER BREAK Leg burner!

Circuit one: Repeat the circuit two times

1)Legs Power Single Leg Rope Jump and Slam; 15 repetitions each side
<https://youtu.be/pU7e9fF8634>

2) Legs Power Kettle Swing from Dead Stop; 20
<https://youtu.be/0mlcpeyCJZQ>

3)Legs power single leg deadlift to tuck jump 10 each side
https://youtu.be/ADwvj1_2_fw

Circuit two: Repeat the circuit two times

1)Legs Power Reverse Block Step Ups; 15 each leg
<https://youtu.be/CXHgxCO3fbk>

2)Legs Power Single Leg Pistol to front support; 20 each leg
<https://youtu.be/ltN1dYuUyQg>

3) Legs Power Box jumps; 15
<https://youtu.be/FTzqJ4EzrAA>

Circuit Three: repeat the circuit two times

1) Legs power side to side punches blocks; 20 each side
<https://youtu.be/qtG09OdCdAE>

2) Legs power band abduction punch; 20
<https://youtu.be/0yxio0tXsFo>

3) Legs Core power pop from wedge; 15 repetitions
<https://youtu.be/Gw3eS4i5iQI>

Circuit Four: Complete this circuit Two Times

1) Legs glute on belly grab and lift; 30 repetitions
<https://youtu.be/o7-dNjKB1G8>

2) Legs deep squatted partner calf raise; 30 each person
https://youtu.be/Ge2_oyF5AWs

3) Feet partner pushes flex and point; 30 each person each direction
https://youtu.be/in9_veEyVSQ