

May 2023 Betsy Bootcamp Training!

Coaches Notes: This month is all about general fitness potpourri with a little more focus on stabilization, balance, cardio and core maintenance as preparing the body for more challenging summer conditioning. There are a couple very challenging core workouts and skill workouts that your upper level athletes will enjoy and I believe you will too! Anything goes in May, so make it GO, GOOD!

Weighted Ball and Core Warmup One

Note: You can use a small weighted ball, small foam block or kettle bell for this warmup. Modify any exercises with a weight that you can, or simply omit the ball and complete the exercise without it. You can also break the warmup up into two separate workouts, first part and second part if you are limited on time.

Level/Difficulty: Medium

Time: 20 minutes if done in its entirety

You need:

Weighted balls or foam blocks/weights or kettles whatever your gym has available.

Part One: Cardio/Balance, Agility

1)Weighted Ball Warmup Toe Tappers 50

<https://vimeo.com/815088820/c06a8e88b8>

2)Weighted Ball Warmup Warmup High Knee Run Ball Overhead 4 passes

<https://vimeo.com/815088402/072b32d9c2>

3)Warmup Weighted Ball Releve Walk with tricep extension 2 passes

<https://vimeo.com/815088464/4f93bb63ad>

4)Weighted ball warmup alternating mini leap taps 2 passes

<https://vimeo.com/815089139/fb24a76a32>

5)Warmup Weighted Ball Deer Runs 2 passes

<https://vimeo.com/815088541/6e803067c6>

6)Weighted Ball Warmup Half Squat Jumps 2 passes

<https://vimeo.com/815088934/f9134cca4e>

7)Warmup Weighted Ball Press Over Shoulders

<https://vimeo.com/815088559/5f2c994a38>

8)Weighted Ball Warmup Pull Thrus 20

<https://vimeo.com/815091090/3b6571de67>

9)Weighted Ball Warmup Ball Passers (if you don't have a weighted ball, tap hand to hand) 20
<https://vimeo.com/815088829/523bcaebc3>

10)Weighted Ball Warmup Pushups balls on feet
<https://vimeo.com/815093584/ef8fc81a1a>

11)Weighted Ball Warmup Hollow Chest Press and/or Pushups 20
<https://vimeo.com/815091090/3b6571de67>

12)Weighted ball warmups ball kicks 10
<https://vimeo.com/815088635/852d128de6>

Part Two: Core

1)Weighted Ball Warmup V-Up 20
<https://vimeo.com/815093423/e27b6e961d>

2)Weighed Ball Warmups upper and lower body lifts 20 of each
<https://vimeo.com/815093584/ef8fc81a1a>

3)Weighted Ball Warmup Pulsing one arm superman 20
<https://vimeo.com/815088687/4658b9e1dd>

4)Weighted Ball Warmup Side V-ups 20
<https://vimeo.com/815088706/764d361ff0>

5)Weighted Ball Warmup Superman/T-Lift Combo 10 of each
<https://vimeo.com/815088854/7a17c496a5>

6)Weighted Ball Warmup 3 Point Plank Kicks (F/S/B) 5 each one
<https://vimeo.com/815088779/6c4aeeaffe>

7)Weighted Ball Warmup Plank Supermans 20
<https://vimeo.com/815088843/2dfce6e167>

8)Weighted ball warmup plank twist and kick 20
<https://vimeo.com/815088767/ec1c4a3993>

9)Weighted Ball Warmup Switchers 30
<https://vimeo.com/815093584/ef8fc81a1a>

Workout Two: QUICK Core with Upper and Lower Body Movements

You need;
Light dumbbells or no weight at all depending on level

Level/Difficulty: light to moderate depending on weight used and repetitions, you can make it very challenging if you want!

Time: 10 minutes

Complete each exercise one time, limited rest between exercises. Rest and repeat the whole giant circuit one more time!

1)Core hollow hold shoulder presses 50
<https://vimeo.com/815089100/2098d910d0>

2)Core Oblique Situp 20 each side
<https://vimeo.com/815089112/22dc039797>

3)Core twisting punching rockers 15 each side
<https://vimeo.com/815089131/67ee897893>

4)Core Froggie Shoulder Press 20
<https://vimeo.com/815088512/76be6ba9f4>

5)Core Shoulder Tap then Flies 20 of each
<https://vimeo.com/815089068/c7fb967a6b>

6)Core Alternating Toe Touch 20 each side
<https://vimeo.com/815088569/88c7ed5432>

7)Core plank Kick Unders 30 total
<https://vimeo.com/815089086/3d3588b59c>

8) Core Candle Slides 15
<https://vimeo.com/815088587/20ba93b7cd>

Workout Three: Total Stability, Upper Body and Endurance Rope

This workout takes a lot of equipment but it's well worth it! You will get a great cardio workout as well as developing stability, balance and strength by "lifting" on the stability ball! It's a challenging one! Modify with NO weights first on the more difficult exercises on the ball then progress up!

You Need:

Rope

Large Stability balls

Kettle bells or weights (light)

Small weighted balls optional

Weighted bar/wall

Time: 30 minutes

Ability Level: All, do not use weight and work on the balance part for lower levels

Circuit One: Complete two times:

1)Endurance Slams 30

<https://vimeo.com/683570396/b8d4db5a31>

2)Shoulder Press on Stability Ball (feet against wall) 15

<https://vimeo.com/696707489/cb5bbace43>

Circuit Two: Complete two times:

1)Rope Hollow BODY ROPE SLAMS 30

<https://vimeo.com/816297306/817e227f79>

2)Flies and Triceps Extension on Ball 10 of each watch form!

<https://vimeo.com/815854709/8f51384f12>

Circuit Three: Complete two times:

1)Arms Crab Slams 30 total

<https://vimeo.com/815852424/7bbb86e032>

2)Upper One arm/leg Shoulder Press on Ball 15 each side

<https://vimeo.com/815854709/8f51384f12>

Circuit Four: Complete two times:

1)Backside Alternating Slams 40

<https://vimeo.com/779037574/ddd73a0ada>

2 and 3) Stability Front/Side/Back Lifts on Ball go through 5x and Spider Man Pushups 10 each side (balls optional)

<https://vimeo.com/815852424/7bbb86e032>

Workout Four: Glutes, Hips and Leg Shaping with Stability (BURNER)

Get legs strong, flexible and injury proof and ready for more challenging conditioning with this base building, stability and shaping workout!

Level- Intermediate to Advanced depending on receptions and band strength.
Time: 20-30 minutes

You need:
Bosu Balls
Small heavy bands
Spotting box/block

Circuit One: Complete 2x

1)Prisoner Squat on Bosu 20
<https://vimeo.com/815093514/cf4805a449>

2) Single Leg Bridge with band abduction 30 each side
<https://vimeo.com/815091000/4381cbcba2?share=copy>

Circuit Two: Complete 2x

1)Upside down prisoner squat on Bosu (careful getting on) 10
<https://vimeo.com/manage/videos/815093292/e252f6f05a>

2)Legs Glutes 1-2 step in bridge 15 lead with right leg, 15 lead with left
<https://vimeo.com/manage/videos/815091023/b1a6c6ac77>

Circuit Three: Read notes below for set description

Set up a Bosu on a block and everyone should do at least one set of Bosu Frog Lifts while everyone else does the exercises below it:

Everyone Does One Set: Glute Shaping Bosu Frog Lift with band
<https://vimeo.com/815090618/e6429902a4>

1)Legs quick In outs 40
<https://vimeo.com/manage/videos/815093527/9544b114e9>

2)Legs Side to side taps 40
<https://vimeo.com/815093540/36495a9817>

3)Legs Courtsie Taps 30 total
<https://vimeo.com/manage/videos/815092923/d88d1e2b43>

4)Diagonal Kicks and Back Kicks 15 of each
<https://vimeo.com/815093187/7513b27083?share=copy>

Circuit Four: Complete one set of each:

1)Lying Side Leg Lifts 30 each side
<https://vimeo.com/815093552/6e6cec900d>

2)Legs core swimmers with bands 40
<https://vimeo.com/815093640/6ad7ac13bb>

3)Core banded bicycle crunches 40
<https://vimeo.com/815093210/98a5a438e4>

Workout Five: Active Flex and Injury Prevention

You need:

Sliders

Small Balls

Small hand weights (5lbs max)

Bosu Ball (optional)

Panel Mats optional for the challenge exercise.

Time: 15-20 minutes if done at once (also great for warmup or end of practice or in-event stations)

Level: Beginner to Advanced

Complete One Set of Each:

1) Active Flex Downward Dog Cobra, Cat Back combo 20
<https://vimeo.com/815090725/c0edabd377>

2)Active Flex Prone Oblique Lifts 20
<https://vimeo.com/815088871/9e7144fa30>

3)Active Flex Candle Straddles 20
<https://vimeo.com/815088973/288d163eb1>

4)Active Flex prone Slider Circles 20 each direction
<https://vimeo.com/815090716/cc0649e3b1>

5)Injury Prevention Forward weighted Shoulder Circles 10
<https://vimeo.com/815090940/f47113ca1a>

6)Injury Prevention Backward weighted shoulder circles 10
<https://vimeo.com/815090964/02f34120aa>

7) Injury Prevention Wrist Circles 15 each direction
<https://vimeo.com/815090922/4b8eb843f4>

8) Injury Prevention Hip Circles BOSU 15 each leg/each direction
<https://vimeo.com/815088754/0998893619>

9) Injury Prevention Slow negative calf raises 10 each leg
<https://vimeo.com/815091062/83595f9c33>

10) Injury Prevention Back Hammy Squat extensions 10 slow and controlled
<https://vimeo.com/815091090/3b6571de67>

11) Injury Prevention Ankle Abduction Wide 20 each foot
<https://vimeo.com/815093161/69f0b3d33c>
<https://vimeo.com/815092992/13d5f5a491>

12) Injury Prevention Toe Pointers on Weighted ball 20 each foot you can also use a foam roller
<https://vimeo.com/815093056/8dd95207cf>

BONUS: Active Flex Challenge (Panel Mats needed)
Single leg kicks between panels 15 each leg
<https://vimeo.com/815093123/55975f4e2e>

Workout Six: Advanced Stability and Body Tension Workout

This workout is definitely for your more advanced athletes that like a challenge- these are excellent for developing core tension for challenging skill training like giants, kips, releases, free hips and tapping (shoulders). Not for all athletes :)

Difficulty: Advanced- Plan set up in advance as well!

Time: 20 minutes

Set up will take some time: you need:

Bosu and Stability balls

A Wall

A Block with Bands attached to handles

Thick bands tied to leg lift bar

Sliders

Complete two sets of each

Set One:

1) Core Roll outs 15

<https://vimeo.com/815088923/cb0e82c9c3>

2) Core Tension Bandles 15

<https://vimeo.com/815091072/01e31d2407>

Set two:

1) Back shoulders 2 position Bandlift, Bosu and Block 20 of each
<https://vimeo.com/815088888/06a4b06661>

2) Bosu Band Situps 20
<https://vimeo.com/815089026/b05c039a52>

Set three:

1) Body Tension full situp with bands (challenging setup) 30
<https://vimeo.com/815090973/8312b9b90b>

2) Upper Body Pullover Shrug Ball/Wall 20
<https://vimeo.com/815089046/b4dc52910d>

Set Four:

1) Core ball Roll out with wall support 20
<https://vimeo.com/815088726/432a0bd847>
<https://vimeo.com/815088735/287024469b>

2) Core Oblique twister/slider on BOSU 30 total watch posture
<https://vimeo.com/815088668/99a2238610>

Workout Seven: Quick Agility Ladder, Slider and Foam Roll Warmup

Heal The body, maintain quickness and cardio and core! This quick warmup will hit cardio, core and healing! Great May workout for core maintenance, healing and agility!

Difficulty: Medium (some of the core and roll movements will be a challenge! Don't give up!)
Time: 15 minutes

You Need:

Rings (or draw circles in chalk)

Agility Ladder

Foam Roller

Sliders

Circuit One: Complete 2x

1. Ring Run 2. Fast Feet Ladder 3. Core Roll Out 4. Slider Tuck open travelers (2nd video) 2 passes

<https://vimeo.com/815090490/5be6421d3d>

<https://vimeo.com/815090981/c505a15abc>

Circuit Two: Complete two times:

1. Ring bear crawls, 2. Ladder Bear Pop, 3. Plank Roll Outs, 4. Slide out (ab roller)

<https://vimeo.com/815090638/b9fb2bfc47>

Circuit Three: Complete two times:

1. Ring Single leg hop, 2. Single foot hop ladder 3. Single Leg roll up, 4. Single Foot Plank Slides

<https://vimeo.com/815090586/96e2a3a51c>