

Betsy Bootcamp Little's Program

PHASE 1: FOUNDATION + BODY AWARENESS

SCHEDULE FOR WEEKS 1-6

Goals:

- **Bodycontrol**
- **Shapes**
- **Balance**
- **Staticstrength**
- **Crawlingpatterns**
- **Introagility**
- **Introshaping**
- **Lowerimpactjumping**
- **Stability**
- **Confidence**

3 Day Split Structure:

WEEKS 1-2

DAY 1

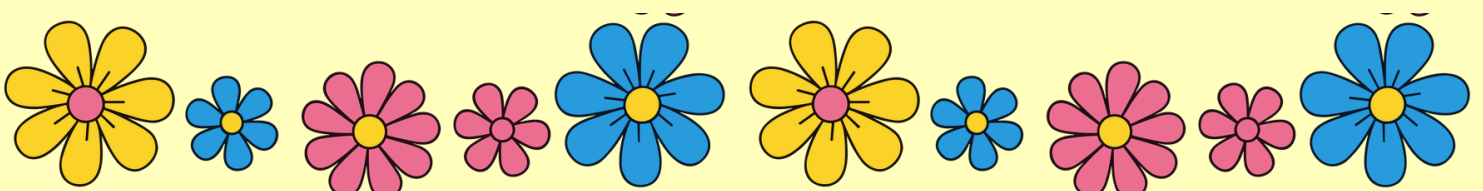
- **Workout One: Squats and Holds**
- **Add-On Injury Prevention Workout 1**
(Active Flex/Wrists/Ankles)

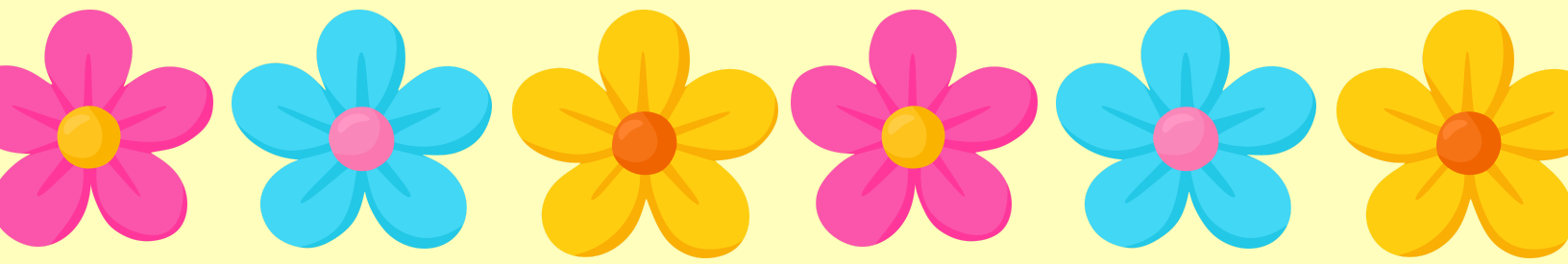
DAY 2

- **Workout Two: Ladder and Agility Basics + Active Flex**
- **Add-On Injury Prevention Workout 3**
(Hip/Shoulder Mobility)

DAY 3

- **Workout Three: Core and Agility Workout One**
(Static Holds/Shaping)
- **Add-On Thoracic Mobility from Workout 2**





WEEKS 3–4

DAY 1

- *Workout Four: Littles Weight Training Phase 1*
- *Add-On Injury Prevention Workout 4*

DAY 2

- *Workout Five: Body Tension Awareness and Planking*
- *Add-On Injury Prevention Workout 2*

DAY 3

- *Workout Six: Fun Obstacle Course + Core*
- *Add-On Wrist/Ankle work from Workout 1*

WEEKS 5–6

DAY 1

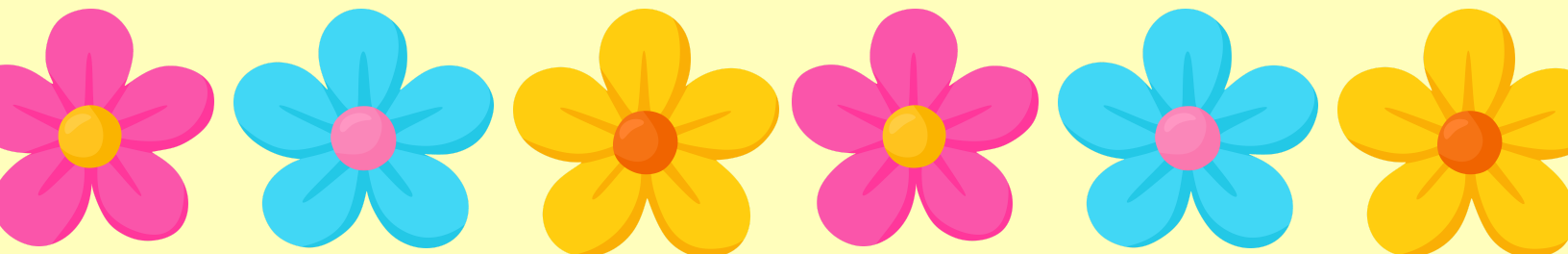
- *Workout Seven Core Workout Two (Foam Block Active Core)*
- *Add-On Injury Prevention Workout 3*

DAY 2

- *Workout Eight Panel Runner Agility + Core Shaping (light volume first week, harder second week)*
- *Add-On Workout 1*

DAY 3

- *Workout Nine Active Core, Shaping and Flex*
- *Add-On Thoracic + Shoulder Mobility*



Betsy Bootcamp Littles Program

Phase 2: Power, Reaction and Dynamic Control

SCHEDULE WEEKS 7-12

Goals:

- *Faster reaction*
- *Dynamic shaping*
- *Athletic confidence*
- *Jump power*
- *Coordination under fatigue*
- *Stronger planks/core*
- *Intro plyometric ability*
- *Stronger posture in movement*

3 Day Split

WEEKS 7–8

Controlled power introduction

DAY 1

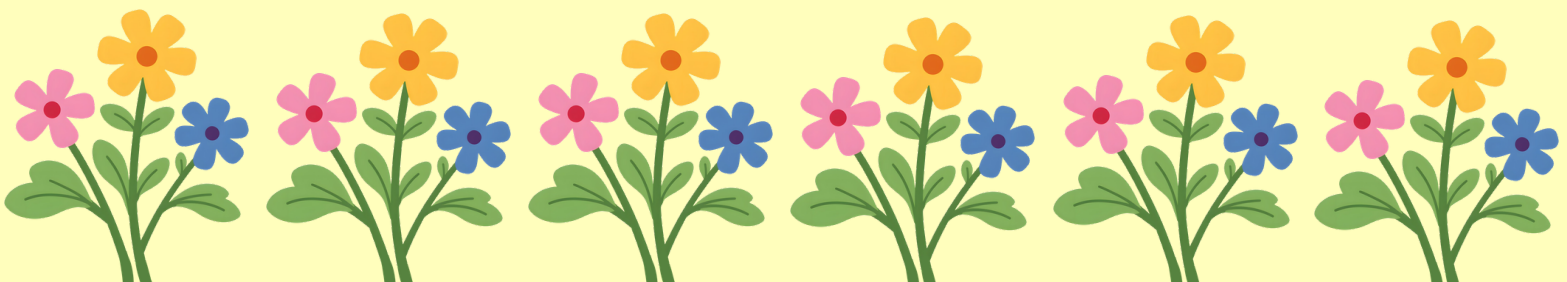
- *Workout One: Littles Weight Training Phase 2*
- *Add-On Workout 4*

DAY 2

- *Workout Two: Ladder Agility and Jumps*
- *Add-On Workout 1*

DAY 3

- *Workout Three: Cardio and Plyo
(shorter intervals first)*
- *Add-On Workout 2*



WEEKS 9–10

Increase speed + reactive work

DAY 1

- **Workout Four: Panel Runner Agility + Core Shaping**
(progress intensity)
- **Add-On Workout 3**

DAY 2

- **Workout Five: Active Core, Shaping and Flex**
(emphasize tumble track jumps)
- **Add-On Workout 4**

DAY 3

- **Workout Six: Fun Obstacle Courses**
(run relay style for conditioning)
- **Add-On Workout 1**

WEEKS 11–12

Peak confidence + athleticism

DAY 1

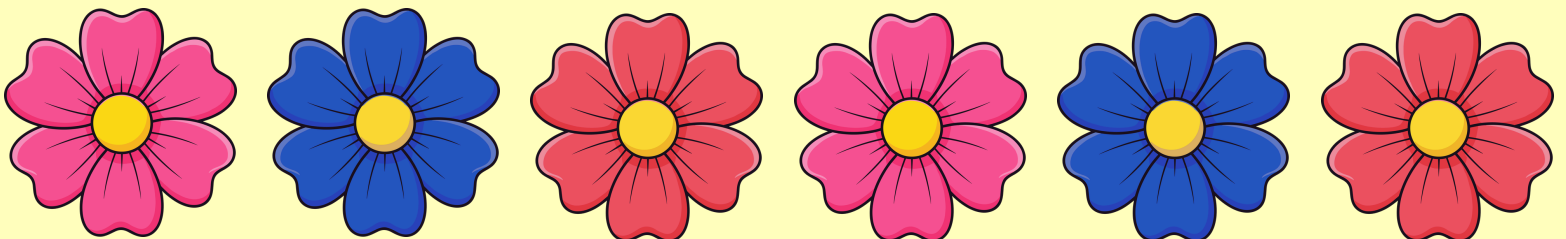
- **Workout Seven: Weight Training Phase 2**
PLUS selected exercises from Phase 1
(static + dynamic combo)
- **Add-On Workout 2**

DAY 2

- **Workout Eight Ladder Agility and Jumps PLUS favorite circuits from Ladder Basics**
- **Add-On Workout 4**

DAY 3

- **Workout Nine: Cardio and Plyo**
PLUS selected obstacle course relays
- **Finish with mobility flow from Workout 3**



WORKOUT ORDER FOR PHASE 1

1. Squats and Holds
Primary Focus: squat shapes, crawling patterns, lower body awareness
2. Ladder and Agility Basics + Active Flex
Primary Focus: coordination, rhythm, footwork introduction
3. Core and Agility Workout One
Primary Focus: static shaping, hollow/arch basics, beginner agility
4. Littles Weight Training Phase 1
Primary Focus: foundational strength, static holds, posture
5. Body Tension/Awareness and Planking
Primary Focus: balance, proprioception, tension awareness
6. Fun Obstacle Course + Core
Primary Focus: playful movement integration, coordination under movement
7. Core Workout Two
Primary Focus: lower core engagement, shaping endurance
8. Panel Runner Agility + Core Shaping
Primary Focus: transitional athletic movement and timing
9. Active Core, Shaping and Flex
Primary Focus: dynamic shaping introduction on tumble track

WORKOUT ORDER FOR PHASE 2

10. Littles Weight Training Phase 2
Primary Focus: dynamic strength progression and stability
11. Ladder Agility and Jumps
Primary Focus: timing, reaction, jump coordination, athleticism
12. Cardio and Plyo
Primary Focus: endurance, quickness, conditioning, explosive movement
13. Panel Runner Agility + Core Shaping
(Progressed Version)
Primary Focus: reactive athletic movement and shaping under fatigue
14. Active Core, Shaping and Flex
(Progressed Version)
Primary Focus: dynamic shaping + tumble track power
15. Fun Obstacle Course + Core
(Progressed Relay Version)
Primary Focus: conditioning, confidence, athletic movement integration
16. Weight Training Combo Weeks
(Phase 1+Phase 2 mixed together during Weeks 11–12) Primary
Focus: combining static stability with dynamic strength





INJURY PREVENTION / ACTIVE FLEX ORDER

IP Workout 1
Wrists + Ankles + Active Flex

IP Workout 2
Thoracic + Back + Shoulder Mobility

IP Workout 3
Hip + Shoulder Mobility

IP Workout 4
Active Splits + Wrist/Ankle Stability

