

December 2022-Betsy Bootcamp Membership Training

Coaches Notes: *This month I am switching it up! You have 9 different workouts to choose from, some of them are much shorter (literally 10 minutes) than normal to accommodate for those of you who have limited time to train and who would like to use these as side stations or who have limited room. I have also listed how much time each workout will take you and the area of focus and if the workout is challenging, moderate or for all levels. I hope this will help you pick and choose which workouts go best with your schedule. You do not have to do them all, make this work for your program! Remember, it is December so we need to start focusing on keeping hips, backs and ankles strong and supportive while also maintaining core strength and increase leg tightening! Enjoy and let me know what you think about this new format!*

Workout ONE: Kettle Bell TOTAL BODY Warmup: (10 -15 minutes depending on how many sets you do)

You Need Kettle Bells or Dumbbells/Light Weights

Moderately Challenging depending on weight of dumbbell/kettlebell- KEEP MOVING!!

1)Circle Runs 20 total 10 each direction
<https://vimeo.com/771330916/43358ee8ce>

2)Jumping jacks 20
<https://vimeo.com/771330821/d701918ec5>

3)Lateral Hop to Pushup 20
<https://vimeo.com/771331030/3d0c067145>

4)Kettle Bell Swings 20
<https://vimeo.com/772194766/fe361f0aa2>

5)One Arms Swings 15
<https://vimeo.com/772194607/17fcf945e4>

6)Stiff Legged Swing Thrus 20
<https://vimeo.com/772194511/54e448497a>

7)Plank Swing Forward 15
<https://vimeo.com/772194276/15edc91e51>

8)Plank Swing Side 15
<https://vimeo.com/772194382/8343841c5c>

9)Sit up Halo 20, 10 each direction
<https://vimeo.com/772194171/314e574c02>

10)Side Plank Twists 15 each side
<https://vimeo.com/772194038/29e1952b04>

11)Back Side Upper Lifts 20
<https://vimeo.com/696707509/06b2d8a6e0>

WORKOUT TWO: Giant Set Shoulder Burner- Quick 10 minute Side Conditioning For Bars/Shoulder Endurance- Beginner to Advanced can be modified)

You Need: Weighted Bars- This is a giant circuit, do not stop between exercises!!
Repeat this circuit TWO TIMES!

1)Overhead Squats 10
<https://vimeo.com/771328030/b09595f087>

2)Shrugs 20
<https://vimeo.com/771327852/fd5ee02dbc>

3)Front Raise Shrugs 10
<https://vimeo.com/771327710/cfe9035a82>

4)Arm Pit Taps 20n
<https://vimeo.com/771327952/78c1266a22>

5)Pirouettes 5 each hand
<https://vimeo.com/771327795/19a62af5bb>

6)Full Bar Set
<https://vimeo.com/771327568/b0b7641eb5>

7)Static Hold 30 seconds
<https://vimeo.com/771327637/d41a31ddae>

Workout Three: Quick Agility/Jump, Leg and Lateral Workout: 30 Minutes- Leg Day Focus Challenging

You Need:

*Dumbbells or weighted balls
Large Spotting Blocks
Rings or chalk drawn circles on floor*

Across The Floor Work:

1)Weighted Monkey Crawls Forward/ Backward/Sideways
2 passes of each:

1)<https://vimeo.com/766220098/dc93f3de0e>
2)<https://vimeo.com/766220199/3ece19ab73>
3)<https://vimeo.com/766219927/7d82c847db>

Circuit One: Complete two times

1)Legs Agility Side Hops in Rings 30
<https://vimeo.com/766219044/38b53c9663>

2)Feet Hops Weight Overhead 30
<https://vimeo.com/766219496/1ee87d281c>

3)Arms Overhead Single Leg Hops 2 passes
<https://vimeo.com/766219152/456c822f70>

Circuit Two: Complete two times

1)Leg Agility Quick Courtsies 10 each side
<https://vimeo.com/766218916/7f5a91601f>

2) Quick Step Up Burpee Downs 10
<https://vimeo.com/766220028/57cebf7b54>

Circuit Three: Complete two times

1)Lateral Hop Over Burpees 10 total
<https://vimeo.com/766219705/d8644c6755>

2)Single Leg Tuck Hoppers 15 each side
<https://vimeo.com/766219385/df3cda0012>

Workout Four: Pushup Combos: Quick Upper Body Training for Chest and Shoulders (12-15 minutes) All Levels, Can Be Modified

Complete two sets of each exercise

1)Upper walking Pushup With Wheelbarrow 2 passes each partner
<https://vimeo.com/768692741/2bb2965a07>

2)Regular Pushups 20 2x
<https://vimeo.com/768692041/42885fc5da>

3)Pop Pushup Extension 20 2x
<https://vimeo.com/768691364/36f6eb4f43>

3)90 Angle Pushups 20 2x
<https://vimeo.com/768691471/7a211530c3>

4)Spider Man Pushups 10 each side 2x
<https://vimeo.com/768691624/ec33283cb3>

5) Wide Arm Plank Ups 15 2x
<https://vimeo.com/766215877/eeada94e73>

Workout Five: Back Stretch/Strength/Injury Prevention and Active Stretch 15-20 Minutes, Can be done as side stations or as a warmup 1x a week for injury prevention!

Part One: Complete 20 repetitions of each active stretch. Hold each static stretch for 30 seconds

1)CatBack Cows
<https://vimeo.com/771329235/f3bb22dee2>

2)Plank Arms Upward Facing Dog
<https://vimeo.com/771328849/5155877954>

3)Upward Facing Dog
<https://vimeo.com/771328776/7b27d6056a>

4)Childs Pose
<https://vimeo.com/771328940/f8cb3e7107>

5)Combo Downward to Upward Facing dog
<https://vimeo.com/771328700/bbaa2533ca>

6)Knee Rotations
<https://vimeo.com/771329168/58ddd9c94f>

7)Glute Bridge Hold
<https://vimeo.com/771329071/b1507ecb3d>

8)Cross Knee
<https://vimeo.com/771328406/b80c08e115>

9)Twisting Pike Seat
<https://vimeo.com/771328584/ab4a427ae9>

10)Forward Lean Fig 4
<https://vimeo.com/771328281/1aa5ec6cfe>

11)Back Stretch Fig 4
<https://vimeo.com/771328145/b8c1ae26a3>

12) Supine Tuck Hold
<https://vimeo.com/771328487/b4160e6f18>

Part Two: Active Stretch and Strength

1)Active Needle Kicks Forward 2 passes
<https://vimeo.com/768693126/4cbea2d0a2>

2)Active Needle Kicks Backward 2 passes
<https://vimeo.com/768692970/ea192452a5>

3)Active Reverse Inchworm Walk 2 passes
<https://vimeo.com/768693307/71846a7c61>

4)Active Stretch long lunge toe lifts 2 passes
<https://vimeo.com/768692813/7efc75b20b>

Part Three: Hip Injury Prevention

You need small bands

Adduction Kicks with Band 30
<https://vimeo.com/771329352/a036ec85fc>

Diagonal Kicks with bands 30
<https://vimeo.com/771329487/e89a63f6bc>

Abduction with band 30
<https://vimeo.com/771329563/829dabbabb>

Hip Circles in and Out sliders 10 each leg
<https://vimeo.com/771326092/f1bc3b0471>

WORKOUT SIX: Dumbbell and Weighted Core Workout: 15 minutes: Challenging

You need light dumbbells for this workout: Complete two sets of each exercise

1)Core weighted hollow press 15
<https://vimeo.com/766218418/2add11d05c>

2)Core arms alternating plank drag and drop 20
<https://vimeo.com/766218500/85e83fafd7>

3)Weighted Leg lift and flies 20
<https://vimeo.com/766218589/f5c2897385>

4)Arm Weighted Leg Lifts 20
<https://vimeo.com/766218686/6624f0755c>

5)Weighted Punch and kick 20
<https://vimeo.com/766218792/62d5f1e46b>

6)Reverse Grip Hollow Lifts 20
<https://vimeo.com/768690975/0579b1332d>

WORKOUT SEVEN HARDCORE Twisting Workout (25 Minute Twisting Specific Training- Advanced)

You Need:

Sliders

Yoga Balls

Foam Roller

Battle Rope

Bosu Ball

Weighted Bar

Band

Circuit One: Complete two times

1)Core wax on wax off 10 each side

<https://vimeo.com/771326491/dfcc62affd>

2)Iso Twist on Yoga Ball 20 each side focus on tight shape and form

<https://vimeo.com/771326587/72b4c4513e>

3Foam Roll Tuck and Twist 10 each side

<https://vimeo.com/771326655/2e2ca15b01>

Circuit Two: Complete Two Times:

1)Rope Over the Back Slam (side plank) 20 each side

<https://vimeo.com/771326744/3c9246eddf>

2)Plank Tuck Twisters 15 each side

<https://vimeo.com/771326811/a6b6099dd8>

3) Twisting Roll Bosu with Band 10 each side

<https://vimeo.com/766217278/4941c5c7cb>

Circuit Three: Complete Two Times;

1)Candle Twist on Bosu 10 each side

<https://vimeo.com/766217137/b03317fba4>

2) Twisting rocker with weight bar 20 each side

<https://vimeo.com/766217033/b45dd615d8>

3) Twisting Planks 20 total (no running)

<https://vimeo.com/662605662/b3ceeb0a09>

**WORKOUT EIGHT: Ankles Calves and Quads : (10-15 minute
good as a warmup)
Moderately Challenging**

You need a set of weights for the last exercise

- 1) 90 angle walks releve 2 passes
<https://vimeo.com/766216797/396991c89e>
- 2) 90 angle walks releve backward 2 passes
<https://vimeo.com/766216737/ae6c626ca6>
- 3) Side Squat walks releve 2 passes
<https://vimeo.com/766216673/1ae4c6d21e>
- 4) Shins heel Walks 2 passes
<https://vimeo.com/766216626/d8c1a4b7ea>
- 5) Shin heel walks backward 2 passes
<https://vimeo.com/766216563/0cf2f2f6a8>
- 6) Shin heel walks sideways 1 pass each side
<https://vimeo.com/766216499/a0c8cce61e>
- 7) Heel Dig Hops 2 passes
<https://vimeo.com/766216438/9cfbfc07b2>
- 8) Plank Walks Through Releve 2 passes
<https://vimeo.com/766216438/9cfbfc07b2>
- 9) Single Leg Hop Push Through Releve 2 passes
<https://vimeo.com/766216244/a4a39da329>
- 10) Squatted Releve 20 2 sets
<https://vimeo.com/766216870/6d66dc611a>

**Workout Nine: Beam Conditioning (Leg Tightening and Hip
Mobility) 10 minutes Great for all levels, moderately challenging**

You Need a small band

- 1) Kick Walks 2 passes
<https://vimeo.com/771327222/2b020d6b90>
- 2) Front TO Back Kicks Releve 15 front/15 back each leg
<https://vimeo.com/771327281/f482b64441>
- 3) Lateral Walks 30 total

<https://vimeo.com/771327444/0c3731b1e5>

4) Squatted Abductions 30

<https://vimeo.com/771327377/775af896fd>

5) Seated Abductors 30

<https://vimeo.com/771326986/e923f34535>

6) Isolation Hold Abductors 20

<https://vimeo.com/771327069/d90736d5b0>

7) Hammy Abduct With Band 20

<https://vimeo.com/771327144/4aba44c104>