

February 2023 Betsy Bootcamp Training

Coaches Notes: This month we are going to focus on maintaining cardio endurance and injury prevention in the warmup. Other focus on tightening, quickness and leg strength for leaps and jumps. The core quickness final workout is one of my favorites!! Keeping quickness and tight shapes through movement is super important during competition season! As I said last month, each workout now has a time limit, difficulty level and as always equipment needed! Go get it Betsy Bootcampers!!! Make it work for YOU!

Workout One: Cardio and Core Warmup with Injury Prevention

Time: 30 minutes with Injury Prevention- 20 minutes without

Difficulty Level: Moderate- high cardio intense

Equipment: Short and Long Bands for Injury Prevention

Circuit One: Complete each exercise followed by a 10 second rest. Move quickly.

1)Cardio Warmup Heismans 10 passes
<https://vimeo.com/787312851/bc29482cd7>

2)Cardio Warmup Knee Tappers 20
<https://vimeo.com/787312284/0051638cf2>

3)Cardio Warmup Single Leg Tuck with Needle Kick 10 each leg
<https://vimeo.com/787312529/5c8fe1807a>

4)Cardio Warmup Speed Skaters 30 total
<https://vimeo.com/787312687/e42135d639>

5)Cardio Warmup Tuck Rock Jump 15
<https://vimeo.com/787312263/e9965f934d>

6)Cardio Warmup HS HOPS 10
<https://vimeo.com/787312764/034ac888f7>

7)Cardio Warmup Fast Arms 40
<https://vimeo.com/787700994/a4c4c32c59>

REST.....

Circuit Two: Complete the allotted amount read out by coach

1)Cardio Warmup Side Vup Rollover 10 total
<https://vimeo.com/787312333/aa277f0093>

2)Cardio Warmup Tuck Opens 30
<https://vimeo.com/787312214/1c7aca3487>

3)Cardio Warmup Pull Down twist 15 each side
<https://vimeo.com/787312470/722f9f60c5>

4) Cardio Warmup alternating one arm plank hold 2 second hold each arm, 10 times
<https://vimeo.com/787312502/dc862f535d>

5) Cardio warmup plank rotations 20 total
<https://vimeo.com/787312726/6e8365bb11>

Rest

Circuit Three : Injury Prevention (can be used as a separate workout or side stations)

Hips:

1) Banded Clams 20
<https://vimeo.com/787311300/6a2c882efb>

2) Straight leg circles 20
<https://vimeo.com/675007258/f51d469838>

Wrists:

1) Band Pulls 30
<https://vimeo.com/787311348/e2dce74037>

2) Pushes with partners 30
<https://vimeo.com/manage/videos/662605877/bae336bbe5>

Ankles:

1) Slow Calf Raise 1-2-3 down, fast up! 10
<https://vimeo.com/787311257/77f51f3caa>

2) Full Range Toe Point 20
<https://vimeo.com/787698045/8d9a997808>

Back:

1) Back Twist Pike Seat 20 each side
<https://vimeo.com/manage/videos/771328584/ab4a427ae9>

2) Cat Back cows 20
<https://vimeo.com/manage/videos/771329235/f3bb22dee2>

3) Figure 4 Stretch Forward and back 30 seconds
<https://vimeo.com/771328281/1aa5ec6cfe>
<https://vimeo.com/771328145/b8c1ae26a3>

Shoulders:

1) Circles with Bands 20
<https://vimeo.com/676406925/799d9ed976>

2) Standing Active Circles 15
<https://vimeo.com/757007006/f3616b07c2>

Workout Two: Legs, Leaping Jumping and Tightening

Time: 30-40 minutes

Difficulty Level: Moderate to Challenging depending on how much weight you use and how many reps!

Equipment:

Spotting Blocks

Kettle Bells or dumbbells 5-10 pounds

Part One: Leg SuperSets Complete the two exercises in a circuit TWO times:

Set One:

1)Kettle Hurdles 15-20 each leg

<https://vimeo.com/787701155/f893315177>

2)Pistol with releve lift 15 each leg

<https://vimeo.com/787706278/8c9e1430bb>

Set Two:

1)Lunge leap Hop 10-15 each leg

<https://vimeo.com/787706270/36ee108af3>

2)Single leg pistol jump on block 15 each leg

<https://vimeo.com/787705939/c1ef2883b7>

Set Three:

1)Legs side lunge side jump 10 lunges, 10 jumps (20 total)

<https://vimeo.com/787705745/3bdd896aa8>

(Jump higher please lol)

2)Legs single leg kickback for leaps 15 each leg

<https://vimeo.com/787705917/899e005166>

Part Two: Coach Calls Out Numbers: Complete This circuit TWO TIMES (its a burner!)

1)Kicking Pulses for tight legs all directions 15 of each in a row

<https://vimeo.com/787698196/4d22bff746>

2)Front Leg Static Hold 45 seconds

<https://vimeo.com/787698230/52bf1a948b>

3)Back Leg Static Hold 45 seconds

<https://vimeo.com/787698147/4717e4bf00>

Workout Three: Weighted Total Body Core Challenge

Time: 10 minutes

Difficulty: High Difficulty, lowering weight or not using weights or bands will lower the difficulty

Equipment:

Kettle bells or weights

Small Bands

Complete the following giant set together with rest recommended:

1)Bicycles and Bands 30 seconds rest, 15 seconds, repeat
<https://vimeo.com/787706213/5850095848>

2)Kettle Side Plank with Kick 15 each side, rest, repeat
<https://vimeo.com/787705790/4103caac9c>

3)Kettle band side scissors 30 seconds, rest, repeat, each side
<https://vimeo.com/787705823/359ea510a3>

4) Back Abduction 30 reps, rest, repeat
<https://vimeo.com/787705995/9568c9b136>

5)One Arm press in arch 15 each arm, rest, repeat
<https://vimeo.com/787706259/d5ce925d75>

6)Kettle Rockers 30 seconds, rest 30 seconds, repeat
<https://vimeo.com/787701386/3535ce87bd>

7)Back Tricep Lifts 30 second, rest 30 seconds, repeat
<https://vimeo.com/manage/videos/721881830/cbc520a24e>

Workout Four: Quick Cardio Burpee Fun for routine finisher!

Time:5 Minute Burst workout

Difficulty: Challenging

Equipment-None

NOTE: Great for floor “finishers” at the end of a routine to build endurance!

1)Cardio Full Burpee Tuck Slap 15
<https://vimeo.com/787701128/a74dda3c3b>

2)Cardio Single Leg Burpee Tuck Up 10 each leg
<https://vimeo.com/787701069/6b27d54005>

3)Cardio Warmup 2 squat burpees 10
<https://vimeo.com/787312429/6cc2bf0d6b>

4)Cardio Frog Jump Burpee Out 20
<https://vimeo.com/787312076/4149fbd640>

Workout Five: Upper Body Blocking and Shoulder Strength with Beam Finisher

Time: 30 minutes

Difficulty: Challenging

Equipment:

Ladder (optional)

Small weighted medicine ball

Sliders

Weighted Bar

Kettle or weights

Bosu Ball

Balance Beam

Circuit One: Complete two times:

1)Arms upper body blocks ladder UP and Back 20 times

<https://vimeo.com/787311689/1c279b4b7a>

2)Weighted Gold Post Hold Bosu

<https://vimeo.com/787311771/7be3399d3a>

3)Ball Toss and Lifts 20

<https://vimeo.com/787311500/affc2935d0>

Circuit Two: Complete two times

1)One arm slide outs 15

<https://vimeo.com/787312183/6538bfe1e1>

2)Full Bar Routine Weighted- three in a row!

<https://vimeo.com/787701394/5694e0b991>

3)One arm Rock and Press 15 each arm

<https://vimeo.com/787705647/bfc9f8316b>

Circuit Three: Move to the beams!

1)Beam Pull Ups 15

<https://vimeo.com/787698589/e10a213192>

2)Beam Shoulders 90 Angle pushups 20

<https://vimeo.com/787698599/9f562d3418>

3)Beam Circuit One Arm Plank Row 15 each arm (low beam for less advanced athletes)

<https://vimeo.com/787698610/94c14cd3f0>

Workout Six : Legs, Landings, Ankles/Calves

Time: 15 minutes

Difficulty: Easy to challenging depending on skills, and dynamic balance ability

Equipment:

Spotting Blocks

Bosu Balls

Kettle Bells

Long bands

Tip: Great Side Stations for floor or vault

Part One: Set up spotting blocks and Bosu balls and move from station to station. Complete each exercise 2 times

1)Landing Tuck Jump Stick 10

<https://vimeo.com/787706243/67f43b4dde>

2)Landings 1/2 jump stick 10

<https://vimeo.com/787705852/88df5464f4>

3)Landings Back Tuck Stick and Jump (modify for lower levels with a backward high jump or tuck jump backward) 5

<https://vimeo.com/787705649/a04020e522>

4)Landings awareness back jump to bosu 10 (Careful!)

<https://vimeo.com/787705658/ce2f64265d>

5)Legs ankle Single leg stick BOSU 10 each leg

<https://vimeo.com/787705603/d2acc0b02c>

Part Two: Complete two sets of each:

1)Calves Releve Squat Lower Down 20

<https://vimeo.com/787698002/f6c312b3a2>

2)Pique Position Calf Raises 20

<https://vimeo.com/787698015/4290b5a0be>

3)Ankle Full Range Toe Point (do only if you skipped in warmup) 30 each foot

<https://vimeo.com/787698045/8d9a997808>

Workout Seven: Functional Core Quickness for Shaping and Tapping

Time: 20-30minutes

Difficulty: Endurance Challenging! Focus on Quickness with excellent form and shape!

Equipment:

Bosu Balls (under leg lift bar if possible for final exercise)

Large Stability Balls

Sliders

Spotting Blocks

Set One: Repeat Two Times:

1) Three Position MT Climbers 10 each position, 3 times in a row

<https://vimeo.com/manage/videos/656753363>

2)Pike Pops 20

Video link

<https://youtu.be/4jDR96fjQ98>

Set Two: Repeat Two Times:

1)Side Situps Bosu 20

<https://vimeo.com/787311726/ac82b85fd9>

2)Core Ball Leg Lifts 20

<https://vimeo.com/787312003/6d4b5791ea>

Set Three: Repeat Two Times:

1)Quick Tuck Ins Bosu 20

<https://vimeo.com/696282145/f68398e5e3>

2)Quickness Situps 30

<https://vimeo.com/696287941/9e3c5b9195>

Set Four: Repeat Two Times:

1)Low Core Tappers On Block with Sliders 20

Video link

<https://youtube.com/shorts/wRjOxNjX2FA>

2)Backside Taps 30

Video link

<https://youtu.be/DiHpBoZXYUI>

