

May 2022 Betsy Bootcamp Membership Training

Coaches Note:

It's MAY, and that means a few things,, It's kind of an "anything goes" month because most athletes are finished with their season,,, and waiting to get into their summer schedules. Practices are more laid back. This month is a great month to focus on general fitness! You have TWO FITNESS warmups focusing on agility, power and general strength, active flex and injury prevention. Followed by two workouts: A Fitness core and Total Body Workout. My recommendation: focus on the fitness warmups more than the individual training this month and really have fun with it! You do need 2 agility ladders for the first warmup, so if you don't have them, get ready to draw them on the floor with chalk! Enjoy and again, highly recommend BOTH of the two warmups for an overall total body experience!

Fitness Warmup One

You need:

Two Agility ladders, 10 cones or markers on the floor spaced out by 2 feet intervals, 6-8 panel mats, rings on the floor or made with chalk. (See setup in video 1) For Part two small bands, weights and partners

Complete 2 of each circuit, switching sides when applicable:

1)Double Ladder Warmup:

High Knees, Agility runs, Runners Up Panel, High Knee rings 20
<https://vimeo.com/696271274/5ad66df5d7>

2)Double Ladder Warmup:

Side Punch, Double punch over cones, Squat ons over panels, Side to side hops in rings 20
<https://vimeo.com/696271327/14186efd26>

3)Double Ladder Warmup:

Bear crawls, Side shuffles, Drop squats 10, Fast feet high knees in rings 30
<https://vimeo.com/696271391/ae7177f1c5>

4) Double Ladder Warmup

2 in laterals, Jump over cone burpees 10 total, Side lateral hop overs, Fast hands in rings 20

<https://vimeo.com/696271442/8eea06abb3>

Part Two: Strength, Endurance, Tightening

Circuit One: Complete ONE or two times:

1) Total Body Squat to Press 15

<https://vimeo.com/696707533/4323befe41>

2) Arms Core tuck Shape front Raise 15

<https://vimeo.com/696271532/5468e1a893>

3) Arms Shoulders Wheel Barrow walks 2 passes

<https://vimeo.com/696271748/1f342b9bac>

Circuit Two: Complete One or Two Times:

1) Leg hamstring Kick Bands 20 each side

<https://vimeo.com/696287915/f3d9ef75ba>

2) Leg tightening upper leg lift band <https://vimeo.com/696287966/f7dd4fe3e3> 20 each side

3) Legs Abduction Tuck Seat 20 <https://vimeo.com/696287870/4c09166dac>

Finish with (no video) A good calf/ankle stretch and wrist stretching and some static splits as day two is all active

Fitness Warmup Two:

You Need: Spotting Block, Panel Mats, Part Two: Leg Lift Bar, Sliders, Long Bands (important for the strength) foam rollers

Part One Cardio and Strength

Complete One Set of Each:

1) Legs quickness runner ups 50 <https://vimeo.com/696271042/5346b7b49d>

2) Up Downs on Panel 20
<https://vimeo.com/699402156/4fa7d566fc>

3) Jump 1/2 panel 10
<https://vimeo.com/699402389/ddda8bd172>

4) Arms Core Panel Lift offs 10 total focus on form
<https://vimeo.com/696271488/66e37863f4>

5) 90 angle up-downs, feet on panel or block 10 total
Video link
<https://youtu.be/XI3lhfxqDRE>

6) Punch overs 20 total (modified for injured athlete here on single leg <https://vimeo.com/696270983/64225f9c68>

Part Two Active Flex with Strength

Complete One Set of each:

Circuit One:

1)Active Kneeling Slide outs 15
<https://vimeo.com/696271605/79bea46950>

2)Active Split with Pull Up 10 each
<https://vimeo.com/696706707/45d9424ba3>

3)Active Split jump with band around ankles 10 each side
<https://vimeo.com/696288558/a8f853441c>

4) Active straddle out 15 <https://vimeo.com/696287887/52df8a07e3>

Circuit Two:

1)Active Pullover Band 20
<https://vimeo.com/696288030/262b19e94f>

2)Shoulders Active Pulse dowels 30
<https://vimeo.com/696287980/611f0103b5>

3)Shoulders Active Dowel lifts 30
<https://vimeo.com/696288075/c2fb71451b>

4) Core quickness situps 20
<https://vimeo.com/696287941/9e3c5b9195>

Part Three: Injury Prevention: Complete one of each set:

You Need A foam roller and keep your bands

1)Ankle Calves Releve Bridge 30
<https://vimeo.com/686866100/458d3ade3f>

2)Foam Roll for feet achilles 20 each side <https://vimeo.com/696282082/050831504a>

3)Finger Pushups 40
<https://vimeo.com/699405064/16f638650e>

4)Band Curls 20 each wrist <https://vimeo.com/696271732/ce19b246d4>

Workout Three: Fitness Core

You Need: Sliders and Floor

Part One: Complete Together and Counted out by Coach

Circuit One: Complete two times

1. Core Plank Side to Side Hops and In Outs 10 each way
<https://vimeo.com/699402977/7880dbfb6c>

2. Core Plank Donkey Kicks 10
<https://vimeo.com/699402831/94b9a08ca0>

Core V-Up Plyo Jack 10 total
<https://vimeo.com/699403104/804b01071a>

Circuit Two: Complete 2 times

1)Core Arch Rock to Inchworm 15
<https://vimeo.com/699403252/9a69367fc3>

2) Core reverse Plank Knee Lifts 10 each side
<https://vimeo.com/699403358/b189460b1f>

3)Core Alternating Supermans 20
<https://vimeo.com/686866200/0b1fa35b41>

Circuit Three: Complete one or two times, time permitting

1) Core backside frog situps 20
<https://vimeo.com/696282167/f886216099>

2)Core Side Plank Hold 30 seconds each side
<https://vimeo.com/696282151/086b950025>

3)Core Backs Side Star Lift 30
<https://vimeo.com/696282179/1ba2d7e1cf>

4) Core Crab Crunch 20 each side
<https://vimeo.com/699403425/94ed5913dc>

Circuit Four: Complete 2 sets of each across the floor:

Grab Your Sliders: Complete 2 sets of each exercise:

1) Core hand and feet slider walks Forward
<https://vimeo.com/696271479/d21c499206>

2)Core hand and feet slider walk backwards
<https://vimeo.com/696271519/99a51887fb>

3) Core Side Sliders 20 each side
<https://vimeo.com/686306716/43ca64b458>

Workout Four: Total Body Potporri: Strength and Fitness

You Need:

Spotting Blocks/Panels

Bosu Balls

Long Bands Attached to low rung of leg lift bar

Dumbbells or Kettle Bells

Sliders

Circuit One Complete two times:

1)Legs Agility low squat and jump over block 20

<https://vimeo.com/696282004/7594433854>

2)Arms Chest Leg Lift Bosu 20

<https://vimeo.com/699404746/352fb168e7>

3)Ankles calf raise in pistol position 15 each side

<https://vimeo.com/699404634/767712ac4a>

Circuit Two: Complete two times:

1)Arms Elevated Pushup Block Out on Panel or spotting block 15

<https://vimeo.com/696271641/e74c0339d1>

2)Legs Reverse Lunge Slide 15 each leg

<https://vimeo.com/696271074/c9b0028c8e>

3)Core oblique kayak over head (you can use one weight or a weighted bar) 20 total

<https://vimeo.com/696281603/6f76f5ea8d>

Circuit Three: Complete two times:

1) Legs balance holds 10 seconds on BOSU followed by leg raises 15

<https://vimeo.com/696281302/c38849aa67>

<https://vimeo.com/696281389/488ee56492>

2)Arms Core Chest Press in Hollow Hold 20 for heavier weights, 30 for light weights
<https://vimeo.com/696706445/339db7e092>

3)Legs Lunge Step Ins with band at leg lift bar 20 each side
<https://vimeo.com/696281349/fd51aab3f3>