



Betsy Bootcamp Classic Workouts

Functional Core and Upper Body Workout

This is a great workout that isolates both core and upper body muscles. It also helps to stabilize the body to build great foundational strength and balance and static holds. Great FUNctional workout for everyone but especially for those who struggle with body awareness, balance and static holds. Plenty of pushups, too!

30-40 minutes: For a shorter experience complete one set of each exercise instead of two.

Ability Level: Medium to upper but can be modified with lower weights for lower levels

You need:

Stability Balls large and small medicine or weighted balls (optional)

Kettle Bells or weights

Heavy Bands against a leg lift bar

Floor Bar (optional)

All Exercise Link: <https://vimeo.com/1162294205/1d9d186d8f?share=copy&fl=sv&fe=ci>

Circuit One: Complete one or two sets

1)Upper one arm handstand holds (on floor bar or floor, 3 second holds 5x each side)

<https://vimeo.com/821533239/c02959718b?share=copy>

2)Hollow row backs with kettles 15

<https://vimeo.com/815099051/667d817b61>

3)Up and over pushups BOSU 20 total

<https://vimeo.com/815853306/5df31a6bd2?share=copy>

Circuit Two: Complete one or two sets

1)Stability Perpendicular Presses on Ball 15 each side

<https://vimeo.com/815852388/db231d494e?share=copy>

2)Upper static hold with bands 30 seconds

<https://vimeo.com/815106082/bec8bcfb4d?share=copy>

3)Upper v position shoulder press 15

<https://vimeo.com/815106133/9fd72e3c66?share=copy>

Circuit Three: Complete one or two sets

1)Upper 3 point raises on ball 5 of each (make sure feet are stable with a wall or a friend holding feet)

<https://vimeo.com/815852534/915cb4b500?share=copy>

2)Triceps Dip Ups 20

<https://vimeo.com/815852377/c340d743d7?share=copy>

3) Core hollow Front raises 15

<https://vimeo.com/737512350/bc95acd5e0?share=copy>

Circuit Four:

Pushup Madness! Do each exercise then move to the next one quickly!

1)Upper strength reverse grip pushups 10

<https://vimeo.com/821533323/ca019d00e6?share=copy>

OR

Upper reverse grip pushup modified 15

<https://vimeo.com/821533285/cf624b1914?share=copy>

2)90 Degree angle pushups 15

<https://vimeo.com/manage/videos/720405571/10bd275f5f>

3)Spider Man pushup (balls optional) 10 each side

<https://vimeo.com/815852404/0c60e07a73?share=copy>

