

On Demand Part Two Workouts

Obliques and Core Control are the name of the game for body tension and twisting! Join Betsy for an amazing core and cardio workout focusing on those side muscles and more!

Click [HERE](#)

Legs, Glutes, Lunge and Row Galore! Strong Glutes help you keep your SHAPE in gymnastics!!! Get your glutes and legs burning and jumping, strengthening and more in this leg intensive workout! There is also a focus on rowing and core! Click [HERE](#)

Full Body Combos! Get your heart rate up with this total body, legs, core and upper body workout with cardio interspersed throughout A great total body sweat and fitness workout for anyone! Click [HERE](#)

Jump Higher! Legs Single leg, double leg, strengthening and endurance for strong legs for leaps and jumps! Get ready to work those legs! Click [HERE](#)

Active Flexibility for Leaping, Kicking, Shoulders and Hip Mobility. Plus a total body strength and tension workout to go with it! Click [HERE](#)

Cardio, ISOLATION and Multi-jointed WORK-OUT! Getting those details in is the theme of this workout! Add a little agility, plyometrics, cardio, weight training and you've got all a gymnast needs for focusing on her fitness needs! Click [HERE](#)

Multi-functional FUN summer themed workout. You will be swimming, digging, kicking and more in this FUN and EFFECTIVE detail work for gymnasts! Click [HERE](#)

Active Start, Strong CORE Finish! Start with some active flexibility for splits, hips and shoulders, then work those ARMS and CORE! Click [HERE](#)

Pressing Casting, Leaping, Tapping, Reach backs, and Turning! Everything is Relative to a gymnastics skill in this strength, core and fitness workout!!!! Let's get those details in!

Click [HERE](#)

Anything Goes! This workout combines Legs, Upper Body, core and focuses on Blocking, backside strength and quickness with long bands! If you want a little bit of everything, this is for you! Click [HERE](#)

Turnover, Presses, Hip Flexibility and Plank Work are all part of this very challenging and functional workout for gymnasts! Click [HERE](#)

Core, Body Tension, Arm Strength PLUS some single leg work/shaping and handstands! Body tension is the name of the game for holding your shapes through movement! Get your tension on! Click [HERE](#)

Rock Swing and Kick! Arm Power with kettle bells, kicking for ballistic strength and core rocking in all positions! You got this! Video link Click [HERE](#)

Weights and Shapes! Get strong upper and lower body with weights while working those core shapes for all your gymnastics skills Click [HERE](#)

Leg lifts and Laterals!!! If you want a stronger core and back side, this workout is for you, while developing your lateral/sideways agility and functionality! One of my favorites! Click [HERE](#)

