

Betsy Bootcamp JANUARY TRAINING 2026

*Happy New Year! The competition season is here and endurance can be an issue. This month we will focus on endurance, details, landings, split flexibility and more. There are some great endurance busters in workout six. I highly recommend keeping workout ONE in your repertoire at least once or twice a week for the whole month to keep cardio and shaping on point. Details my friends! Lets stay tight, strong and endure the beginning of the competition season! **Click on video to hear my message:***



Total Body Warmup: Cardio, Strength, Shaping, Flex

This is a great overall warmup that includes cardio, strength, shaping, active flex as well as injury prevention. Great to do 2x a week to keep strength, endurance and core shaping present throughout the beginning of the season

Level: Intermediate (can be modified)

Time: 40-45 minutes

You Need:

Long Bands (some connected to sturdy weights or low bars)

Heavy Bands

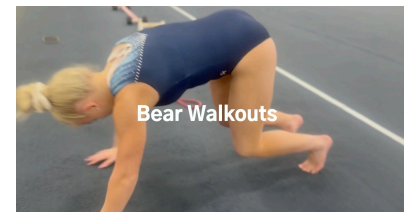
Loop Bands

Kettle Bells or dumbbells

Sliders

Parallettes

Balance Beams



Part One Cardio: Complete each exercise two times:

All Exercises: <https://vimeo.com/1146647253/086665bc99?share=copy&fl=sv&fe=ci>

Banded Front Raises 30

<https://vimeo.com/1144112414/6897b0012a?share=copy&fl=sv&fe=ci>

Bent Over Flies 30

<https://vimeo.com/1144112419/b443c651b8?share=copy&fl=sv&fe=ci>

Bear Walkouts 30 seconds

<https://vimeo.com/1144112599/550c7175b4?share=copy&fl=sv&fe=ci>

High Knees Burpee Back 30 seconds

<https://vimeo.com/1144112599/550c7175b4?share=copy&fl=sv&fe=ci>

Front to back switch lunge 30 seconds leading with each leg (1 min total)

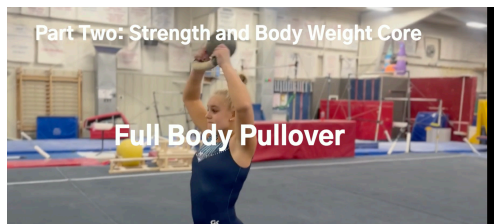
<https://vimeo.com/1144112570/0717e79ce3?share=copy&fl=sv&fe=ci>

Breakdancers 30 seconds.

<https://vimeo.com/1144112590/929e80f202?share=copy&fl=sv&fe=ci>

Part Two: Strength and Body Weight Core : Complete two sets of each

All Exercise Link: <https://vimeo.com/1146651330/39a1b945dc?share=copy&fl=sv&fe=ci>



1. Full Body Pull Over 15

<https://vimeo.com/1144112482/fcf73e5dc7?share=copy&fl=sv&fe=ci>

2. Pull thru row up 15

<https://vimeo.com/1144112605/c68fc409cb?share=copy&fl=sv&fe=ci>

3) Alternating Bent Over Rows 15 each side

<https://vimeo.com/1144112527/20d8317ff7?share=copy&fl=sv&fe=ci>

4) Renegade Row with kickback left 15 each side

<https://vimeo.com/1144112504/f675519725?share=copy&fl=sv&fe=ci>

5) Renegade Row Kickback Right 15 each side

<https://vimeo.com/1144112458/dd07c3da13?share=copy&fl=sv&fe=ci>

5) Right Left double shoulder press 10 of each move

<https://vimeo.com/1144112444/495fbca549?share=copy&fl=sv&fe=ci>

6) Weighted Rocker Pull Backs 30

<https://vimeo.com/1144112485/5b2fbc9394?share=copy&fl=sv&fe=ci>

7) Star Lift Pushup 20

<https://vimeo.com/1144112573/fc13f4f7e1?share=copy&fl=sv&fe=ci>

8)Sliding Situp 30

<https://vimeo.com/1144112543/f4577e98a0?share=copy&fl=sv&fe=ci>

9)Right Side Plank leg lift static 20

<https://vimeo.com/1144112537/293492b7e7?share=copy&fl=sv&fe=ci>

10)Left Side Plank leg lift static 20

<https://vimeo.com/1144112474/cca60faa18?share=copy&fl=sv&fe=ci>

11) Left Side Plank Leg lift side/front 10 lifts each way

<https://vimeo.com/1144112531/eec1da5f57?share=copy&fl=sv&fe=ci>

12)Right Side Plank left lift side/front 10 lifts each way

<https://vimeo.com/1144112551/17d36a8f83?share=copy&fl=sv&fe=ci>

Part Three; Shaping Core: Complete 30 seconds of each exercise, move to the next one then repeat them all again

All Exercise List: <https://vimeo.com/1146654721/c7502aaefd?share=copy&fl=sv&fe=ci>



Slider Section

1)Kneeling Slider Pushout 20

<https://vimeo.com/1144112514/5ee2eba5e3?share=copy&fl=sv&fe=ci>

2)Tuck Slider Pushup 20

<https://vimeo.com/1144112580/5e86c731a1?share=copy&fl=sv&fe=ci>

3)Pike Slide Pushup 20

<https://vimeo.com/1144112605/c68fc409cb?share=copy&fl=sv&fe=ci>

4)Tuck oblique slides 20

<https://vimeo.com/1144112474/cca60faa18?share=copy&fl=sv&fe=ci>

5) Reverse Plank Slide Dip 20

<https://vimeo.com/1144112498/904757e291?share=copy&fl=sv&fe=ci>

Banded Section: Complete 30 repetitions of each of these two times!

1)Banded left Side Rocker

<https://vimeo.com/1144112429/ddd75eefde?share=copy&fl=sv&fe=ci>

2)Hollow Rocker With Band

<https://vimeo.com/1144112557/564bbcc351?share=copy&fl=sv&fe=ci>

3)Right Side Banded rocker

<https://vimeo.com/1144112469/f63adf85ba?share=copy&fl=sv&fe=ci>

4)Banded Arch Rocker (feet)

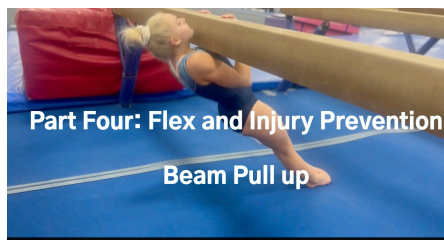
<https://vimeo.com/1144112452/6ffa047d29?share=copy&fl=sv&fe=ci>

5)Prone Rocker with Band

<https://vimeo.com/1144112513/dbd4b38861?share=copy&fl=sv&fe=ci>

Part Four: Flex and Injury Prevention

All Exercise Link: <https://vimeo.com/1146661866/cb6ad1ee08?share=copy&fl=sv&fe=ci>



1)Beam Pull up 15

<https://vimeo.com/1144112426/0c0438afbc?share=copy&fl=sv&fe=ci>

2)Leaning Beam Kickouts right/Left 15 on each side

<https://vimeo.com/1144112537/293492b7e7?share=copy&fl=sv&fe=ci>

3)Leaning Beam Kicks right Left (BACK) 15 each side
(No video)

4)Active heavy band needle kick 20 each leg

<https://vimeo.com/720799537/31ca8d541f?share=copy&fl=sv&fe=ci>

5)IP wrists curls heavy bands 45 seconds

<https://vimeo.com/696271732/ce19b246d4?share=copy&fl=sv&fe=ci>

6)Banded Ankle Circles 30 seconds each direction, each foot

<https://vimeo.com/1108679773/927971aef9?share=copy&fl=sv&fe=ci>

7)Kettle Toe Lifts 30

<https://vimeo.com/1144113627/564877d46e?share=copy&fl=sv&fe=ci>

8) Calf raise abduction with band (no link) 30

9) Back Stretch: Cat back to cow hold (slow and controlled) 1 minute
<https://vimeo.com/771329235/f3bb22dee2?share=copy&fl=sv&fe=ci>

10) Back Stretch Backward Lean in figure 4 (no link) 10 second hold, recover, repeat 2x

Workout Two: Upper Body and Shaping Triple Sets

Body Tension and Shoulder is the name of the game! Tis the season, the competition season that is!! This workout is all about developing and maintaining complete body tension through movement. We also focus on shoulder extension and strength and some quickness too! Be sure to get your stopwatch ready for the timed events, great to keep endurance going.

Level: Intermediate to advanced (modify things to the floor if too challenging or you don't have enough Bosu balls or bands, will still be effective with less equipment doing just the movements).

You Need:

Bosu Balls

Long, Stretch Bands at a low bar or leg lift bar/stall bar set up

Kettle bells or dumbbells

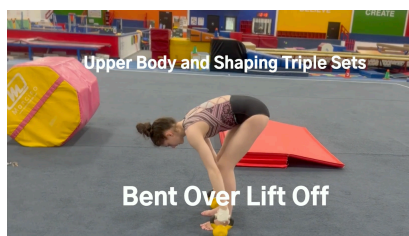
Sliders

Weighted bars

Stop watch

Time: 30 minutes

All Exercise Link for each triplesets: <https://vimeo.com/1146642658/8460b2eb21?share=copy&fl=sv&fe=ci>



Triple Set One: Complete two times:

1)Bent over Lift off 15

<https://vimeo.com/1144113697/497fbc3bdc?share=copy&fl=sv&fe=ci>

2)Banded Adduct Rocker Prone 30

<https://vimeo.com/1144115724/84d3de80dc?share=copy&fl=sv&fe=ci>

3)Tumble Track blockers 45 seconds timed

<https://vimeo.com/1144115739/1b6c91fd14?share=copy&fl=sv&fe=ci>

Triple Set Two: Complete two times:

1)Side Plank Reach Under (weighted) right 30

<https://vimeo.com/1144113794/70107edb23?share=copy&fl=sv&fe=ci>

2)Hollow Rock Adduction Bosu band 30

<https://vimeo.com/1144115581/deb603407e?share=copy&fl=sv&fe=ci>

3)Shoulders Alternating L-Lifts 15 each way

<https://vimeo.com/1144115494/6bc881b480?share=copy&fl=sv&fe=ci>

Triple Set Three: Complete two times:

1) Side Plank Reach Under Left 30

<https://vimeo.com/1144113611/1b13bbb0ae?share=copy&fl=sv&fe=ci>

2)Double Bosu Pull Back 20 stay controlled!

<https://vimeo.com/1144115985/6e080579ba?share=copy&fl=sv&fe=ci>

3)Wrist Twists 60 seconds

<https://vimeo.com/1144115811/6598a99d55?share=copy&fl=sv&fe=ci>

Triple Set Four: Complete Two times:

1)Plank Dip Double Bosu 40

<https://vimeo.com/1144115803/b429c0a772?share=copy&fl=sv&fe=ci>

2)Shoulder Press Tuck Shaper (can do with bar or weights) 20

<https://vimeo.com/727540517/a298babe0a?share=copy&fl=sv&fe=ci>

3)Core Shoulder 90 angle pushup slide 20

<https://vimeo.com/678877591/8261aca1cc?share=copy&fl=sv&fe=ci>

Triple Set Five: Complete two times:

1) In and Out Pushup Double BOSU 20
<https://vimeo.com/1144115607/93726acc95?share=copy&fl=sv&fe=ci>

2) Upper Chest Shaper Circles 15 each arm
<https://vimeo.com/816297433/c6b4252bae?share=copy&fl=sv&fe=ci>

3) Arms Upside Down Fast Arms (slams) 60 seconds timed
<https://vimeo.com/720799422/ca89059126?share=copy&fl=sv&fe=ci>

Workout Three: Single Leg Work, Leaps Jumps and and Leg Shaping

This is a comprehensive single leg workout that will get your jumps higher, legs stronger, tighter and more flexible! If you do this correctly and with the right intensity, you will feel it!

Time: 30 minutes

Level: Intermediate to advanced but can be modified

You Need:

Sliders

Spotting Blocks

Dumbbells or Kettle Bells

Stall bars with long, therabands connected

Foam Blocks

Yoga Blocks

ALL EXERCISES LINK: <https://vimeo.com/1147110238/321358c466?share=copy&fl=sv&fe=ci>



Part One: Power and quickness

Complete two sets of each:

1) Single Leg Punch Swings 15 each side
<https://vimeo.com/780399538/a3b25e24ec?share=copy&fl=sv&fe=ci>

2) Jump Split Shape Punches (pick your shape, stag, split or jump) 5 each side
<https://vimeo.com/696282054/fa2d27c399?share=copy&fl=sv&fe=ci>

3)Legs Single Leg Pistol Jumps (leg elevated) 20 each leg
<https://vimeo.com/787705939/c1ef2883b7?share=copy&fl=sv&fe=ci>

4)Legs single leg deer hops 30
<https://vimeo.com/667305218/235a87e4ca?share=copy&fl=sv&fe=ci>

Part Two: Strength Complete two sets of each:

1) Back Lunge Slide Right (with weights) 30
<https://vimeo.com/1144113546/c9c95302bc?share=copy&fl=sv&fe=ci>

2)Back Lunge Slide Left (with Weights) 30
<https://vimeo.com/1144113537/bc53529e0b?share=copy&fl=sv&fe=ci>

3)Legs single leg slides (side left/right) 20 each side
<https://vimeo.com/780399671/b10e9a2cd9?share=copy&fl=sv&fe=ci>

4)Single Leg Deadlift lunge 20 each side
<https://vimeo.com/816295613/84d226ae4e?share=copy&fl=sv&fe=ci>

Part Three: Leaps At Stall Bars With Bands: Complete one set of each

1)Banded Leap Hop (f) 15 each side
<https://vimeo.com/1144113684/1e14ab8680?share=copy&fl=sv&fe=ci>
<https://vimeo.com/1144113747/72fd631022?share=copy&fl=sv&fe=ci>

2)Single Leg swing back (band leg lift bar) Right 15
<https://vimeo.com/1144113721/c92a0c3cac?share=copy&fl=sv&fe=ci>

3)Single Leg Swing Back Left 15
<https://vimeo.com/1144113573/7e519279bf?share=copy&fl=sv&fe=ci>

4)Lateral Leap Hop Right 15
<https://vimeo.com/1144113690/f4d0fec0fc?share=copy&fl=sv&fe=ci>

5) Lateral Leap Hop Left 15
<https://vimeo.com/1144113678/d35b92a509?share=copy&fl=sv&fe=ci>

Part Four: Leg Flex and Shaping: Complete one or two sets of each

1)Lunge kick behind over block 20 each leg
<https://vimeo.com/1144113687/1dff38fd5a?share=copy&fl=sv&fe=ci>

2)Lunge kick forward over block 20 each leg
<https://vimeo.com/1144113741/f5d29f947d?share=copy&fl=sv&fe=ci>

3)Flex yoga block split pulses (right) 30 seconds each leg
<https://vimeo.com/1144113555/37c6d28790?share=copy&fl=sv&fe=ci>
<https://vimeo.com/1144113761/aab17b22ab?share=copy&fl=sv&fe=ci>

4) Finisher: Partner Leg Extensions TO FAILURE
<https://vimeo.com/651826196/4df1c28500?share=copy&fl=sv&fe=ci>

Workout Four: Barrel Workout: (Could Be Used as Side Stations)

This is a great flex and core workout just in time for season. You will need to get the right barrels and sizes for each kid. I highly recommend using these as side stations if you have too many kids and not enough barrels!

All Exercise Link: <https://vimeo.com/1147117522/c1bb8d14a3?share=copy&fl=sv&fe=ci>



Complete One Set of each:

***USE AS SIDE STATIONS OR WITH LIMITED SIZED GROUPS**

1) Barrel Back Leg Split (right and left, standing) 15 each leg
<https://vimeo.com/1144113755/f90a0ead85?share=copy&fl=sv&fe=ci>

2) Barrel Side Split Right 15
<https://vimeo.com/1144113728/9fea545cfd?share=copy&fl=sv&fe=ci>

3) Barrel Side Split Left 15
<https://vimeo.com/1144113600/d2a799fdc9?share=copy&fl=sv&fe=ci>

4) Barrel Needle Kickback roll 15
<https://vimeo.com/1144113552/ea09a87572?share=copy&fl=sv&fe=ci>

5) Barrel Split Roll Over Right 10
<https://vimeo.com/1144113518/32da924b00?share=copy&fl=sv&fe=ci>

6) Barrel Split Roll Over (left) 10
<https://vimeo.com/1144113775/d3e2acc17c?share=copy&fl=sv&fe=ci>

7) Barrel Side Plank roll out right/left 15 each side
<https://vimeo.com/1144113701/0624bb6307?share=copy&fl=sv&fe=ci>

8) Barrel Side Crunches 30 each side
<https://vimeo.com/1144113615/2e5a22c537?share=copy&fl=sv&fe=ci>

9) Barrel Presses 15
<https://vimeo.com/1144113783/c5da6ddc61?share=copy&fl=sv&fe=ci>

10) Barrel Prone Upper Situp with Twist 20
<https://vimeo.com/1144113620/805c1d5783?share=copy&fl=sv&fe=ci>

11) Barrel Prone Upper Situp Twist Right 20
<https://vimeo.com/1144113562/7959ea5d1d?share=copy&fl=sv&fe=ci>

12) Barrel Roll and Tuck on Bar 20
<https://vimeo.com/1144113770/41f780c907?share=copy&fl=sv&fe=ci>

Workout Five: Agility, Landings and Ankles Stations

This workout requires some “SET UP” and organization so be sure to look closely at each setup station. Great on a day where you have the floor space and equipment or kids who can warm up independent. Can be modified. This one is all about refining your athletes DETAILS. If you have to do one section at a time that is fine too, make it work for YOUR team and your set up!

Time: 30 to 45 minutes

Levels: Intermediate to advanced

Directions: Divide athletes into three groups. Have them complete each station then rotate to the next station. If you are getting backed up on some stations have them move to the next station or do extra sets on one of the stations until traffic clears

The stations consist of:

1) Ring Station: Set of 3 sets of 6 rings

2) Panel/Bosu Station Set up one station that has a panel mat,

3) Slider Block Station Multiple sets of sliders and long bands and kettle bells

STATION ONE RINGS: Complete 60 seconds of each exercise TWO TIMES

All exercise Link; <https://vimeo.com/1148142002/bb4058cb45?share=copy&fl=sv&fe=ci>



1) 3 Bounce to Half burpee

<https://vimeo.com/1144115958/1ae218d7d1?share=copy&fl=sv&fe=ci>

2) Grapevine Circle Left

<https://vimeo.com/1144115904/0d14d137bd?share=copy&fl=sv&fe=ci>

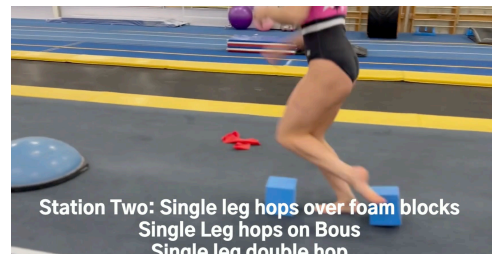
<https://vimeo.com/1144115683/fa939b4c42?share=copy&fl=sv&fe=ci>

3) Circle Grapevine Right

<https://vimeo.com/1144115545/d352ffbcf0?share=copy&fl=sv&fe=ci>

STATION TWO: Panel /Bosu Stations

All Exercise link here: <https://vimeo.com/1148143744/ff7312256f?share=copy&fl=sv&fe=ci>



1) Single Leg Hop Sequence: Complete TWO TIMES each leg

<https://vimeo.com/1144115832/c9826405fc?share=copy&fl=sv&fe=ci>

a)Single Leg Hops over foam blocks

b)Single Leg hops on Bosu

c) Single leg double hop

2)Block Run, Bosu Sticks Split Jump Sequence

COMPLETE TWO TIMES each leg

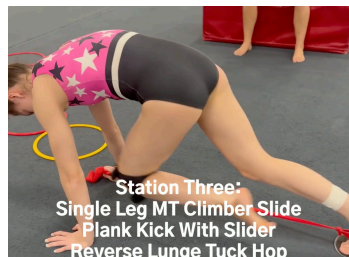
<https://vimeo.com/1144115816/bb1e944ef6?share=copy&fl=sv&fe=ci>

3) Lateral Tuck Hop Sequence Complete TWO TIMES each leg
<https://vimeo.com/1144115649/b1c46e1d09?share=copy&fl=sv&fe=ci>
Lateral Tuck Sequence (Same thing, left:)
<https://vimeo.com/1144115530/bbba2da2a7?share=copy&fl=sv&fe=ci>

1. Side Jump up
2. Lateral jumps over foam blocks
3. Side jumps to Bosu
4. Tuck jump

STATION THREE: Slider Station and kettle or weight: Complete two sets of each

All exercise link: <https://vimeo.com/1148144809/2d7c4b7cd4?share=copy&fl=sv&fe=ci>



1)Single leg mountain climb slide 30 each leg
<https://vimeo.com/1144115853/4c4ac37032?share=copy&fl=sv&fe=ci>
<https://vimeo.com/1144115566/ca98e1b6e3?share=copy&fl=sv&fe=ci>

2)Plank Kick With Slider 30 each leg
<https://vimeo.com/1144115941/128482b3b0?share=copy&fl=sv&fe=ci>

3) Reverse Lunge Tuck hop/Plank Slide with band 30 seconds each leg on the jumps
<https://vimeo.com/1144115793/2280ff0792?share=copy&fl=sv&fe=ci>

Part Two: You Need Bosu Balls and Spring Boards/Panels and Spotting Blocks: Divide into two stations

Station One: Landing Stations: Complete one set of each

All exercise Link: <https://vimeo.com/1148145996/1622858918?share=copy&fl=sv&fe=ci>



- 1) Single Leg Burpee Jump Bosu 10 each leg
<https://vimeo.com/1144115865/41ed8de12a?share=copy&fl=sv&fe=ci>
- 2) Jump 1/2 off BOSU stick 5 each leg
<https://vimeo.com/1144115673/5cab6aacfc?share=copy&fl=sv&fe=ci>
- 3) Single Leg Swing Twist Jump Stick 5 each leg
<https://vimeo.com/1144115936/eab221e37e?share=copy&fl=sv&fe=ci>
- 4) Punch Stick Landings (board) 10 total
<https://vimeo.com/653940940/4b0ef5e5e9?share=copy&fl=sv&fe=ci>
- 5) Punch Landing to jump over and up 5 times (in original video only)

Station Two Block Stations: Grab Bands and Spotting Blocks: Complete two sets of each

All Exercises for this station and Part Three ankle and flex finisher: <https://vimeo.com/1148147575/0e71b513cc?share=copy&fl=sv&fe=ci>



- 1) Standup Abduct! 30
<https://vimeo.com/1144115930/37c808226d?share=copy&fl=sv&fe=ci>

2) Sit Squat Jump Abduct (band) 30
<https://vimeo.com/1144115778/c70f2ecd69?share=copy&fl=sv&fe=ci>

3) Glutes Dip Bridge Butterfly 50
<https://vimeo.com/749106143/66cf2f5788?share=copy&fl=sv&fe=ci>

Part Three: Ankle and Flex Finisher: Complete ONE set of each or more time permitting

1) Ankles Upside Down Bosu Feet Rock 1 minute
<https://vimeo.com/1144115953/fc074af47a?share=copy&fl=sv&fe=ci>

2) Lateral Heel Walks 4 passes
<https://vimeo.com/1144115997/123053d5af?share=copy&fl=sv&fe=ci>

3) Split Jump with Band Tumble Track 20 each leg
<https://vimeo.com/1144115825/74b50f5a74?share=copy&fl=sv&fe=ci>

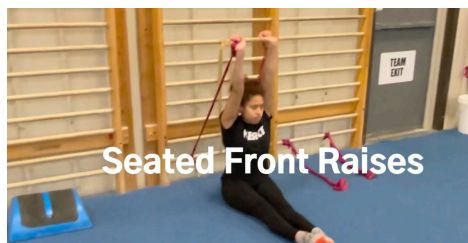
4) Banded Switch Leap Tumble Track 10 each leg
<https://vimeo.com/1144115621/ec63f52541?share=copy&fl=sv&fe=ci>

Workout Six : Post Routine Endurance Busters:

It's the beginning of the season so these are great for strong routine finishers! These should be used at the end of your floor routines, bar routines, or beam dismounts. BE CONSISTENT this month to see real changes in endurance!!! Modify where you need for lower levels:

You Need;
Battle Ropes
Dumbbells
Laser Beams
Bands at Stall Bars
Panel Mats
High Bar

All Exercise/Circuit Links: <https://vimeo.com/1148151880/551d4cbf07?share=copy&fl=sv&fe=ci>



Buster ONE:

1) Endurance Seated Front Raises 1 Minute for Speed

<https://vimeo.com/1037002574/49715af465?share=copy&fl=sv&fe=ci>

2) Endurance Burpee Three Back handsprings 1 minute as many times as you can

<https://vimeo.com/902387799/04d00d1c6a?share=copy&fl=sv&fe=ci>

3) Endurance Rope Waves 1 minute

<https://vimeo.com/1147628524/ea4bdc59f4?share=copy&fl=sv&fe=ci>

Buster TWO

1) Legs circuit weighted step ups 30 seconds each leg or one minute alternating legs

<https://vimeo.com/720406113/2ed1307ca7?share=copy&fl=sv&fe=ci>

2) Endurance X Chops 1 minute

<https://vimeo.com/1147628568/67d1772a8c?share=copy&fl=sv&fe=ci>

3) Legs Connected Squat Jumps 1 minute

<https://vimeo.com/911360929/93de410d72?share=copy&fl=sv&fe=ci>

Buster Three:

1) Laser Beam Butt to ankle squat jumps 1 minute

<https://vimeo.com/883700187/d76cfc18d8?share=copy&fl=sv&fe=ci>

2) Fast Arms with Bands 30 seconds tight form

<https://vimeo.com/656750777/ccb36ff27d?share=copy&fl=sv&fe=ci>

3) Endurance Left To Right Squat slams 1 minute

<https://vimeo.com/1147628554/5088d09b70?share=copy&fl=sv&fe=ci>

Buster FOUR: Recommended After a Bar Routine

1) Arms connected chin pullovers 5 in a row

<https://vimeo.com/727540302/afa832bd79?share=copy&fl=sv&fe=ci>

2) Endurance High Rope Slams 1 minute

<https://vimeo.com/1147628542/2a1a6cfe6d?share=copy&fl=sv&fe=ci>

3) Panel Side Plank Hold 45 seconds each side

<https://vimeo.com/1087494789/9a50e1d33e?share=copy&fl=sv&fe=ci>

Workout Seven: Quick Stability Ball Cardio Warmup and Core Shaping

Short on time but need to hit a total body strength or warmup session?? This can be used on "lighter" days to promote stability, endurance and shaping. Also, since its shorter you can use on days when you have less time but need a good solid warmup! I think this should DEFINITELY be used all month consistently as well!

Note: If you don't have a stability ball use a foam block, weighted ball, weight, SOMETHING, the point is to keep moving!!!

Time: 25-30 Minutes

Levels: All

You need:

**Stability Balls or Sliders/ Foam Blocks Spotting Blocks
Stop watch/coach**

Part One: Complete TWO PASSES of each exercise, this is cardio so KEEP MOVING!

All Exercises: <https://vimeo.com/1148154411/7a7ffd154e?share=copy&fl=sv&fe=ci>



1)Stability Ball Releve Walk

<https://vimeo.com/1144113704/985fbedc0b?share=copy&fl=sv&fe=ci>

2)Stability Ball Walking Needles

<https://vimeo.com/1144113711/d9a90f1db5?share=copy&fl=sv&fe=ci>

3)Stability Ball Backward Needle Walk

<https://vimeo.com/1144113635/eadde16cc0?share=copy&fl=sv&fe=ci>

4)Stability Ball Rotating Squat Walks

<https://vimeo.com/1144113571/33619aa98d?share=copy&fl=sv&fe=ci>

5)Stability Ball Walking Twist Squats Backward

<https://vimeo.com/1144113642/c273446e91?share=copy&fl=sv&fe=ci>

6)Stability Ball Walking Lunge

<https://vimeo.com/1144113648/ed77711db7?share=copy&fl=sv&fe=ci>

7)Stability Ball Walking Backward Lunges

<https://vimeo.com/1144113718/5363be4600?share=copy&fl=sv&fe=ci>

Part Two: Ball Shaping (if you don't have enough balls, use sliders or blocks/panel mats to substitute for the ball) Complete 30 repetitions of each exercise:

ALL Exercises Link (part two and three) <https://vimeo.com/1148157265/4c316a3508?share=copy&fl=sv&fe=ci>



8)Stability Ball Calf Raise Bridge 30

<https://vimeo.com/1144113634/4855e5ea83?share=copy&fl=sv&fe=ci>

9)Stability Reverse Plank Roll 30

<https://vimeo.com/1144113671/f95c52a188?share=copy&fl=sv&fe=ci>

10) Stability Ball Reverse Plank lift 30

<https://vimeo.com/1144113659/95f6c4138d?share=copy&fl=sv&fe=ci>

11) Stability Ball Plank Walk 15 in 15 out

<https://vimeo.com/1144113523/ff05ed410d?share=copy&fl=sv&fe=ci>

Part Three: Core Shaping

Coach will time 40 seconds for each exercise. 3 seconds rest between each exercise. KEEP MOVING

1)Core 3 point V-up

<https://vimeo.com/1144115511/e5e5104adc?share=copy&fl=sv&fe=ci>

2)Diamond Rockers
<https://vimeo.com/1144115913/8270dc803d?share=copy&fl=sv&fe=ci>

3)Core Diamond Leg Lifts
<https://vimeo.com/1144115926/63de9169e4?share=copy&fl=sv&fe=ci>

4)Arch Star to Plank
<https://vimeo.com/1144115764/6a9b9766fa?share=copy&fl=sv&fe=ci>

5)Arch Star Rocker
<https://vimeo.com/1144115756/c173adb7d4?share=copy&fl=sv&fe=ci>

6)High Plank to Spider Plank
<https://vimeo.com/1144115844/424efe3a9c?share=copy&fl=sv&fe=ci>

7)Core Side Plank with Kick
<https://vimeo.com/1144115974/5eea0b7991?share=copy&fl=sv&fe=ci>

8)Kneeling Side Crunch Kick out
<https://vimeo.com/1144115753/aa5519dfb8?share=copy&fl=sv&fe=ci>

9) Core Sliding Situp with Hiplift
<https://vimeo.com/1144115917/53899e433b?share=copy&fl=sv&fe=ci>

Part Four: Kicks Wrists and Ankles Finisher : Complete one or two sets time depending

You Need Loop Bands

All Exercise Link: <https://vimeo.com/1128473392/3df71564b9?share=copy&fl=sv&fe=ci>



- 1)Plank Kicks 10 each side
- 2)Needle kicks 10 each side
- 3)Needle kick step ins 5 each side
- 4)Supine kicks 10 each side
- 5) Side Swing Kicks Left/Right 10 each side
- 6)Finger Pushups (reverse and regular 10 each side
- 7) Wrist abduction with band 30
- 8)Heel to toe rockers 20 each side
- 9) Loop band ankle flexion Left/Right 20 each side

