

Basics, Basics, Basics

Weeks 13-18

BETSY BOOTCAMP



Workout 1

Getting Stronger with General Fitness!

Part 1

Name	Reps/Minute
Side Run	2 passes
Side Shuffles	2 passes
Walking Side Squats	2 passes
Grapevines	2 passes
Backwards Run	2 passes
Connected High Jumps	10
Connected Single Leg Jump	5 each leg
Eyes Closed Single Leg Balance Holds	30 seconds/per side

Part 2

Name	Reps/Minute
Bird Dogs	20
Plank	45 seconds
Side Plank	45 seconds
Full Sit Up	30
Lying Leg Lift	20
Superman Hold	45 seconds

Part 3

Name	Reps/Minute
Squat Feet Variations	10/each
Walking Lunges	2 passes across the floor
Push Ups	15
90 Degree Angle Push Ups	15
Assisted Pull Ups	15
Dips	15
Assisted Pull Up	15