

Betsy Bootcamp November 2025 Training

Coaches Notes: Welcome to November training! This month we are ramping up endurance and energy! The warmups are excellent total body fitness workouts with some plyometrics, jumping and lots of core shaping. The season is upon us which means keeping tight, clean shapes is important along with the stamina to get through the routines. Let me know if you like the new format! I'm experimenting a bit with the layout. I really appreciate any feedback you may have.

Workout One: Ladder Circuit Warmup with Core And Kicks

This is a great total body workout that starts with ladder work, then core and finishes with active kicking and a little wrists and ankles. Pretty advanced workout but can be modified for all levels!

Time: 20 minutes or more depending on number of sets

Level: All

You Need:

Ladder

Weighted Bar or Sticks (dowels, foam blocks, weights, if you don't have weighted bars)

Small Weighted Balls for core part

Small stretchy loop bands

Part One: Ladder Training: Complete two or four passes each

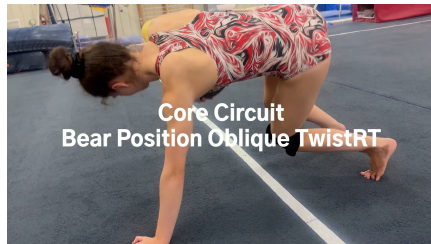
<https://vimeo.com/1127655606/a8ef1fb443?share=copy&fl=sv&fe=ci>



- 1) Ladder Jacks
- 2) Ladder hop in and row out
- 3) Ladder Punch to Front Raise
- 4) Ladder Straight Body Punches
- 5) Ladder Fast Feet Arms Overhead Left and Right
- 6) Ladder Burpee Pop Ins Left and Right
- 7) Ladder 2 in 2 out crawls back and forward

Part Two Core Circuit:

<https://vimeo.com/1128470509/d0a92281cc?share=copy&fl=sv&fe=ci>



Directions: Time each exercise for 30 seconds. Have athletes do as many reps with the cleanest form possible. Take a 5 second rest between each exercise. Complete one or two sets time depending.

1. Bear position oblique twist Right
2. Bear Position oblique twist left
3. Tuck Oblique Knee Dip left/right with ball
4. Table oblique Crunch Left/Right
5. Candle over straddle down
6. Star Lift to pushup Prone
7. Tuck Rock and Pop
8. Plank rollover
9. Plank Alternating Superman
10. Tuck Oblique Kickout alt left right
11. Elevated Side Plank Knee Lift Left
12. Modified Press Plank
13. Elevated Arch Shoulder Taps
14. Elevated Side Plank Knee Lift Right

Part Three: Kicks/Wrists and Ankles

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

Directions: Complete 20 of each kick on each side.



1. Plank Side Kicks (side)
2. Needle Kicks
3. Needle Step Ins (lunge kicks)
4. Supine Kicks
5. Side swing kicks left/right
6. Reverse Finger Pushups 20
7. Traditional Finger Pushups 20
8. Loop band wrist abduction 30
9. Heel to Toe rockers/left right 30 each side
10. Loop band Ankle Flexion 30 each foot

Workout Two: Total Body Pre-Season Circuits

This is a great pre-season workout that targets the total body in a circuit format. Set the timer to 10 minutes for each circuit and have the athletes go through each circuit until time is up. Then move to the next circuit! The key is minimal rest between sets to keep endurance high for those routines.



You Need:

Floor Rail/Bar

Spotting Blocks

Kettle bells or dumbbells

Long Stretchy Bands

Bosu Balls

Panel Mats

Small Loop Bands

Time: 30 minutes

Level: All levels but mostly intermediate. Can be modified

Link is here: <https://vimeo.com/1127997356/506631c4fb?share=copy&fl=sv&fe=ci>

Circuit One: 10 minutes timed go through as many times possible

- 1)Elevated Planches 15
- 2)Alternating Lunge Swings 10 each side
- 3)Glute Bridge Pullover 20

Circuit Two: 10 minutes timed go through as many times possible

- 1)90 angle Up Downs 10 leading with each arm
- 2)Kettle Star Press 20
- 3) Banded Candle Situp 20

Circuit Three: 10 minutes timed go through as many times possible.

- 1)Press Around Deadlift 10
- 2)Bosu Candle Situp Band 15
- 3) Single Leg swing Back to squat jump 10 each side
- 4) Banded Plyo Jack to Jumping Jack
- 5)Straddle Circle with kettle 15 each direction

Workout Three: Total Body Warmup with Jumps and Plyos

This is a great warmup for ALL levels! Perfect for pre-season and fast twitch development for all levels!

Time: 45-50 minutes

You Need:

The Floor

Multiple Training Stations:

Spotting Blocks and Cones

Spotting Blocks

Pairs of Panel Mats

Sliders

Part One: Active Flex:

<https://vimeo.com/1128321335/f7df68ed6f?share=copy&fl=sv&fe=ci>



Directions: Complete 4 passes of each exercise: 10 minutes

- 1) Long Lunge with Toe Lift
- 2) Releve Walk with Arm Circles
- 3) Rolling Crabs
- 4) Tarantula Walks
- 5) 2 Step Bear Walk with Arm Circles
- 6) Inchworm Shape Rolls
- 7) Arch to hollow Rolls
- 8) First position calf raises

Part Two: Plyo Circuits

Circuit One: Three Station Plyo Circuit

Complete each station for ONE MINUTE. Rest and REPEAT. Then go to the next station

<https://vimeo.com/1128331166/b02b347234?share=copy&fl=sv&fe=ci>

1. Feet Up Burpee To Block
2. Two Panel Jump Overs
3. Lateral Jump to Block

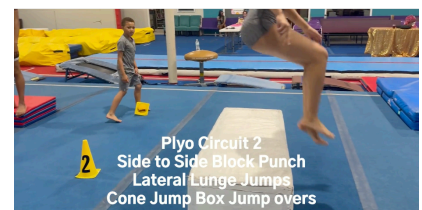


Plyo Circuits Two and Three:

<https://vimeo.com/1128457929/e1469a1436?share=copy&fl=sv&fe=ci>

Circuit Two: Complete each station for for 1 minute, Rest and repeat then go to the next station

1. Side To Side Block Punches
2. Lateral Lunge Jumps
3. Cone Jump box Jump Overs



Circuit Three: Complete each station for 1 minute, rest and repeat then go to the next station

1. 90 angle shoulder tap to block
2. Double Panel Double Pushup
3. Lateral Block Bearcrawls for Speed



Part Three: Core Shaping Challenge 5 minutes

Complete ONE Set of each exercise:

1)Core connected press pops elevated 10 Video link
<https://youtu.be/8cOb7zX6UEE>

2) Core Combat MT Climber slides for 30 total
Video link
<https://youtu.be/ygu23n5PIgU>

2)Core Backside Butterfly Arm Rocks 20
Video link
https://youtu.be/r3_Zq6xyAO8

3) Core side plank leg grab dips 15 each side (if too challenging make it a regular side plank dip)
Video link
<https://youtu.be/6AvQgFxaDaI>

Workout Four: Core Shaping and Tightening Potporri Workout

This is a great total body pre-season workout that focuses on core shaping, leg tightening and some landing work! Great for building endurance in shapes and working on fast twitch leg tightness as well.

Level: Intermediate/Can be modified for lower levels

Time: 30- 40 minutes if you complete each circuit two times!

You Need:

Bosu Balls

Spring Boards

Dumbbells

Weighted Balls

Spotting Blocks

Sliders

Small Loop bands

This link contains all the circuits: <https://vimeo.com/1128460056/5fc52507a6?share=copy&fl=sv&fe=ci>

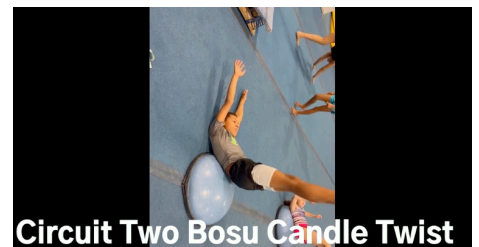
Circuit One:

- 1)Weighted Tuck Ups 20
- 2) Bosu Tuck Rock Twist 10 each direction
- 3) Direction Change HS Hops 5 each side



Circuit Two:

- 1)Weighted Leg Lifts 15
- 2)Bosu Candle Twist 15
- 3) Board Landings with Optional Shapes 5



Circuit Three:

- 1) Tuck Oblique twist with Weighted Ball 20 each direction
- 2) Bosu Blind Rock and Slide (Optional Arch Rock Slide) 10 each direction
- 3) Assemblé triple jump with board 5

**Circuit Four:**

- 1) Belly Pushup Slide Blockers 10
- 2) Weighted Bosu twist rock 20 total
- 3) Punching leg abduction board 30



Workout Five: Active Flex and Calves Great For Side Stations) Get better leaps and splits!

This is a great side station workout (you can add to your floor workout as a side station used in between turns. Before your rotation have the blocks, cones, parallettes and sliders set up!)

Link is here: <https://vimeo.com/1127651748/c1bb1a5339?share=copy&fl=sv&fe=ci>



You Need:

Sliders

Spotting Blocks

Cones

Panel Mats

Kettle Bells

Bosu

Paralettes Or Floor Bars

- 1) Seated Calves Raises 20
- 2) Elevated Slider Splits 10 each side
- 3) Kneeling Full Swing around Kick Right 10
- 4) Kneeling Slide Kick back 10
- 5) Kneeling Swing Kick Around Left 10
- 6) Squatted Bosu Abduction (hold Kettle) 30
- 7) Paralette assisted leg slides Left and Right 5 each side
- 8) Kneeling Kick to Block Left/Right 5 each side

Workout Six: Quick Total Body Warmup with Injury Prevention

Short on time? This is the perfect 15-20 minute quick warmup!

All Levels

Time: 20 minutes

You Need:

Small Loop Bands

Part One: Warmup Circuit Five: Quick Runner Band Sequence:

High Knee Running 30
Straight Leg Kick UPs 30
Lateral Hops 30
Single Leg Side Hops 2 passes
Side shuffle 2 passes low
Diagonal Run forward and Backward 2
Skip Hops 2 passes
2 in 2 out hoppers 2 passes
Video link
<https://youtu.be/jzQMrBhBxeE>

Part Two:

Core Shaper

<https://vimeo.com/1129324580/54c0677d83?share=copy&fl=sv&fe=ci>

Complete each exercise and rest 5 seconds in between each one. REPEAT the 8 exercises 2x

- 1) Arch Rock To Pushup 20
- 2) Arch Hold Arms Back 1 minute
- 3) Weighted Twisting Rocker 50 total
- 4) Side Rockers L/R 40 each side
- 5) Side Plank Active Arm Circle Forward and Back 10/10 Left and Right Side
- 6) Tuck In Kick Out 30
- 7) Hollow taps 30
- 8) Reverse Plank Knee Kick In 15 each leg

Part Three; Injury Prevention

<https://vimeo.com/1129652438/4ceb2e774a?share=copy&fl=sv&fe=ci>

You Need:

Foam Blocks

Long Bands

Small Loop Bands

1. Releve Alternating Lunges 20 total
2. Table Single Leg Heel rock 20 each side
3. Prone Figure 4 abduction 15 each leg
4. Rolling abduction 20 total
5. Wristy twisties 20 each
6. Cat Backs 20
7. Shoulder Goal Post Rotations 20
6. Toe Grippers 10 each foot
7. Prone Shoulder Up and Overs 10 total