

## **Betsy Bootcamp October 2024 Training**

*Coaches Note: Hello Coaches. The preseason is upon us which means time to focus on activating quickness, light plyos, cardio and active core, all while building endurance for those longer skill sets and routines! Endurance, connections and cardio while maintaining body tension is the **THEME** of this month! There are two excellent warmups that I highly recommend that you alternate throughout the month! Let's go! (PS, more plyos coming in November!)*



*Watch my message this month to learn more!*

### **Workout One: Cardio, Core and Injury Prevention Warmup**

This is a great cardio, core and injury prevention warmup. Focus is more upper body and core!

Level: Beginner to advanced. Modify repetition and weight for specific level

Time: 30-40 minutes depending on how many sets you do in part TWO

#### ***You Need:***

***Dumbbells***

***Floor***

***Bands that go the length of the body for the athletes from ankle to wrists***

#### **Part One: Cardio:**

- 1) Cardio Arm Circles Backward 20  
<https://vimeo.com/1007207315/353a1cc631?share=copy>
- 2) Cardio Arm Circles Forward 20  
<https://vimeo.com/1007207343/e994f88e52?share=copy>
- 3) Cardio Hip Circles 20 each leg  
<https://vimeo.com/1007207423/9644dd7fb5?share=copy>
- 4) Cardio non weighted deadlifts 20  
<https://vimeo.com/1007207521/e4ee82d7e6?share=copy>
- 5) Cardio Single Leg Deadlift Non weight 10 each leg  
<https://vimeo.com/1007207438/da19874509?share=copy>
- 6) Cardio Fast Feet/Boxer Shuffle 50  
<https://vimeo.com/1007207547/a861043121?share=copy>
- 7) Cardio Switcher with Jumping jack arms 30  
<https://vimeo.com/1007207571/49b8363f4c?share=copy>
- 8) Cardio Skater Jumps 20 total  
<https://vimeo.com/1007207755/37da895603?share=copy>
- 9) Cardio one arm plank jacks 10 each side  
<https://vimeo.com/1007207457/0e60756b8e?share=copy>
- 10) Cardio Fly Jacks 50  
<https://vimeo.com/1007207769/6abc6b9ae6?share=copy>
- 11) Cardio Walkout Shoulder Taps 10 walkouts 20 taps  
<https://vimeo.com/1007207763/f5a5559ffc?share=copy>
- 12) Cardio Plank Calve Raises 50  
<https://vimeo.com/1007207648/c3a68bd2b0?share=copy>
- 13) Cardio Legs single leg tuck jumps (from reverse lunge) 15 each side  
<https://vimeo.com/1007207707/13a09b5d63?share=copy>

**Part Two:** Complete one or two sets: Weighted Core (Grab a dumbbell, light to medium depending on athlete level)

- 1) Core Upper Rainbows 20  
<https://vimeo.com/1007207869/8c0ab9730e?share=copy>
- 2) Core Kneeling Chops 15 each side  
<https://vimeo.com/1007207331/05263d3d90?share=copy>
- 3) Core Weighted Tuck Taps 20  
<https://vimeo.com/1007207717/ae62056187?share=copy>

- 4)Core weighted Reverse Plank Lift 20  
<https://vimeo.com/1007207862/98c52ad61c?share=copy>
- 5)Core weighted side plank with arm raise 20  
<https://vimeo.com/1007207605/c623c7581a?share=copy>
- 6)Core weighted VUP 20  
<https://vimeo.com/1007207810/c6b2230a6a?share=copy>
- 7)Core weighted Leg lift in “high V” 15 slow and controlled (not a VUP)  
<https://vimeo.com/1007207480/02d7e7903b?share=copy>
- 8)Core weighted arch rockers 20  
<https://vimeo.com/1007207374/92712639a1?share=copy>
- 9)Core weighted DeadBugs 20 total  
<https://vimeo.com/1007207615/75309f6e64?share=copy>
- 10)Core Prone Snow Angels Bands 30  
<https://vimeo.com/1007207744/8633ca7b97?share=copy>
- 11)Core Banded Snow angels on Back 30  
<https://vimeo.com/1007207735/db9d1b18be?share=copy>
- 12) Core Tension Bear Inchworm Walkout with bands 15  
<https://vimeo.com/1007207727/788d06029d?share=copy>

### **Part Three: Active Shoulders and Back**

- 1)Active Shoulders Arm Drops with bands 15 each side  
<https://vimeo.com/1007207877/d787b862c5?share=copy>
- 2)Active Shoulders Overhead circles 20 up and back  
<https://vimeo.com/1007207645/84bf3dbde9?share=copy>
- 3)Shoulder Pull Backs Partner 20 each  
<https://vimeo.com/696282039/70aeb7a158>
- 4)IP Cat Backs 20  
<https://vimeo.com/891959956/236fbce8f4>
- 5)Cat Backs Child pose 10  
<https://vimeo.com/771328940/f8cb3e7107>
- 6)Back Stretch Cross Knee 30 seconds each  
<https://vimeo.com/771328406/b80c08e115>
- 7)Glute Bridge Hold 10 up with a 3 second hold  
<https://vimeo.com/771329071/b1507ecb3d>

## **Workout Two: Cardio Strength and Legs/Hips/Ankles Warmup**

Great total body workout with a heavy focus on legs, hips and ankles. Really great for those who need to develop power, endurance strength for routines. Keep them moving! Do this at least one time a week or alternated with workout ONE for warmup!

Level: Beginner to advanced. Modify repetition and weight for specific level

Time: 30-40 minutes

### ***You need:***

***Panel Mats***

***Small Bands***

***Dumbbells***

### **Part One: Cardio with Strength**

1) Cardio Strength High Knee Run 4 passes

<https://vimeo.com/1007207585/484c29d297?share=copy>

2) Cardio Strength Weights Side Shuffle 4 passes

<https://vimeo.com/1007207657/2226ac96e8?share=copy>

3) Cardio Strength Weighted Pencil Punch 4 passes

<https://vimeo.com/1007207667/484b695723?share=copy>

4) Cardio Strength Pencil Punches (arms down, F/B) 2 passes

<https://vimeo.com/1007207358/ba90e28752?share=copy>

5) Cardio strength weighted long jumps (arms swing) 2 passes

<https://vimeo.com/1007207591/d6c254ecf1?share=copy>

6) Cardio Strength Swinging Backward Jumps 2 passes

<https://vimeo.com/1007207595/3af046d63c?share=copy>

7) Cardio Strength Jump 1/2 forward traveling 2 passes

<https://vimeo.com/1007207782/fb37c803a2?share=copy>

8) Cardio Strength traveling jump 1/2 Backward 2 passes

<https://vimeo.com/1007207852/5b6b3d30f6?share=copy>

9) Cardio Strength 4 jog up back (1/2 burpee) 4 passes,, woof!

<https://vimeo.com/1007207802/aac15eea11?share=copy>

### **Part Two: Leg circuits/Stations**

*Directions: For more upper level athletes complete two sets of each circuit below.*

Grab dumbbells or kettles and set up panels and small bands into three stations. Have the athletes go from one station to another after they complete a set!

### **Set One:**

- 1) Legs double March alternating 20 each leg  
<https://vimeo.com/1007207730/d5101f79f1?share=copy>  
<https://vimeo.com/1007207883/703247ee68?share=copy>
- 2) Legs panel jumps 1/2 Over connected  
<https://vimeo.com/1007207689/5252eae024?share=copy>
- 3) Hips Slow Diagonal Kicks 30 kicks each diagonal back  
<https://vimeo.com/1007207893/4c790eb7e7?share=copy>

### **Set Two:**

- 1) Ankles Alternating Releve Lunge (hold weights, not in video) 30 each side  
<https://vimeo.com/1007207696/121f398898?share=copy>
- 2) Legs Lunge Jumps on Panels 30 each side  
<https://vimeo.com/1007207672/5a75aaa586?share=copy>
- 3) Hips Banded Side Squats 2 full passes across floor  
<https://vimeo.com/1007207839/a880ea05c5?share=copy>

### **Set Three:**

- 1) Jump squat punch to panel (band optional) 20  
<https://vimeo.com/936373701/68cfeff072?share=copy>
- 2) Ankles Calves Releve Lunge In Place 30 each side (hold weights)  
<https://vimeo.com/1007207630/6a424b7e0d?share=copy>
- 3) Hips Rolling Banded Clams 20 each side  
<https://vimeo.com/1007207637/0ca6f106b6?share=copy>

### **Workout Three: Wrists, Fingers and Forearms Intensive!!**

Gymnast wrist is real! This awesome workout focuses on wrists, forearm endurance, grip and finger strength. Do this at least one time a week! Also a great side station option. A great one to keep in your back pocket and bring back during the season when wrists and ankles are getting sore!

Level: All

Time: 15 minutes

**You Need:**

**Light dumbbells**

**Medium to heavy loop bands**

**Foam Block and stability ball optional for last partner exercise**

1)Wrist tick ticks forward 20

<https://vimeo.com/1009981852/7e702b41ef?share=copy>

2)Wrist finger pushups 3 each finger

<https://vimeo.com/1009982101/064a6f1735?share=copy>

3)Wrist Birdies palms up 100

<https://vimeo.com/1009982215/ba0c09a1bd?share=copy>

4)Wrists regrabs 10 each side

<https://vimeo.com/1009982172/3ede66c117?share=copy>

5)Wrist piano players 1 minute

<https://vimeo.com/1009982123/a51c30ac40?share=copy>

6)Wrists finger roll ups 20 each side

<https://vimeo.com/1009982152/2f4fdd1b8b?share=copy>

7)Wrists forearms goal post pull outs 20

<https://vimeo.com/1009981934/3793840b19?share=copy>

8)Wrists thumbs/pinkie to wrist curls 20 total each side

<https://vimeo.com/1009982029/9b932ff659?share=copy>

9)Wrists twisting circles 20 full rotations

<https://vimeo.com/1009981987/4b80f4fb7c?share=copy>

10)Wrists bell grab curls (lateral) 10 each side

<https://vimeo.com/1009982044/afca30f0b8?share=copy>

11)Wrists birdies palms down 100

<https://vimeo.com/1009982044/afca30f0b8?share=copy>

12)Wrists reverse finger pushups (whole hand) 20

<https://vimeo.com/1009982076/8dcec67ce4?share=copy>

13)Wrists finger pushups full palm 20

<https://vimeo.com/1009982062/629164a610?share=copy>

14)Wrists/Forearms Front raise with pronation (band) 15

<https://vimeo.com/1009982062/629164a610?share=copy>

15)Wrists forearm partner foam block toss attempt for 2 full minutes

<https://vimeo.com/1009978140/a3fae67bc2?share=copy>

## **Workout Four: Upper Body Strength, Tension and Core! ( Bar/Band and Wall Side Stations)**

This challenging workout could be done as a full workout, or used as three side stations that include: 1) high bar with heavy bands, 2) low bar with heavy bands and 3) a carpeted wall. If you can't do them all as ONE workout, supplement your event training with these amazing body tension, back strength, upper body strength and core exercises. An amazing and challenging workout for a gymnast!

### ***You Need:***

***Paralettes***

***Sliders***

***Carpeted Wall***

***Set of uneven parallel bars***

***Heavy bands (please see videos)***

Level: Challenging

Time: Can be used as side stations between turns or as a full workout. The full workout is about 30 minutes

### **Station One: Wall Exercises**

1) Core Upper/Wall Assisted Press 10

<https://vimeo.com/1009978016/d39d67a642?share=copy>

2) Core upper wall assisted slide ups 10

<https://vimeo.com/1009977736/624805968a?share=copy>

3) Core wall pike seat dip 20

<https://vimeo.com/1009977636/6dbb6dccef?share=copy>

### **Station Two: High Bar Exercises**

1) Banded pike downs (high bar) 20

<https://vimeo.com/1009977636/6dbb6dccef?share=copy>

2) Banded pike pull up (high bar) 15

<https://vimeo.com/1009977556/ea31edb6b5?share=copy>

3) Legs banded tuck down (high bar) 20

<https://vimeo.com/1009977692/d3ac890909?share=copy>

4) Bar band single leg pushdowns (high bar) 20

<https://vimeo.com/1009977708/ff1342a829?share=copy>

5) Core band high bar sit up stand up 10

<https://vimeo.com/1009977891/95b3ca2edd?share=copy>

6)High Bar Pull Back Sit-up Bands 30  
<https://vimeo.com/1009977836/96a6514741?share=copy>

### **Station Three: Low bar exercises**

1)Back reverse lung pull back with bands (low bar) 20  
<https://vimeo.com/1009977853/e2f4308527?share=copy>

2)Back seated band pull downs (stability ball, low bar) 30  
<https://vimeo.com/1009977530/e3f7681707?share=copy>

3)Bar leg tension double banded straddle abductors (low bar) 30  
<https://vimeo.com/1009977970/45163c693f?share=copy>  
<https://vimeo.com/1009977915/fa04fc69fd?share=copy>

4)Banded straddle pulses ( low bar) 30  
<https://vimeo.com/1009977871/04c4877a4e?share=copy>

5)Back Cross back band pull back (low bar) 30  
<https://vimeo.com/1009977647/d4dcd1f178?share=copy>

### **Workout Five Partner Plus..... Core and Stability Work!**

Great FUN workout to challenge balance, core and stability *with* friends! A little ankle and calf work at the end for balance!

#### ***You Need:***

***Stability Balls***

***Foam Blocks***

***Sliders***

***Weighted Balls***

***Paralettes or floor bars***

Time: 20-30 minutes

Level: intermediate but can be modified.

NOTE: Modify the exercises if you don't have the proper equipment, just have fun!

#### **Part One: Partner Work COMPLETE one set each partner**

1)Partners Single Arm Block Toss 10 each arm  
<https://vimeo.com/1009978104/96835ba177?share=copy>

2)Partner Prone Stability ball rolls 30  
<https://vimeo.com/1009978059/221c465b44?share=copy>



3)Partners foam block sit up toss 30  
<https://vimeo.com/1009978149/10905b8a8d?share=copy>

4)Partners Ball Roll (on Stability Ball) 30  
<https://vimeo.com/1009978030/77fe434433?share=copy>

5)Partner prone ball toss (on stability ball) 30  
<https://vimeo.com/1009978193/434a1fdf7e?share=copy>

### **Part Two: Core Work Complete One Set of each below**

1)Core upper paralette plank walkers 4 passes  
<https://vimeo.com/1009978228/e1e6580c63?share=copy>

2)Core upper Press slide up 20  
<https://vimeo.com/1009977891/95b3ca2edd?share=copy>

3)Core plank slide outs (with planche) 20  
<https://vimeo.com/1009978271/7a461753c2?share=copy>

4)Core reverse plank slide outs 20  
<https://vimeo.com/1009978249/617b07e0be?share=copy>

5)Slide plank walks with paralettes 1 pass forward 1 pass backward across floor  
<https://vimeo.com/1009978211/dcce8fd8f0?share=copy>

### **Part Three: Ankles/Calves: Complete two sets time permitting of each**

1)Achilles ankles ball assisted toe lifts 30  
<https://vimeo.com/1009978312/ad868ea707?share=copy>

2)Achilles toe lifts with foam blocks 30  
<https://vimeo.com/1009978294/827f3e823a?share=copy>

3)Ankles calf raises with balls 30  
<https://vimeo.com/1009978329/3d78ec3e86?share=copy>

### **Workout Six: BONUS Skill Endurance Combo Warmup**

Athletes struggling with endurance? This warmup combines leap and skill supersets along with a quick active flex start. Great for upper levels who are putting routines together and starting to need more endurance work. NOTE: Keep the athletes MOVING! In the supersets,,,do one exercise then QUICKLY move to the next with little to no rest for max benefit!

#### ***You Need:***

***Panel Mats***

***Kettle Bells***

***Squishy mats***

## ***Rope Optional***

### ***Light object (foam block or light weight)***

Level: Intermediate to advanced. Make this warmup more challenging for upper levels by increasing numbers and sets and decrease the reps and sets for lower levels and downgrade the skills if need be.

Time: 30-40 minutes depending on level and quickness of athletes.

#### **Part One: Quick Active Warmup:**

1)Active Shoulder Circle Forward 15

<https://vimeo.com/1009977269/a23ea4a893?share=copy>

2)Active Shoulder Circle backward 15

<https://vimeo.com/1009977225/b7fff0030f?share=copy>

3)Alternating kicks with foot reach 10 each side

<https://vimeo.com/1009977460/6c8b766d24?share=copy>

4)Hip circle side lunge 10 total

<https://vimeo.com/1009977418/a74012c3d3?share=copy>

5)Walkout Shoulder Taps 5, quickly!

<https://vimeo.com/1009977368/01b9c3ab2c?share=copy>

6)Squat to calf raises feet close 10 controlled

<https://vimeo.com/1009977510/5ddfdce7b0?share=copy>

7)Cat back child pose combo 20 total

<https://vimeo.com/1009977483/b2fa89a37f?share=copy>

8) Active Split Rolls (attempt 2 complete rolls each way on each leg)

<https://vimeo.com/676428432/967090707a?share=copy>

#### ***Part Two; Endurance Skill Work: MOVE QUICKLY between exercises, little to no stopping:***

##### **Superset One: Complete two times:**

1)Endurance Leap Passes (athletes will do 4 of their leap passes in a row)

<https://vimeo.com/766217529/18b422b488>

2)Let endurance sand runners 100

Video link

<https://youtu.be/P6LQ75P3Gjo>

##### **Superset Two: Complete two times:**

1)Endurance burpee three back handsprings 2 passes

<https://vimeo.com/902387799/04d00d1c6a>

2) Rope endurance slams OR Core quickness 3 position mountain climbers 50/ 53 total

<https://vimeo.com/787700938/0b8c386be1>  
<https://vimeo.com/656753363/eb03508eee>

**Superset Three: Complete Two times:**

1) Three back handsprings connected to 2 split jumps (2 passes)

<https://vimeo.com/748155359/96da7a9c19?share=copy>

2) Fast Feet on Panel with Kettle bell 100

<https://vimeo.com/748155677/7ca9df566b?share=copy>

**Superset Four: Complete ONE time**

1) Back Tuck Sticks: 3 in a row, quickly!

<https://vimeo.com/647249091/d083c70f50>

2) Full range situps arms overhead with any object, ball weight, dowel, foam block 40

<https://vimeo.com/696287941/9e3c5b9195?share=copy>

BONUS for upper levels if you still have gas left in the tank!

***Advanced Endurance Circuit COMPLETE ONE TIME***

***Video link***

<https://youtu.be/U1L6KwpJMR8>

1) Single Leg Step Ups 10 each side

2) Single Leg Pistol Squats 10 each side

3) Run To bars flutter up leg lifts 5 up and down 10 total

4) Jump Squat Press 10 with kettles