



Betsy Bootcamp Classic Workouts

Running, Agility and Quickness Warmup

Time: 20 minute running warmup, great to do 2x a week to get warm and to build endurance, Keep moving and build cardio endurance!

Ability Level: All levels ALL

Recommended Time of year: This is a great warmup to use in late spring or early summer when fitness is a priority!

You Need:

Small Bands HIGHLY recommended if you do not have bands you can do them without, but it makes a huge difference!

Floor Space

Small hand weights

Long thick band

A Wall

This link has ALL of the Exercises Included, the individual links are included below:

<https://vimeo.com/1161585108/1daf6d432a?share=copy&fl=sv&fe=cj>

Part One:

Grab your small band

1)Running Controlled march 30 marches

<https://vimeo.com/819950924/5062345ea8?share=copy>

2)Running Knee Up Knee Hop! 10 each side (1 slow, one hop = 1 rep)

<https://vimeo.com/819951054/e1c8902801?share=copy>

3)Running Lateral Hop Swings 20 each side
<https://vimeo.com/815853327/354dd01d99?share=copy>

4)Running High Knee F/B no band 2 passes
<https://vimeo.com/819950534/388a7177a9?share=copy>

5)Running High Knee F/B band 2 passes
<https://vimeo.com/819950615/030104a7f2?share=copy>

6)Running Slow Motion Grapevines 2 passes
<https://vimeo.com/819951093/87df0001c6?share=copy>

7)Running Grapevines 4 passes
<https://vimeo.com/819951185/88bd1a8f6c?share=copy>

8)Running Diagonal Dash 4 passes
<https://vimeo.com/819951290/fe8745a38b?share=copy>

9)Running 45 degree angle jogger 40 each side
<https://vimeo.com/819950794/6a152d6509?share=copy>

10)Running 45 angle mt climbers 40
<https://vimeo.com/819950722/62fd907258?share=copy>

Grab Small Weights

11)Running Seated Hoppers 40 2x
<https://vimeo.com/819951381/ec3e37f356?share=copy>

12)Running: Single Leg Hurdle Ups 20 each side 2x
<https://vimeo.com/819951462/fb648a19dd?share=copy>

Grab a thick band

13)Partner: Fun Runners: 60 seconds 2x
<https://vimeo.com/815852369/c5921639e7?share=copy>

14)Partner Fun Runners option 2 60 seconds 2x
<https://vimeo.com/815852485/e5f15ec756?share=copy>

15) Single Leg Band Hoppers 20 each side
<https://vimeo.com/815106012/5ff5f8ceab?share=copy>

Grab a spotting block

Finish with 2 sets of 15 each side:

15)Running single leg drop hoppers
<https://vimeo.com/815852544/fd5fcfc5b1?share=copy>

