

Preseason Performance Workouts Phase Two

Performance Workout One: Cardio Strength and Legs/Hips/Ankles

All Exercise Link:

<https://vimeo.com/1226720927/095c0ba8e2?share=copy&fl=sv&fe=ci>

Betsy's Notes:

A Betsy classic and a strong preseason workout for all levels. This total-body session combines **strength, cardio, weights, and gymnastics shaping**, with an extra emphasis on the **legs, hips, and ankles**.

This is a great choice for building the lower-body strength and conditioning athletes need for **power, landing control, endurance, and overall routine readiness**. Keep athletes moving throughout the workout while maintaining quality technique.

Level: Beginner through Advanced

Adjust repetitions, resistance, weight, and number of sets based on athlete level and ability.

Time: 30–40 minutes

Time will vary depending on the number of sets completed.

Equipment Needed:

- Panel Mats
- Small Resistance Bands
- Dumbbells

Part One: Cardio with Strength

1) Cardio Strength High Knee Run 4 passes

2) Cardio Strength Weights Side Shuffle 4 passes

3) Cardio Strength Weighted Pencil Punch 4 passes

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

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

6) Cardio Strength Swinging Backward Jumps 2 passes

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

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

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

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

2) Legs panel jumps 1/2 Over connected

3) Hips Slow Diagonal Kicks 30 kicks each diagonal back

Set Two:

1) Ankles Alternating Releve Lunge (hold weights, not in video) 30 each side

2) Legs Lunge Jumps on Panels 30 each side

3) Hips Banded Side Squats 2 full passes across floor

Set Three:

1) Jump squat punch to panel (band optional) 20

2) Ankles Calves Releve Lunge In Place 30 each side (hold weights)

3) Hips Rolling Banded Clams 20 each side

Performance Workout Two: Skill Endurance, Light Plyos, Shaping Core and Stretch

All Exercise Link: <https://vimeo.com/1226725098/cf4f07c963?share=copy&fl=sv&fe=ci>

Betsy's Notes:

A comprehensive, multi-station preseason workout for all levels. This session combines **skill endurance, light plyometrics, gymnastics shaping, core strength, and mobility**, giving athletes a variety of training elements in one workout.

This workout requires some floor space and equipment but can easily be modified based on athlete level, available equipment, and training time. The combination of stations challenges athletes both physically and mentally while reinforcing quality movement and preseason conditioning.

The final section uses a long resistance band for passive stretching. This is a series I love and recommend keeping as a **staple throughout the Performance System**. Use the entire sequence here or pull individual stretches for other training days.

Level: Beginner through Advanced

Adjust repetitions, resistance, station difficulty, and number of sets based on athlete level and ability.

Time: Approximately 45 minutes

Complete two sets of each section for the full workout. For a shorter session, complete one set or select the stations that best fit your athletes that day.

Equipment Needed:

- Panel Mats
- Laser Beam
- Ladder
- Weighted Bars or Dowels
- Kettlebells or Dumbbells
- Sliders
- Long Resistance Bands

Part One; Light Plyo, Jumps, Bar Shaping

Go through each circuit TWO TIMES:

Circuit One:

- 1)Ladder Pencil Punches
- 2)Beam Pencil Punches
- 3)Panel Pencil Punches
- 4) Straight Bar Panel Punches 30

Circuit Two:

- 1)Ladder Tuck Punches
- 2)Beam Connected Tuck Jumps
- 3)Panel Tuck Punches
- 4)Straight Bar Tuck Rocker Lift Off 20

Circuit Three:

- 1)Ladder Twisting Punches
- 2)Beam Twisting Jump
- 3)Panel Quarter Twist Jumps
- 4)Weighted Bar Pencil Twists 30

Circuit Four:

- 1)Ladder Split Punches (one pass left, one pass right leg)

2)Beam Connected Sissones (one pass left leg one pass right)

3)Panel Split Jumps UP (do one pass left, then one pass right)

4)Weighted Bar Split Kick Step Ins 15 each leg

Part Two: Strength: Complete two sets of each

1)Squat Around The Worlds 15

2)Goal Post Lift Offs 10

3)Weighted Plea Calf Raises 30

4)Kettle Wrist Curls 15 each wrist

Part Three: Core/Slide/Active Flex

Complete two sets of each

1)Banded Hamstring Slides 20

2)Banded “kip” slides 20

3)Banded Pike Up Slide 20

4)Banded Arch Rocker 30

5) Plank Band Split Kick Slider 15 each leg

Time To Flex, 2 x each side

1)Band Achilles Extensions 20

2)Banded Ankle Circles 20 each direction

3)Banded Leg Pull (flexed foot, not complete split) 30 seconds each foot

4)Band Diagonal Split Stretch 30 seconds each side

5)Banded I-T Band Stretch 30 seconds each side

6)Banded Shoulder UP and Over 20

Performance Workout Three: Grip Endurance and Full Body Circuits

All Exercise Link: <https://vimeo.com/1221554539/a8867df607?share=copy&fl=sv&fe=ci>

Betsy's Notes:

A challenging preseason workout designed to build the **strength and endurance athletes need as routine work increases**. This session begins with a strong focus on **grip and upper-body endurance**, then progresses into full-body circuits that challenge total-body strength, tightening, and cardiovascular endurance.

The final leg and shin-focused work is especially valuable during preseason, helping athletes build **lower-leg strength and endurance** as training volume and routine demands increase.

Level: Intermediate through Advanced

Can be modified for lower levels by adjusting weight, repetitions, resistance, and number of sets.

Time: 30–40 minutes

Time will vary depending on the number of sets completed and athlete level.

Equipment Needed:

- Heavy Dumbbells and Space for Walking
- 5 lb Kettlebells or Dumbbells
- BOSU Balls
- Resistance Bands Safely Anchored Under Springboards
- Soft/Squishy Mats That Provide Resistance

Grip Endurance: Part One:

<https://vimeo.com/1221554539/a8867df607?share=copy&fl=sv&fe=ci>

- 1) Farmers Walks (go for 3 minutes)
- 2) Farmers Walks on Releve (go for 3 minutes)
- 3) Front Hangs : Hold 10 seconds on then rest 10 seconds 3x
- 4) Lateral Hangs : Hold 10 seconds on then rest 10 seconds repeat 3dx
- 5) Birdies Palms UP 200
- 6) Birdies Palms Down 200

Part Two: Endurance Circuits:

Circuit One: Complete ONE time

- 1) Board band bounces 40 total
- 2) Upside Down Bosu Squat Holds 10 on
- 3) Rock and Pop Mat: time 1 minute, go til failure

Circuit Two: Complete One time

- 1) Pushup Position Board Blocks 30
- 2) Bosu Burpees 1 minute to failure
- 3) Mat Plyo Pushups 1 minute to failure

Circuit Three: Complete One Time:

- 1) Bosu Scissors 50 total switches
- 2) Single Leg Bounces 30 each leg
- 3) Mat Calf Raises 75 or 1 minute to failure

Endurance Finisher

Burpees to Failure 1 minute (have everyone do together on mats or regular floor if not possible)