

Betsy Bootcamp Thanksgiving (Planksgiving) Day Workout!



This holiday workout is not only a fantastic functional leg and core routine, but it's also a lot of fun! Your athletes will love it, and the kids had a blast doing the exercises too. It starts with a nice cardio/agility to get things warmed up for your big day of cooking! Plus, it's a great opportunity for you and your athletes to connect and share what matters most, making this holiday season even more special!

PS: This workout has individual links for each exercise instead of ONE BIG link :) Enjoy!

Time: 40-45 minutes

Level: ALL LEVELS!

INTRO: Begin discussing what you are thankful for!

1) Turkey Day Workout

Video link

<https://youtu.be/lbiqBaYh-iM>

2)What are you most thankful for??

Video link

https://youtu.be/WsjBo_88Roc

Part One: Let's Get The Oven Warm!

You Need:

10 foam blocks

8 or more Rings

1)Warmup Part One: Lateral Hops and Fast Feet in rings 2 times through each exercise

Video link

<https://youtu.be/nE2CIS1ZbzE>

2)Warmup Part Two: Single foot hops over blocks and hops in rings, 2 times through each exercise

Video link

https://youtu.be/e3diLR_akIY

3)Warmup Part Three: Block hand walkovers and side shuffles through rings, 2 times through each exercise

Video link

<https://youtu.be/Zno6D85WVyU>

4)Warmup Part Four: Tuck punches over blocks, 1-2 bounces in each ring, 2 times through each exercise

Video link

<https://youtu.be/FJ9cax7z0ac>

5) Warmup Part Five: Lateral Runs through Foam Blocks, 4- count mini- runs in each ring, 2 times through each exercise

Video link

https://youtu.be/9ti_D8IP4Cg

Part Two; Strength!

You Need:

Kettle Bells or Weights

Weighted Balls

Circuit One: Complete two sets of each:

1) Turkey Gobbler Walk 4 passes

Video link

<https://youtu.be/XNr9RqEKtRI>

Video link

<https://youtu.be/KqJl1Zu-9Uo>

2)The Mayflower Rocker: 30

Video link

<https://youtu.be/pomjixFz4Yw>

3) Dessert Deadlifts 20

Video link

<https://youtu.be/-KUxS0O9cT8>

Circuit Two: Complete Two Sets of each:

1)Gobbler Squats 20

Video link

<https://youtu.be/qwsFQozl1tY>

2) Thankful Lift Offs with Prayer Hands 20

Video link

<https://youtu.be/Efl1Z-fzzrk>

Video link

<https://youtu.be/Dy7WI7Yr2ok>

3)Pilgrim Pushups 10 each side

Video link

<https://youtu.be/2Accu34TcYo>

Circuit Three: Complete Two Times:

1)Stuff the Turkey (Ball Slams) 20 each side

Video link

<https://youtu.be/eGUj7JmlCJY>

2) Pumpkin Pull-ups with Foam Blocks or weighted ball as the pumpkin

Video link

<https://youtu.be/5nHNMuogQYg>

Video link

<https://youtu.be/mRgkLYt04Go>

3) Mashed Potatoes 1 minute timed

Video link

<https://youtu.be/OP2q3oQnNeA>

Circuit Four: Complete One time!

1)A “Baking Turkey” 30 movements

Video link

<https://youtu.be/qzpvJ5EZJVk>

2) Rolling Pins: 2 passes each direction

Video link

<https://youtu.be/dMo-o74J40Y>

3) The Topper: Planksgiving Circuit! Coach calls out reps!

Video link

<https://youtu.be/FtxX0aeuqTE>

30 Seconds Regular Plank
Side To Side Dips with Hip dip 10 each side
Alternating Leg Lifts 10 each side
Commandos 10
Side Plank holds 30 seconds hold
Roll- overs 10
Lifts leg 10
Reverse Plank 30 seconds
10 Dips
10 Marching
10 Up-downs