

Betsy Bootcamp Training
February 2025

Coaches Notes: This month is all about keeping endurance strong while adding in detail work for tighter legs, stronger ankles and more tolerant hips. With work on mobility on ankles, hips and wrists, we will also focus on quickness and form! We have some great recovery work as well as a fun, comprehensive meet week warmup as the finisher! ENJOY its AWESOME!

Workout ONE: In- Season Warmup

Level: Intermediate to Advanced

Time: 30 minutes

You Need: Foam 8-16 foam blocks

Panel Mats

Sliders

Small medium resistance Bands

Part One: Agility: Set up two lines of 7- blocks as shown in the videos.

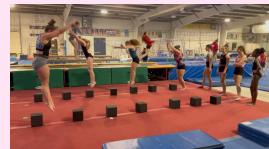
1) Lateral Block Runs 4 passes

<https://vimeo.com/1043942841/fb1dbcc3d1?share=copy>



2) IS Warmup High Jumps 4 passes

<https://vimeo.com/1043942755/9f3a75fcdf?share=copy>



3) IS Warmup single leg hop overs 2 passes each leg

<https://vimeo.com/1043942793/cf5af7763d?share=copy>



4) IS Warmup Jump 1/2 over blocks 4 passes

<https://vimeo.com/1043942504/5ca43c80e0?share=copy>



Part Two: Panel Work: Complete two sets one each

1) IS Warmup Hurdle Ups 15 each leg

<https://vimeo.com/1043942784/2bac731eba?share=copy>



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2) IS Warm Up Jump lunge with arm circles 30 total
<https://vimeo.com/1043942834/faa4fc364b?share=copu>



3) IS warmup pike pops to panel 20
<https://vimeo.com/1043942733/bc18634667?share=copu>



4) IS Side Plank Kick Under 20 each side
<https://vimeo.com/1043942693/e6c67e4554?share=copu>



Part Three Band Work: Complete two sets of each

1) IS Warmup Banded March 20 each leg
<https://vimeo.com/1043942821/149ffb0a49?share=copu>



2) Is Warmup Banded Run 60 seconds
<https://vimeo.com/1043942804/f1776519dd?share=copu>



3) IS Warmup Banded Hurdles 20 each side
<https://vimeo.com/1043942776/32d1bf89e5?share=copu>



4) Banded Swimmers Supine 30 total reps
<https://vimeo.com/1043942653/36d0276002?share=copu>



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5) Banded Swimmers Prone 30 total reps
<https://vimeo.com/1043942612/cbd893e215?share=copy>



6) IS Warmup Prone Banded Kicks 20 each side
<https://vimeo.com/1043942577/399de25dfc?share=copy>



IS warmup Side TO Side Tuck Slide
<https://vimeo.com/1043942810/4a68ebb098?share=copy>



Part Four Slider Work; Complete two sets of each:

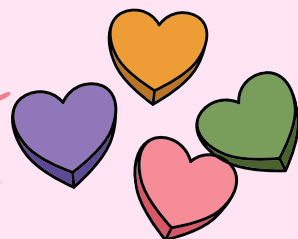
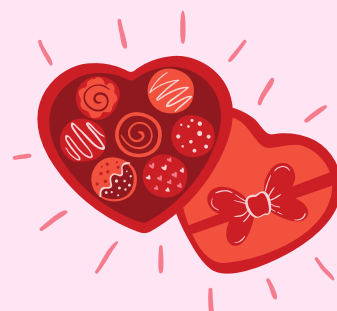
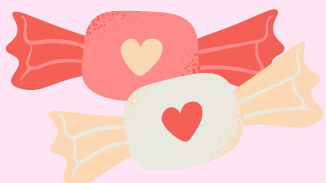
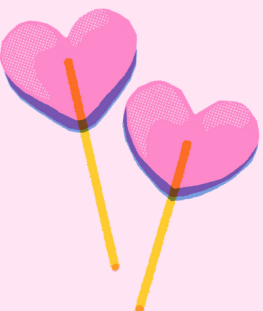
1) IS Warmup Single Leg Slide In (tuck) 10 each side
<https://vimeo.com/1043942763/f948437a1b?share=copy>



2) IS Warmup Single Leg Hamstring Slide 15 each side
<https://vimeo.com/1043942637/adb510a2a5?share=copy>



3) IS Warmup Plank Slide Kicks 15 each side
<https://vimeo.com/1044380538/2850af56d8?share=copy>



Workout Two: Hip and Ankle Mobility

Great Injury Prevention and mobility work for athletes at the beginning of a long season! Do this once a week at the end of your workout!

Level: Intermediate to advanced

Time: 15-20 minutes

You need:

Spotting Blocks

Small Bands

Part One: Hips

1) Hip Mobility Cossack Walks 2 passes

<https://vimeo.com/1043942849/0d3ceaa3f8>



2) Hip Mobility Figure 4 Rotation 20 each leg

<https://vimeo.com/1043942595/0d07bf818c?share=cop>



3) Hip Mobility Glute Bridge ankle grab 20

<https://vimeo.com/1043942723/66e5db230b?share=cop>



4) Hip Mobility Bear Position Hip Drops 20 total

<https://vimeo.com/1043942705/d04eebe6c0?share=cop>



5) Hip Mobility Frog Leg Drops 15 each leg

<https://vimeo.com/1044795009/de46043982?share=cop>



6) Hip Mobility Flower Opener 10 total slow and controlled

<https://vimeo.com/1044800810/600db8d10d?share=cop>



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Part Two: Partner work/Ankles

1) Partner Adductor and Abductor Exercise (inside stance) 50

<https://vimeo.com/1043942475/84a3d47d93?share=cop>



2) Partner Adductor and Abductor Exercise *outside stance
50partner

<https://vimeo.com/1044798855/a1bad79ebe?share=cop>



3) Wall Sit Releve March 20 each leg

<https://vimeo.com/1044801968/f9eba04dfb?share=cop>



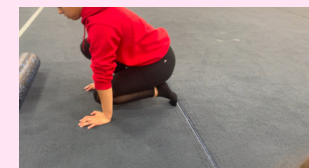
4) Ankle Mobility Circles 20 each foot in and outward

<https://vimeo.com/805696811/f55bdd86e2?share=cop>



5) Ankle Mobility Lunge Toe Roll 10 each foot slow and controlled

<https://vimeo.com/805696782/eb4b9cdcd7?share=cop>



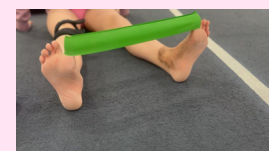
6) Low Squat Calf Raise 20

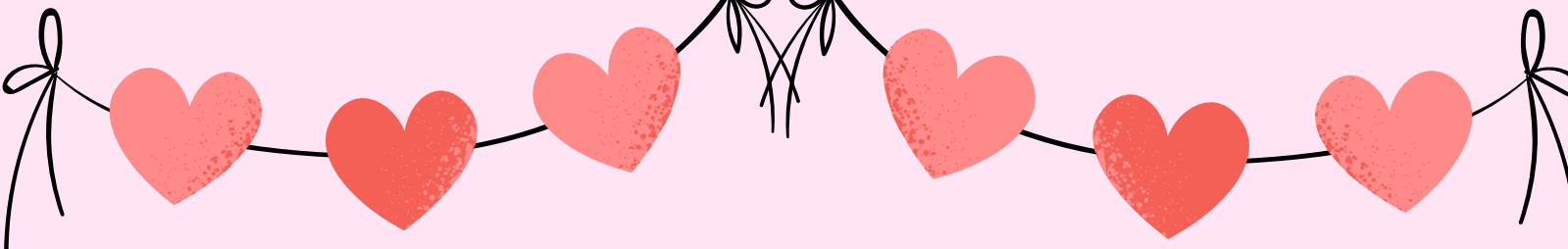
<https://vimeo.com/727542300/807fd0f3c5>



7) IP Toe Adduction 30

<https://vimeo.com/1047868534/bb2239a978?share=cop>





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Workout Three Core Ball and Body Tension

Bringing This one back from last year,,, it's TOO GOOD!

You Need a Large Ball for this AWESOME stabilizing workout!!

Time:

25 minutes, or could use as side stations

Level

Intermediate/Advanced - Modify for lower levels the repetitions or omit exercises that are too challenging with a simple plank hold for 30 seconds with elbows on the ball

Complete 10-15 Repetitions of Each Move

Light Warmup:

1) Ball 10 lap run <https://vimeo.com/651820258/2ac0189123>



2) Core ball boxer shuffle 50

<https://vimeo.com/651820635/c4506cff0b>



3) Core ball punchers overhead 20

<https://vimeo.com/651820367/389471df79>



4) Core ball chest and tuck shaper 10

<https://vimeo.com/651820701/f085401aaf>



5) Core ball shape changer 20

<https://vimeo.com/651820775/5d76cd715c>



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6) Core pike up single jack knife (advanced) 10
<https://vimeo.com/651820866/9ab69ab2aa>



7) Core ball walkout to press 10
<https://vimeo.com/651821088/2838398555>



8) Core ball Active Split Kicks 20 each side
<https://vimeo.com/651821207/a17aef0640>



9) Core ball hip lift 20
<https://vimeo.com/651821274/f30fa947cb>



10) Core ball twisters 30
<https://vimeo.com/651821347/5e6af25d12>



11) Core ball glute lift 20
<https://vimeo.com/651821431/be37f134b1>



12) Core ball leg lifts 15 each side
<https://vimeo.com/651821641/b030856f48>



13) Core Ball Leg Drops 15 each side
<https://vimeo.com/651821578/3a1385fba5>



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14)Core BALL crunch with leg lift 20 total
<https://vimeo.com/651821728/eff416400c>



15)Core ball full crunch 20
<https://vimeo.com/651821828/8733f41e48>



16)Core ball MT CLIMB Handstand (advanced) 10 each leg
<https://vimeo.com/651820942/d360913d32>



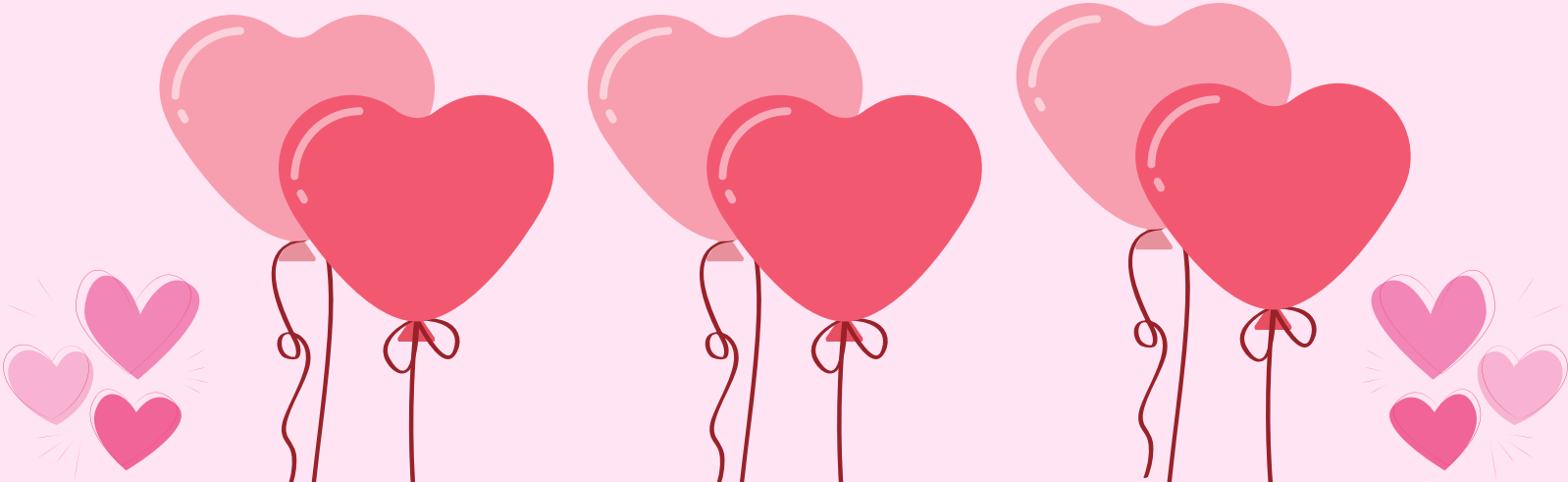
17)Core ball Alternating Pushups 30 total
<https://vimeo.com/651821504/ab8452c8ec>



18)Core ball V-ups 30
<https://vimeo.com/651821980/b0c96d7b6f>



19)Core ball Superman on BOSU (advanced) 15 second hold
<https://vimeo.com/651822262/485e2fbd6f>





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Workout Four: ENDURANCE BUSTER!
(3 Triple Sets for Longer Lasting stronger routines!)

Perfect for IN SEASON training to maintain and improve endurance for all four events!

Level All: Modify Numbers for lower levels

TTime: 30 minutes

You Need

Sliders/Weights/Long Bands

Laster Beams/Beams/Battle Ropes

Ankle Weights/Weighted Bars

Triple Set One: Complete Two Sets and KEEP MOVING between exercises!

Core, Cardio and Leg Endurance for all events

1)Core Partner Tuck in Slides 30

<https://vimeo.com/686300186/55517e11d1?share=cop>



2)Rope Y Slams 30

<https://vimeo.com/686306680/be250681a4?share=cop>



3)Butt to ankle beam jumps 30 fast!!! BURN

<https://vimeo.com/883700187/d76cfc18d8?share=cop>



Triple Set Two: Complete two sets of each for tumbling, leaps and blocking endurance for floor and vault

1)2 Passes Single Leg Hops, 2 leap passes

<https://vimeo.com/787698636/991893cc01?share=cop>



2)Plyo Jack Burpee Three Backhand springs 3x in a row

<https://vimeo.com/911360211/2de476e7d8?share=cop>



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3) Burpee Backs and Table Blocks 10 of each! (Switch legs on the table blocks) KEEP MOVING!
<https://vimeo.com/749114072/604558626c?share=copy>



Triple Set Three: Complete two sets of each: Shoulder Endurance for Beam and Bars

1) Beam Arms Set with Ankle Weights 3 full beam routines in a row standing on a beam! Watch form!
<https://vimeo.com/787701256/b8d3d3dc33?share=copy>



2) Connected Presses Beam attempt 5-10 based on level!
<https://vimeo.com/667305318/276c45df21?share=copy>



3) Bar Endurance Full Bar routine complete 3 full bar routines in a row with a weighted bar or dumbbells. BURN!
<https://vimeo.com/787701394/5694e0b991?share=copy>



Workout Five: Flexibility and Recovery Add-On!

Great add on workout for any of the other workouts this month as a finisher or warmup addition. It hits active splits, flexibility, wrists and arm recovery.

Levels: ALL

Time: 10-15 minutes

You Need:

Foam Blocks or yoga blocks

Tumble Track/Spotting Blocks

Foam Rollers/Sliders

Long and short bands



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1) Wrists external block rotation 10 each side
<https://vimeo.com/1047869876/28852e3297?share=copu>



2) Wrists internal block rotation 10 each side
<https://vimeo.com/1047869810/977e9b918e?share=copu>



3) Wrists banded finger pushdowns 20 each hand
<https://vimeo.com/1047869837/4482740870?share=copu>



4) Thumb Adductors 30
<https://vimeo.com/1047869711/a0e4714895?share=copu>



5) Wrist Curls Heavy Bands 20
<https://vimeo.com/696271732/ce19b246d4?share=copu>



5) Foam Roll Forearm roll out 20.
<https://vimeo.com/1047868726/8af782c8d3?share=copu>



6) Tricep Foam Roll Out 20
<https://vimeo.com/1047868740/1f23c4b1e7?share=copu>



7) Back Roll Out 30
<https://vimeo.com/1047868893/8ce04b3e34?share=copu>



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8)Active Foam Roller Pike Overs 10

<https://vimeo.com/1047868806/b8fcdcca55?share=copy>



9)Active Flex Diamond Circles Foam Roler 10 each direction

<https://vimeo.com/1047868767/ee4f161f81?share=copy>



10)Active Splits foam roller 10 each leg

<https://vimeo.com/1047868791/72f2efce0c?share=copy>



11)Active Flex Kneeling Kicks and Front Split Sliders (2 exercises) 10 of each on each leg

<https://vimeo.com/652854540/4c1fbc7491?share=copy>



12)Active Straddle Jump Foam Block Overhead (tumble track) 2 sets of 20

<https://vimeo.com/871181650/7c140e7aa2?share=copy>



Workout Six: Meet Week Express Warmup

This is a quick in and out warmup perfect for meet week, not too much pounding on the joints but will get your heart rate up and have you feeling tight and ready to go! Cardio, Active Flex, Endurance and Strength! Let's Go!

Level: Intermediate to Advanced

Time: 30 Minutes

You Need: Foam Blocks and the Floor!

Part One: Cardio

1) High Knee Run 10 circles around floor

<https://vimeo.com/686894772/ab93d55f9f>



2) Five Circle Runs each direction 3 times each direction

<https://vimeo.com/686894934/1cfd027ffc>



3) Straight Body Punches 20 rest, 20 more!

<https://vimeo.com/686895055/37e2632a4c>



4) Single Leg Punches 20 rest, 20 more each leg

<https://vimeo.com/686895182/fed8c337bf>



5) Twist jumps 20

<https://vimeo.com/686895305/b58d5d27ae>



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Part Two: Active Stretch

1) Arm Circles 20 Front and back
<https://vimeo.com/686895430/3b3ecb7868>



2) Windmill Taps 20 each direction
<https://vimeo.com/686895537/040733271e>



3) Active Leg Circles 10 outward, 10 inward each leg
<https://vimeo.com/686895688/87c43ba0d1>



4) Hip Swings Front to back 20 each leg
<https://vimeo.com/686895863/4b5e081361>



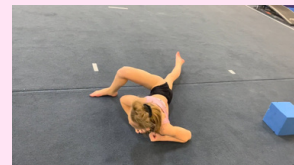
5) Active Needles 10-Pulse 10 2x each leg
<https://vimeo.com/686897489/d97340cd49>



6) Active Shoulder Lifts 20
<https://vimeo.com/686897139/7c4d9031b8>



7) Cross Leg Active Kicks 15 each leg
<https://vimeo.com/686897338/ffbb4dbab8>



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8)Half Bridges 5 each way
<https://vimeo.com/686897586/8a7af5dac3>



Part Three Core: Complete one set of each

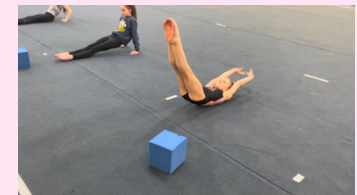
1)Arch Rock Pushups 20
<https://vimeo.com/686895972/3832d30a91>



2)Side Rock Pushups 20
<https://vimeo.com/686896088/083987dc40>



3)Hollow Rock Pushup Plank 20
<https://vimeo.com/686896211/4bb7fbfbc0>



4)Candle Rock Jump 15
<https://vimeo.com/686896359/487286393c>



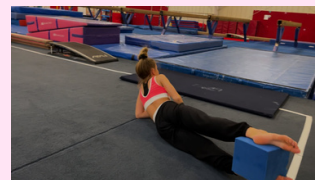
Part Four: Leg Tightening and Calves

1)Block Squeezes 30
<https://vimeo.com/686896500/c3e41e8d4d>



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2)Side and Back Block Squeezes, 30/30
<https://vimeo.com/686896739/47b93497a4>



3)Block Taps 30
<https://vimeo.com/686896926/ee07a94aac>



4)Knee Squeeze Pulse 30
<https://vimeo.com/686897040/7f145ab8ee>



5)Plank Calf Raises 20
<https://vimeo.com/686897712/dd92e7c86f>

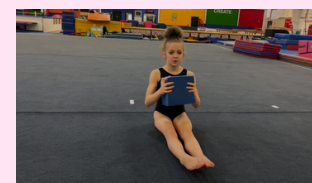


6)Squatted Calves 20
<https://vimeo.com/686897839/0bb2662926>



Part Five: Wrists/Forearms

1)Block Squeezes 50
<https://vimeo.com/686897933/bc0a666e00>



2)Finger Pushups F/Reverse 20/20
<https://vimeo.com/686898015/e025721875>



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Part Six: Skill Work!

1) Punching handstands 10

<https://vimeo.com/686898403/675ffc672b>



2) Single Leg Landing Drills 10 each leg

<https://vimeo.com/686898183/bb551f5c50>



3) 2 Foot Landing Drills 10

<https://vimeo.com/686898296/85fedb178f>



4) Back Tuck squat pop Landing drills 5

<https://vimeo.com/686898597/54b32dedfb>



Finish with 1 minute split each direction and center (no video)



HAPPY
Valentines
DAY

