what is up I'm Nike Master Trainer Betina Gozo

and welcome to our NTC community

workout

we're coming at you live from my living

room here in Los Angeles I'm so excited

to have you today so let's just get

right into it we're just gonna start to

bounce side to side getting that heart

rate up today's workout is gonna be a

ton of fun all you need is yourself

a mat if you have one of course some

water because we're really gonna get

after it today we're gonna start off

with our warmup

then we'll go with a little core then

we'll get that heart rate up a little

bit then we'll take it to a strength set

then we'll start interweaving that

little agility set I got for you and

then boom we'll have a finisher then I'll

answer some of your questions then

we'll be done so let's just go ahead and

meet at the back of the mat here if you

have one big reach up nice and high

bend those knees and walk it out into a

high plank position rock forward and

back maybe on those wrists a little bit

maybe side to side and then walk your

hands back you can bend those knees a

little bit for a little more space big

reach up take it back down we're gonna

go through that a few times here so I

have to give a shout-out to my girl

so super Sam for creating today's

amazing playlist and she's also a fella

Filipina and we're celebrating Asian

Pacific American Heritage Month here at

Nike so we got to represent the Pinas

let's get a few more last one after this

big reach up maybe straighten out those

legs a little bit more

walk it out high plank let's go ahead

and take that foot outside of your hand

I want you to take the elbow down and

then open it up big reach try to reach

to the ceiling big spread through the

chest take it back down big

exhale all the way up fully extend that

leg back if you feel comfortable or you

can keep it on the ground we'll get two

more just like that big reach up and

then last one take it down

open it up alright let's place both

hands on the ground push yourself back

into that high plank let's take the

other foot outside you can rest that

knee or extend big reach up how fun is

it that we get to work out together all

of us every single week bringing you

live workouts from our living room

what's up Quinn I hope you're ready for

a great workout we've got two more just

like that

take it down big reach all right let's

go ahead and place the hand down we're gonna

bring it back to that high plank bend

those knees walk those hands back roll

yourself up nice and slow we're just

gonna take into a regular reverse lunge

so stepping it back you can rest the

knee on the ground we'll drive through

the heel bring it back together

shoulders are back you can let that a knee

just go a little past your toe you

don't want to go too far forward so your

heel comes up you just want to really

drive through that front heel to bring

yourself back to standing position we'll

go two more each side make sure you're

breathing

last one each side all right now I want

you to take your feet about hip width we'll

take it to two different movement

patterns here first we're taking it into

a squat so sitting back driving the

knees out

then we'll hinge and then bring it back

up so I want you to feel the difference

between these two movements with that

squat you're bending those knees feeling

it more in those quads and that hinge

you should feel in the back of those

legs so sit it back hinge it forward huh

Rosio so glad you were able to make

it this week we've been loving having

you every single week at our workouts

we've got a few more just like this

squad

so we will revisit this hinge later on

in a single leg position whoo last one

all right

so warm up feeling good we're gonna go

to a nice little core set to start we're

gonna hit three different moves and

we're going three times through I'll

give you one version for the first round

and then each round I'll add on a little

progression so first up we're gonna

bring those shoulder blades off the

ground we lower our legs to the lowest

point we can keep that Mahalo in our

body

you ready join me now 30 seconds here

shoulder blades off the ground

big inhales and exhales yeah okay so with

these if you feel like they're feeling

pretty challenging for you you can even

bend those knees a little bit shorten

that lever or you can even bring the

legs up a little bit higher but whatever

you're doing try to keep that hollow in

your belly keep a lot of tension

shoulder blades off the ground get that

scoop three two one relax all right

lay down now you can bend those knees

the fingertips are just grazing the back

of your heels here you're gonna peel

your hips off the ground and then you're

gonna dig one heel to the ground as you

bring one knee to your chest and then

switch it out join me if you haven't

already use your hands on the ground to

give you some stability give you a

little leverage because you want to keep

the hips nice and stable as you're

moving through these and really thinking

about keeping the ribcage down and the

tailbone tucked up so breathe yeah build

that tension through the ground few more

here last one and one all right now

we're gonna bring ourselves into a bear

position so we'll swing it on around

knees underneath the hips

hands press into the ground we're gonna

hover those knees nice and easy off the

ground so look right past those

fingertips keep that tailbone tucked it

nice and strong so nice active shoulders

I want you to pretend like you're

pushing the ground away from you here

whoo big exhales and I know my girl

Kirstie Gotso is was working out with us

this morning you get to catch her next

week again too - I know we've been loving

her work outs and her hot sauce burpees and

I know she's had her wake and drink

coffee already this morning we've got

three two one and recover all right

we're going back to those hollow holds

but this time we're gonna change it up a

little bit if you feel pretty good on

these we're gonna tap down and the tap

behind your head tap down tap behind

your head join me if you haven't already

I want you to try to get those biceps by

those ears so still keeping that hollow

through your belly keeping it nice and strong

slow exhales yeah come on ten seconds

come on squad we're doing this together

whatever level you're at you and me

together let's go last four three two

one woohoo all right bridge march now so

again peeling the hips off the ground

dig into the floor three two one let's

go bring that knee to your chest yeah

it's nice and easy nice and controlled

if you're feeling pretty good about your

stability and you want to challenge

yourself a little more you can bring

your hands up then you won't have the

stability from the ground oh and I guess

my girl Kirstie our girls Tracey

Copeland is back with us she gave us a

little dance a few weeks ago and now

she's here in getting our strength on three

two one all right

relax go and slow those hips down bring

it on up

now we're gonna take it and do some

shoulder taps with a bare plank so

hovering off the ground

tap and tap so balance something on your

hips keep them nice and stable if you

haven't already join me please join me

Chrissy how you feelin how about you

Tracy I love when my fellow Nike master

trainers hang out with me on the work

outs let's go almost there we have one

more time through after this four three

two one

recover all right swing those legs around

we're going back to the hollow hold but

this time if you feel really good we're

going to hollow rocks join me here let's

go remember you can always bring it back

in to that hollow hold or just go to the

hollow taps you take it to your levels

I'm giving you options remember this is

your workout but we're doing it

together

come on big squeeze let's go keep those

shoulders off the ground keep that

hollow let's go five seconds

that's three two one all right last time

on the bridge March if you didn't bring

those hands up maybe try it this

time ready

peel those hips off the ground three two

one all right dig into the floor keep

that tailbone tucked keep a nice and

strong after this we have our bare plank

and then we'll try to get the heart rate up a

little bit more

squad how you feeling feeling good

I know my mom is here joining us this

morning she specifically went to her studio

where she does her ceramics so she had a

little bit of space to work out so hi

mom you got five more seconds three two

one

alright peel those hips down nice and

slow let's swing it on around alright so

now we're going into those bare planks

again three two one tap tap now I want

you to try to extend the opposite leg

when you're here if you feel good or you

can just stay here I'm okay with that

what's up Nicole good morning to you

awesome job everyone stay strong with me

good breathe push five more seconds

three two one all right relax

so now we're standing up push yourself

up we're gonna go to some quick feet

we're just gonna move the feet as quick

as we can

and when I say forward you're just gonna

jump your feet forward and jump them

back alright so just move as fast as you

can forward only when I say forward you

ready we're doing this two times three

two one move those feet forward nice

come on forward good so nice and quick

forward yes you got it forward keep that

chest up feet moving fast come on come

on forward forward yes come on three two one

relax

all right tap it out we're gonna try

that again Trish I'm so glad you've been

moving with us keep crushing it

it's so awesome every single week you

guys been hanging out with us working

out really getting after it and being a

really great example for everyone around

you so thank you for that all right one

more time on the fast feet with a

forward jumps three two one let's go

forward forward yes forward forward

yup come on are you quick are you quick

how can you go forward forward forward come on

come on three two one relax all right how are you

feeling everyone feeling good all right

so we're moving into our strength set we

are only moving through two different

movement patterns push up first so this

first round we're going to eccentric

so I'm going to cue you down for four

seconds and then you're just gonna warm

yourself up because the focus here is

the lowering faze you ready

join me now and three two one take it

down for four three two one reset bring

it up down four three two one reset keep

your body as stiff as you can down four

three push energy through your heels two

one let's get three more just like that

come on down four three two one

two more let's go

down four three two one

last one come on let's get it down four

three two one and

reset okay so now we're gonna bring it

back to standing so place the foot on

the ground we're gonna bring one leg

forward one leg back eccentric split

squat now so we're lowering down at

my count then driving through the heel

keeping the feet right where they are

join me now here we go down four three

two one

drive it up down four three two one up

keep it at that pace two one

drive it up if you love this playlist by

super Sam so super Sam be sure to check

out the Spotify link in the YouTube

description so you can listen to it again

yeah let's get two more just like that down

four three two one up last one let's go down

four three two one

alright switch it up other side keep

those hips squared forward down four

three two one we're going back to the

push-up set for this breathe control it

so these metrics are so great because

you can feel every single muscle in

your body you can make sure you're doing

the form right you're not just moving

through the motions you're actually

being really aware of your body right

two more just like this come on two one

reset last one let's go down four three two

one recover now we're going back to the

ground our push-ups we're changing it up

now we're going into a staggered stance

so we're gonna bring one arm down by our

armpit and one arm by our head so we're

gonna go here and then we'll switch join

me now let's get it so on these totally

fine to be on your knees do what form

that challenges you on these you got this

make sure you're breathing make sure

your body's in a straight line we

activated our core and our glutes a lot

so you want to make sure you're focusing

on keeping everything squeezed everything

active stay with me here hey it looks like

we have more than 1,500 people working

out with us today let's keep getting it

come on let's get one more that was fun

let's bring ourselves up we're going to

a staggered stance squat now so before

we're in a split squat almost like a

lunge now we're just going more of a

staggered position and just going down

and up at a good tempo join me now here

we go we're staying at the same side

we'll switch sides so go in a tempo that

feels good for you so notice my front

toe or my back toe is in line with the

back heel I'm focusing on driving my

knees out as I sit back chest is up

lower is not necessarily better on these

you should feel it more in that front

leg but you definitely will feel it a

little bit in that back especially in

that hip flexor so keep it straight keep

it forward you're doing great come on

squad alright few more two one

alright let's switch it up other side

stagger the foot chest up sit it

back alright stay with me here

drive those knees out go at your tempo

so this week we've been thinking about

new perspectives and what I have had

to really think about this time is

changing things and looking at

everything as an opportunity you know

I'm used to going to the gym and lifting

heavy things but what I've been loving

is changing the tempos going faster on

some reps maybe slowing down some things

some of the movements that I'm so used

to picking up heavy weight I just use my

body and challenge myself in such a

different way and I look at it as a

brand new opportunity so that's my new

perspective for this week and for the

past few months last one okay now we're

going into a narrow and wide push-up so

everything stays here and then

everything stays wide arms close arms

wide arms close arms wide alright you

can be on your toes

for this or you be on your knees join me

now let's do it Oh Jake you've earned

those waffles after this workout are

they gonna have chocolate chips in them or

bananas I prefer chocolate chip banana

pancakes that's actually what I made

this morning for me and my partner I

haven't gotten to eat them yet though so

I've got a warm-up again so get a few

more began remember you can be on your

toes for these arms are wide arms are

narrow just build more in your triceps

when you go narrow yep everyone's doing

great

stay with me three two one those are hard

oh okay stand up now we're going narrow squat to

wide so feet go more narrow than those hips

sit in and then more of

a sumo and out join me now you haven't already

so step those feet out as wide as you

can and then get it out nice and narrow still

setting those hips back so in just a little

bit we're gonna speed this up and we're

gonna have an option to go plyo jumping

from in and out but when we speed it up

if you want to go plyo go for it

or if you are like I don't feel like jumpin

and just move a

little faster okay you're with me all

right ten more seconds and then we'll

speed it up keep that chest up keep that

posture tall yes we're focusing on our

legs but you still want to think about

those back muscles to keep that nice

strong posture all right you ready to

speed it up here we go join me now

remember you can just speed it up or you

could give me two at each one going fast

all right you're with me this is the last

time on these squats join me come on

come on ten seconds nice and wide nice

and narrow five come on four three two one

that was fun so now we're going

back to those fast feet this time I'm

going to say side and when I say side

you're gonna jump to the side and bring

it back to center but we're gonna all

jump to your right

you ready here we go quick feet quick

feet side yup side side come on let's

get it side move

those feet move those feet side side side

let's go few more seconds three two one

tap it out now we go to the other side

and don't forget we have more of these

workouts available on the NTC app and

NTC premium is free in the US right now

has amazing programs in there so don't

forget to check it out

all right you ready three two one back

to quick feet we're going this way now

side come on side let's go side nice and fast

how fast can you bring it back to center

side yeah side side side and relax

alright team now we're going back to our

strength section you're feeling good

virtual high fives right now okay so now

we're going into a plank row with a hold

so when I say you're gonna pull and hold

and then you'll switch when I say drive

those elbows back and hold keep the hip

as level as you can you ready

join me now here we go up hold come on

switch drive those elbows back squeeze hold switch

switch so the wider your feet are the more

stability you have switch yep so if you

want to make it switch easier you could

bring your feet wider switch or you can

bring them more narrow to make it more

challenging

switch let's get two more switch switch

and relax all right bring those feet

down so now we're gonna go into a hinge

you may have seen this before

we did it in the warm-up but now

we're going single leg slight bend in

the leg hinge slow and then drive it up

nice and easy at your own pace

you ready join me now so one leg leg leg

is slightly bent so this is that hinge

that we did in beginning single leg

deadlift like an airplane weee of your

head all the way to your leg you're

straight so your posture is strong

shoulders are back

yup squad we're crushing it together

right now heart rate is probably still

a little high yeah it's okay just focus

on you're slowing down your breath

but next around what we do these we're

gonna speed it up a little bit okay and

shout out to my running mommies who have

been tuning in finish my program

recently now you're doing Kirstie's I

love it

all right other side got a shout out to

the most amazing women that I know in LA

you ladies are so inspiring thank you

for pushing everyone around you so keep

that back flat shoulders back yup go at

your own pace

you might notice your ankles are like oh

whoa wobbly it's okay especially if

you're not used to doing balance work

this might feel really new to you good

job we've got a few more just like that

it's been really fun to watch all of you

guys tuning in the past few weeks /

months at this point it's been really

inspiring you guys are keeping me

motivated so thank you for that I've

been loving everyone tuning in to all

the workouts alright last one okay now

we're gonna go back into the ground and

similar to our you eccentrics that we did

with our push-ups and our split squat

we're gonna lower them down at my counts

you ready here we go pull lower down

four three two one switch lower down

four three two one switch so nice and

slow pretend like you're pushing

something that's invisible into the

ground switch lower down slow four three

two one like matrix-style like you're

like pushing something away from you but

you can't see it I know you can see it

but I can right stay with me up drive the

elbows back towards your hips

you're doing great come on up come on

come on Anthony I hope you're still with

me well dancing to the music I know you

can you can get the little dance breaks

in between one more up and relax so

super Sam always killing it love you

girl alright so now we're going up to

those hinges so you ready okay this time

I want you to drive it up fast so we're

gonna go slow slow slow

and then drive it up ready join me now

hinge back flat

slow slow slow drive it up so I want you to

pretend like you're breaking glass at

the top that knee I want it to go up

as fast as you can yeah if you're still working on the

balance stay where we were in that

first round but if you're feeling pretty

good I want to see that glass break come

on let's go up yeah whoo keep it strong

few more slow slow slow drive it up all

right other side slight bend in the leg

chest up let's get it whoo I am loving

this I am nice and sweaty I don't know

about you guys but I am sweaty

whoo all right drive it up remember

you're breaking glass and you might

notice one sides a little bit harder than

the other and that's totally fine that's

why I love doing single sided movements

because it always helps you recognize

where your weaknesses are but not only

that you're strengthening them like for

me I hurt my right ankle a long time ago

and this sides a little wobbly for me

all right last one drive it up okay now

we go little plank rows now I want you

to row fast okay so be in this plank

position row row ready join me now

let's pull pull

so if you want to make this harder take

those feet more narrow

what you got look past those fingertips

squeeze squeeze so heart rates probably

up on this one where you at mom are you

still working out with me come on you're

why I work hard you taught me everything

so you gotta keep going mom come on

10 more seconds

let's go last five come on three two one

relax okay we're going one more time on

those hinges this is the last round

we're gonna still break that glass I

want to stay there you ready all right

hinge slow break the glass almost fell

over keep that back flat drive it up

yeah

Shala I'm so glad you're working with me

thank you so much for being here it's

been so fun

first squad together come on if you're

feeling really fancy on these last one

squad and maybe you can be able to jump

at the top we got to stick it okay we

only got two more guys gotta stick that

landing last one all right relax other

side slight bend in the leg

we break the glass and then for that

last three we'll try to get a little

explosion we'll kind of stick that

landing

whoo yep slow slow slow control it I

love strength training it's something

that's changed my life in so many

different ways when I was able to see

how much stronger my body could be it

was such a good reminder anytime

anything was challenging for myself I

could remember how I was able to take

control and to make myself better and

make myself stronger so that's why I

love the strength train all right let's

get that explosive push right now up

stick it hinge whoa almost fell over

good thing I got my fireplace

last one and up all right squad

we're done with our little strength set

we're going to go back to those fast

feet this time we're going hip switches

so we're going to turn our hips back

so it's like a little fancy dance move so you

switch nice and

so when I say switch you move those hips

one direction only ready quick feet

let's go switch

switch switch switch switch

yes squad come on Kersey you still with

me switch switch switch switch yes and

relax all right team

we're getting close tap those feet out

now we got to go the other way on those

switches so catch your breath my heart

rates up ah all right you ready quick

feet with those hips switches going the

other way three two one let's go hut

switch switch yeah come on switch switch switch

come on come on stay with me switch

switch switch and relax

yes all right we are done with those

fast feet and I see my Chicago families

in the chat I love you guys I miss you

all so much I know I'm here in LA but

Chicago will forever be my heart so I

love you guys okay so guess what it's

time for our finisher see time flies by

when you are having

fun what we're gonna do now is I'm gonna

give you a hold when I say hold you're

gonna hold it in a squat just like this

but before that we're gonna work for 20

seconds in a squat in a speed squat or a

squat jump whatever you want to do and

when I say hold we'll hold it low we're going

to get three times

okay so this is one of two finishers you

ready to join me alright squad so we've

got twenty second speed squats here we

go let's get it in three two one

squat jumps or speed jumps what you got

we're getting close to the end so if you

have any questions for me we're gonna

answer them at the end of the chat

cooldown I can't even talk let's go

three two one hold yeah there we go catch your breath

now if you want to waddle over to your

computer and ask you a question type it

up I'll answer when it is time for the cool down all right

let's stay low come on promise your legs

aren't gonna fall off this is Round one of

three you ready three two one speed

squats or squat jumps let's go come on

are you moving quick

let's get it get low keep that chest up

your legs are gonna feel like they're

gonna fall but I promise they're gonna be

there the whole time

okay they're keeping you up keeping you

strong three two hold oh there it is

ooh happy thoughts happy thoughts

come on squad whoo we're almost there

big inhale big exhale team are you with

me for our last round best round in

three two one

squats or squat jump what you got come

on let those legs burn right now come on

come on almost there

give me five three two hold this is it

we have one more okay one more set of

finishers then we're done so stay with me ten seconds ah

breathe I love it so many different

cities joining in a chat right now from

all over the US and I know my toronto

fam is here too

alright come on three two one

stand it up tap it out so we're not done

yet we're not done yet

we've got another litter little finisher

I say a little you know they might over

involve something that's called a burpee

and everyone was like no okay

so we're gonna go to a burpee you can

walk it out walk it in and up whatever

you want to do or you can jump you can

give me some some good old Kirstie Gotso

hot sauce burpees whatever you

want but then we've got twenty seconds

in a plank hold okay and I know it's so

super Sam is in the chat working out

with us and girl is gonna crush these

burpees right now aren't you girl come on

alright push-ups or burpees first I don't even

know what day it is anymore you ready

for those burpees

here we go three two one jump it up jump

it down we've got three rounds of this

burpees and plank

so keep it strong don't just throw

yourself on the ground use those arms

use your core to keep you strong we have

five come on four three two one and

plank hold 20 seconds

squeeze those quads push energy through

your heels

happy thoughts I promise it's almost

over

breathe big inhale big exhale come on

we're back to burpees in three two one

come on almost there up drop it down

squad this is where it really counts I

know you're tired but I'm right here

with you I'm just as tired as you guys

are come on but we do this together

knowing that we can all push together is

what gets me motivated so I need you

come on three two one

plank hold yeah let's get it so

shoulders down your back

it's okay we need to go to your knees

just hold it I just want you to super

strong on these we're not quitting

you're with me we have one more round

last round best round right now four

three two one come on give it all you

got

maybe you got a tuck jump Burpee I don't

know step it step it in whatever

you got ten seconds then we have our

plnk hold

come on squad five four

let's go for three two get an extra

one plank hold this is it hmm

shoulders back keep it strong

let the calm happy thoughts

swell through your body because this

is it we have five seconds squad don't

drop early come on four three two slowly

lower those legs down let's just

take a little nap alright just kidding I

want you to place your hands right

underneath your shoulders peel yourself

up and off the ground with the shoulders

long down your back so really try to

actively push in the ground squeeze your

butt push your top of your your feet to

the ground

big inhale big exhale oh Anthony has

been feeling this playlist his question

is how can you get this playlist you can

check out the Spotify link in the

YouTube description told you my girl

kills it

Filipinos so sit back into Child's Pose

and really reach through for those

fingertips

big inhale big exhales get your breath

slowed down a little bit you guys Rock

huh alright peel yourself up off the ground

we're gonna sit with our feet in front

of us like we're just chilling out like

this feet a little wider than our hips

you can place your hands behind you for

some stability we're gonna drop the

knees side to side and Julio wants to

know what shoes I'm wearing he wants a

pair these are the super rep this is a great

shoe for hiit so today it was a perfect

workout

it even has this thing called the Burpee

break that puts you in a really great

position for the burpees that we were in

and in a plank position whoo let's get a

few more just like that so now I want

you to drop it to one side square

yourself to the shin and then fold

yourself forward Michelle asked so she's

been doing it beginner workouts in the

app and wondering what other workouts

she could do to get stronger well if you

haven't already done my kick it off

program which is a really great total

body beginner strength program or

anybody can really do it Kirstey just

released an awesome strengthen hit

program that just came out I also love

the breakthrough challenge because it's

a great holistic program with yoga

animal flow

strength and hiit so there are tons of

programs in there there's also a bunch

of regular workouts that aren't in

programs as well so check them out

alright go ahead and flip it over to the

other side same thing square yourself

forward

oh I love this question what does it

mean to you to represent as an

asian-american woman and athlete I love

this so much it's funny because this

year was something was a year that I was

like you know I really want to embrace

being Who I am and where I came from

and I was actually born in the

Philippines and I came to the US when I

was only 2 years old

so obviously didn't remember the

Philippines very much and I went for

Christmas with my mom this past year for

the first time and it was just so

amazing to be able to get cultural touch

with my culture but for me it's just

really representing and being proud of

everything that I do and always

remembering where it came from because

you know my mom is such a big

representation of all of my hard work

and she's taught me everything and I

really think it's because we came from

the Philippines and I just like to be

really proud of everything and I love

Filipino food and yeah I don't know if that

really answers the question but yeah but anyway thank you

everyone