

# WEEK 2

# WEIGHTED WORKOUT

do universal warm up before this

## 1) KNEE DRILL FROM DISTANCE

10 FROM 30 FT - MAKE THESE INTENSE  
10 FROM 40 FT - MAKE THESE INTENSE  
10 FROM 50 FT - MAKE THESE INTENSE  
5 FROM 40 FT - MAKE THESE INTENSE  
5 FROM 30 FT - MAKE THESE INTENSE

use your weighted vest the whole time.

adjust distances as needed  
- should be able to make it in air to the plate

**\*3 min break\***

## 2) FORWARD GLIDES WITH MED BALL

20 FORWARD GLIDE THROWS - NO CHASE, THROW FOR DISTANCE

use your weighted vest & both ankle weights

10 FULL PITCHES - NO BALL, NO WEIGHTS ON, MOVE QUICK & BALANCED

**\*3 min break\***

## 3) PUNCH N GO - FROM 10 FT CLOSER THAN YOUR REGULAR FULL DISTANCE.

10 - NO VEST  
10 - WITH VEST  
5 - NO VEST  
5 - WITH VEST  
3 - NO VEST - MOVE AS FAST AND FREE AS YOU CAN.

**\*3-5 min break\***

## 4) BALLERINA DRILL - FROM 5 FT CLOSER THAN REG FULL DISTANCE

7 WITH ANKLE WEIGHT ON STRIDE FOOT ONLY  
7 WITH ANKLE WEIGHT ON DRAG FOOT ONLY  
5 WITH NO WEIGHTS

**\*3 min break\***

## 5) BOSU BALL FULL PITCH - REGULAR DISTANCE

10 WITH WEIGHTED VEST ON ONLY  
10 WITH BOTH ANKLE WEIGHTS ON ONLY  
10 WITH NO WEIGHTS - SUPER BALANCED & CONTROLLED

**\*3 min break\***

## 6) FULL PITCH - REGULAR DISTANCE

FINISH WITH 12 FULL PITCHES - PICK WHETHER TO PUT ANKLE WEIGHT ON DRAG OR STRIDE LEG - WHICH ONE FOR YOU NEEDS THE MOST STRENGTH? THEN 10 PITCHES, NO WEIGHT, FOCUS ON STRIDE OR DRAG - WHICHEVER IS MOST IMPORTANT FOR YOU

