

# FOUNDATION

## WEDNESDAY

CHALLENGE 2

## NOTES

*WORKOUTS  
ARE IN ITALICS  
AND THIS  
COLOR*



## TUESDAY

CHALLENGE 1

"BEFORE"  
VIDEO

## SATURDAY

NUTRITION:  
HYDRATION

UNIVERSAL  
WARM UP

STRENGTH  
WORKOUT 1

## MONDAY

WELCOME

INTRO  
YOURSELF

COMMIT

GOALS

SAY HI

## FRIDAY

INTRO TO  
FOUNDATION

BODY  
AWARENESS

*BODY  
AWARENESS  
WORKOUT*

## SUNDAY

## THURSDAY

SUPPORT  
CHALLENGE

CHALLENGE  
RESULTS

HOW TO EARN  
YOUR WINGS

# FOUNDATION

## SUNDAY

OPTION TO WATCH ZOOM WEEK 1 RECORDING

## MONDAY

FOUNDATIONAL NUMBERS

FIND YOUR NUMBERS PART 1

FOUNDATION NUMBERS WORKOUT

## TUESDAY

*WHIP*

*WHIP WORKOUT*

## WEDNESDAY

FIND YOUR NUMBERS PART 2

WHIP/RELEASE POINT WORK

*WHIP/RELEASE POINT WORKOUT*

## THURSDAY

QUALITY OF WHIP

REPEAT STRENGTH WORKOUT 1

## FRIDAY

COMPETITION

QUALITY OF WHIP AND STABILITY COMPETITION

## SATURDAY

NUTRITION: CARBS

STRENGTH WORKOUT 2

## NOTES

WORKOUTS ARE IN ITALICS AND THIS COLOR



# FOUNDATION

## SUNDAY

OFF DAY

OR

OPTION TO WATCH ZOOM WEEK 2 RECORDING

## MONDAY

ARM CIRCLE

ARM CIRCLE WORKOUT

## TUESDAY

GLIDE AND DRAG

GLIDE WORKOUT

## WEDNESDAY

WINDUP WITH GLIDE

GLIDE MEDBALL WORKOUT

GLIDE WITH GLOVE WORKOUT

## THURSDAY

DRILL TO INCORPORATE GLIDE

## FRIDAY

GLOVEHAND

GLOVEHAND WORKOUT

## SATURDAY

NUTRITION: PROTEIN

STRENGTH WORKOUT 3

## NOTES

IMPLEMENTATION WEEK COMING NEXT WEEK



# FOUNDATION

WEDNESDAY

IMPLEMENTATION WEEK



FLY HIGH!

NOTES

TUESDAY

IMPLEMENTATION WEEK

IMPLEMENTATION WEEK

SATURDAY

MONDAY

MIDWAY SUMMARY VIDEO

6 THINGS FOR IMPLEMENTATION WEEK

FRIDAY

IMPLEMENTATION WEEK

SUNDAY

WEEK 4 IS IMPLEMENTATION WEEK

PLAN YOUR WEEK ON SUNDAY AND CHOOSE WHAT YOU WILL DO FOR THIS WEEK

THURSDAY

IMPLEMENTATION WEEK

# FOUNDATION

SUNDAY

OFF DAY

MONDAY

LIFT AND REACH

TUESDAY

FRONT SIDE RESISTANCE

FRONT SIDE RESISTANCE WORKOUT

WEDNESDAY

OFF DAY

THURSDAY

PUTTING IT ALL TOGETHER

PUTTING IT ALL TOGETHER WORKOUT

FRIDAY

OFF DAY

SATURDAY

NUTRITION: SNACKS

STRENGTH WORKOUT WEEK 5

NOTES

KEEP PUSHING THESE LAST TWO WEEKS!

FLY HIGH!



# FOUNDATION

SUNDAY

OFF DAY

OR

OPTION TO  
WATCH  
ZOOM WEEK  
2  
RECORDING

MONDAY

ATTENTION  
TO DETAIL

TAI CHI +  
WORKOUT

TUESDAY

LAUNCH  
POSITION

LAUNCH  
WORKOUT

WEDNESDAY

WINDUP FEEL &  
CONSISTENCY

TEMPO &  
TIMING  
WORKOUT

THURSDAY

FULL PITCH

SUBMIT  
"AFTER"  
VIDEO

FRIDAY

FINAL  
CHALLENGES

CHALLENGE 1  
& 2 REPEAT

SATURDAY

NUTRITION:  
RECOVERY

STRENGTH  
WORKOUT  
WEEK 6

WATCH  
ZOOM 6  
RECORDING

NOTES

COURSE  
SUMMARY

WHAT'S NEXT?

4 KEYS TO  
ACCURACY