

WEEK 1

FUNDIES WORKOUT

0) 10 MIN YOGA STRETCH - LINK IN COURSE

1) TOWEL WHIPS

30 TOWEL WHIPS - MAKE THEM REALISTIC
FEEL YOUR ELBOW PULL DOWN AND FEEL YOUR
WRIST AND FINGER TIPS CREATE WHIP THROUGH
YOUR RELEASE

2) KNEE DRILL FROM K WITH BASEBALL OR ANY SMALLER BALL YOU HAVE

15 PITCHES. GOING AT 70-80%
GOAL: FEEL RELEASE POINT, WHIP & FINGER TIPS WITH SPIN
ALSO FOCUS ON STABILITY
DO NOT GO ALL OUT. FOCUS ON PERFECT FORM

3) KNEE DRILL FULL CIRCLE

20 PITCHES. ALTERNATE EVERY OTHER ONE WITH BASEBALL
AND REGULAR BALL.
FOCUS ON SMOOTHNESS & STABILITY
GO AT 70-80% - GO FOR PERFECT FORM

4) PUSH TO CHECK

12 PUSH TO CHECKS - NO BALL NEEDED
FOCUS ON LAUNCH POSITION, GLIDE, DRAG & FRONT SIDE
RESISTANCE.
MAKE SURE YOU'RE LANDING AT YOUR FF CLOSURE # &
ANKLE TO KNEE RELATIONSHIP #

8 RUN THROUGHES - TAKE 30 SECONDS BETWEEN REPS

5) FULL PITCH - MOVE UP 5-7 FT FROM REG DISTANCE

40 FULL PITCH. 15 WITH BASEBALL, 25 WITH REGULAR BALL.
THESE SHOULD BE NICE AND EASY. 70-80%. NOT ALL OUT
MAKE SURE YOU'RE LANDING IN SAME PLACE EVERY TIME.
SPECIFICALLY FEEL SMOOTHNESS, DRAGGING ON YOUR TOE
AND A BALANCED FINISH.

