



WEEK 1 CHECKLIST

DID YOU DO THESE THINGS?

WATCH ZOOM ORIENTATION

SAY HI IN THE COMMUNITY

SET YOUR INTENTION

CHALLENGE 1

MAKE YOUR "BEFORE" VIDEO

CHALLENGE 2

FLY HIGH SUPPORT CHALLENGE

KNOW HOW MANY WINGS YOU EARNED

BODY AWARENESS WORKOUT & VIDEO

STRENGTH WORKOUT 1

HYDRATION CHALLENGE



WEEK 2 CHECKLIST

DID YOU COMPLETE THESE THINGS?

- FIND YOUR 7 FOUNDATIONAL #S
- EARLIER OR LATER STAGES FOUNDATION #S WORKOUT
- WHIP WORKOUT
- SUBMIT WHIP VIDEO
- WHIP RELEASE POINT WORKOUT
- STABILITY AND QUALITY OF WHIP COMPETITION
- REPEAT STRENGTH WORKOUT 1
- CARB CHALLENGE
- STRENGTH WORKOUT 2



WEEK 3 CHECKLIST

DID YOU COMPLETE THESE THINGS?

- ARM CIRCLE WORKOUT
- GLIDES WORKOUT
- MED BALL GLIDES WORKOUT
- GLIDE WITH GLOVE WORKOUT
- ATTEMPTED K DRILL WITH GLIDE & PUSH
- GLOVEHAND WORKOUT
- PROTEIN CHALLENGE
- STRENGTH WORKOUT 3



WEEK 4 CHECKLIST

DID YOU COMPLETE THESE THINGS?

- WATCH MIDWAY SUMMARY VIDEO**

- DECIDE IF YOU ARE TAKING IMPLEMENTATION WEEK OR MOVING FORWARD IN COURSE**

- IF TAKING IMPLEMENTATION WEEK, LOOK AT 6 THINGS TO DO IN IMPLEMENTATION WEEK AND PLAN YOUR SCHEDULE FOR THE WEEK**

***IF NOT TAKING IMPLEMENTATION WEEK,
MOVE FORWARD TO WEEK 5!***





WEEK 5 CHECKLIST

DID YOU COMPLETE THESE THINGS?

- ATTEMPT BUCKET K DRILL
- FRONT SIDE RESISTANCE WORKOUT
- ATTEMPT BUCKET DRILL FULL PITCH
- PUTTING IT ALL TOGETHER WORKOUT
- SNACK CHALLENGE
- STRENGTH WORKOUT WEEK 5



WEEK 6 CHECKLIST

DID YOU COMPLETE THESE THINGS?

- TAI CHI WORKOUT
- LAUNCH POSITION WORKOUT
- TEMPO & TIMING WORKOUT
- SUBMIT "AFTER" VIDEO
- REPEAT CHALLENGE 1
- REPEAT CHALLENGE 2
- RECOVERY CHALLENGE
- STRENGTH WORKOUT - WEEK 6
- WATCH SUCCESS PATH VIDEO
- WATCH 4 KEYS TO ACCURACY

