



WEEK 1 CHECKLIST

DID YOU DO THESE THINGS?

- WATCH WELCOME TO VELOCITY
- WATCH RECOMMENDED FIRST
- LEARN TOPIC: MOVE WITH INTENSITY
- COMPLETE 5 DRILLS WORKOUT 1
- REVIEW BACKSIDE QUICKNESS
- COMPLETE WEIGHTED WORKOUT 1
- COMPLETE FUNDAMENTAL WORKOUT 1
- LEARN LONG TOSS
- COMPLETE LONG TOSS WORKOUT
- COMPLETE BALANCE/ACCURACY WORKOUT
- COMPLETE HYDRATION CHALLENGE
- COMPLETE STRENGTH WORKOUT 1

