

WEEK 1 LONG TOSS WORKOUT

DO YOUR FULL NORMAL WARM UP

1) MAKE SURE YOU READ THE TAKEAWAYS IN THE LONG TOSS VIDEO LESSON TO GET THE MOST OUT OF YOUR LONG TOSS!

2) AFTER YOUR NORMAL WARM UP, STRETCH YOUR ARMS OUT SOME MORE AS WELL AS YOUR HIPS

3) LONG TOSS

2 AT 60%

2 AT 70%

2 AT 80%

5 AT MAX 100% INTENSITY (THIS IS SET 1)

BREAK FOR 3-4 MIN

5 AT MAX INTENSITY TRYING TO BEAT DISTANCE (THIS IS SET 2)

BREAK FOR 3-4 MIN

3 AT MAX INTENSITY - GO ALL OUT! LET IT RIP (THIS IS SET 3)

4) IMMEDIATELY GO TO REGULAR DISTANCE WALK THROUGH

TAKE 5-7 PITCHES, GIVING THE SAME ENERGY YOU JUST GAVE IN LONG TOSS BUT TRYING TO ADJUST YOUR RELEASE POINT, BUT DON'T TRY TO BE ABSOLUTELY PERFECT WITH LOCATION. FOCUS ON ADJUSTING BUT NOT PERFECTION.

5) FULL PITCH

10 PITCHES GOING HARD. USING YOUR FULL BODY. NOT WORRIED ABOUT PERFECT LOCATION BUT GIVING FULL INTENSITY AND FEELING YOUR BODY ADJUST AS YOU GO

