

# WEEK 2

# FUNDIES WORKOUT

## 0) 10 MIN YOGA STRETCH - LINK IN COURSE

### 1A) ENHANCED LAUNCH POSITION

30 SECOND PUSH AGAINST THE WALL AS HARD AS YOU CAN, 30 SECONDS REST. X 4 SETS

### 1B) TRIPLE EXTENSION HOLD

30 SECOND EXTENSION HOLD IN PERFECT POSITION. 30 SECONDS REST X 4 SETS.

## 2) KNEE DRILL FROM K WITH BASEBALL OR ANY SMALLER BALL YOU HAVE - 15 FT AWAY

15 PITCHES. GOING AT 70-80%

GOAL: MAKE ADJUSTMENTS FROM THE LAST TIME YOU DID THIS. FEEL YOUR RELEASE POINT AND MAKE SMALL CHANGES. DO NOT GO ALL OUT. FOCUS ON PERFECT FORM

## 3) WALK THROUGHES - 7-10 FT LESS THAN FULL DISTANCE

THESE SHOULD FOCUS ON RHYTHM, SMOOTHNESS AND TIMING. YOU'RE NOT TRYING TO GO ALL OUT.

STILL GET BIG, AND REACH AND HAVE LONG ARMS. DRAG ON YOUR TOE.

12 REPS, 70% - NICE AND EASY.

## 4) NO WINDUP DRILL - 7-10 FT LESS THAN FULL DISTANCE

GENERATE POWER FROM YOUR LAUNCH LEGS & LAUNCH POSITION. KEEP YOUR ARMS INSIDE SHOULDERS, REACHING FORWARD CATCHER

20 REPS. 8 OR HIGHER SMOOTHNESS.

GO AT 70%. USE REAL BALL.

## 5) FULL PITCH - 5-7 FT LESS THAN FULL 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. ADJUST RELEASE POINT AS NEEDED

