

# WEEK 2 CHECKLIST

## DID YOU COMPLETE THESE THINGS?

- WATCH TOPIC: LAUNCH & PUNCH
- COMPLETE 4 DRILLS WORKOUT WEEK 2
- COMPLETE WEIGHTED WORKOUT WEEK 2
- ATTEMPT ENHANCED LAUNCH POSITION
- ATTEMPT TRIPLE EXTENSION POSITION
- COMPLETE FUNDAMENTAL WORKOUT WEEK 2
- REPEAT STRENGTH WORKOUT WEEK 1
- WATCH ARM SPEED VIDEO
- COMPLETE LONG TOSS WORKOUT 2
- COMPLETE BALANCE/ACCURACY WORKOUT 2
- WATCH CARBOHYDRATES LESSON
- COMPLETE CARB CHALLENGE
- COMPLETE STRENGTH WORKOUT 2

