

### WORKOUT 1

\* TABATA (:20 SEC EXERCISE :10 REST)

- 1 PUSH-UPS
- 2 LATERAL PLANK WALKS X 3
- 3 RUSSIAN TWISTS
- 4 SKATER HOPS
- 5 BURPEES w/ NO PUSH-UP

\* PERFORM EVERY EXERCISE X2, MOVE ON

\* REST 2 MINUTES AFTER EACH ROUND

\* COMPLETE 4 ROUNDS

### HITTING

TEE HITTING

- 1 UP MIDDLE X 15-25 SWINGS
- 2 OPPO FIELD X 15-25
- 3 PULL SIDE X 15-25
- 4 UP MIDDLE X 15-25 SWINGS

### DB WORKOUT FINISHER 2X15

- 1 LATERAL RAISES
- 2 FRONTAL RAISES
- 3 INT/EXT ROTATIONS
- 4 TOUCHDOWN ROTATIONS
- 5 WIDE-TALL CIRCLES
- 6 I-Y-T-A PULSES

### WORKOUT 2

\* 50 REPS EACH EXERCISE (RECORD COMPLETION TIME) \* (AS MANY ROUNDS AS POSSIBLE IN 25 MIN)

- 1 PUSH-UPS
- 2 STRAIGHT LEG SIT-UPS
- 3 MT CLIMBERS (L-R COUNTS AS 1)
- 4 TUCK JUMPS
- 5 RUSSIAN TWISTS (L-R COUNT AS 1)
- 6 SQUAT JUMPS
- 7 LUNGES
- 8 SKATER JUMPS
- 9 SUPERMAN PULSES
- 10 BURPEES

### HITTING

TEE HITTING

- 1 UP MIDDLE X 15-25 SWINGS
- 2 OPPO FIELD X 15-25
- 3 PULL SIDE X 15-25
- 4 UP MIDDLE X 15-25 SWINGS

### DB WORKOUT FINISHER 2X15

- 1 LATERAL RAISES
- 2 FRONTAL RAISES
- 3 INT/EXT ROTATIONS
- 4 TOUCHDOWN ROTATIONS
- 5 WIDE-TALL CIRCLES
- 6 I-Y-T-A PULSES

### WORKOUT 3

\* (AS MANY ROUNDS AS POSSIBLE IN 25 MIN)

- 1 DEAD STOP PUSH UPS X 6
- 2 FWD LUNGE X 8
- 3 TOE TOUCHES X 10
- 4 BLAST OFF PUSH-UPS X 8
- 5 REV LUNGE X 8
- 6 RUSSIAN TWISTS X 20
- 7 SUPERMAN PULSES X 16
- 8 LUNGE TO POWER SKIP X 5/EACH LEG
- 9 PUSH THROUGH X 20

### HITTING

TEE HITTING

- 1 UP MIDDLE X 15-25 SWINGS
- 2 OPPO FIELD X 15-25
- 3 PULL SIDE X 15-25
- 4 UP MIDDLE X 15-25 SWINGS

### DB WORKOUT FINISHER 2X15

- 1 LATERAL RAISES
- 2 FRONTAL RAISES
- 3 INT/EXT ROTATIONS
- 4 TOUCHDOWN ROTATIONS
- 5 WIDE-TALL CIRCLES
- 6 I-Y-T-A PULSES

### **WORKOUT A**

#### CORE

- 1 REGULAR SIT-UPS X 10
  - 2 FLUTTER KICKS X 12
  - 3 LEG RAISES X 10
  - 4 BICYCLES X 10
  - 5 CRUNCHES X 10
  - 6 PULL-INS X 10
  - 7 BIRD DOGS X 10
  - 8 PLANK HOLD 30 SEC
- 3-7 SETS

### **DRY SWINGS**

- HEAVY BAT X 15-25  
LIGHT BAT X 15-25  
REGULAR BAT X 15-25

### **DYNAMIC WARM-UP**

#### SPRINTS

- START TECHNIQUES X 10
- 10 YARDS X 5
  - 30 YARDS X 5
  - 60 YARDS X 3
  - 100 YARDS X 3
  - 60 YARDS X 1
  - 30 YARDS X 1
  - 10 YARDS X 1

### **THROWING**

- 15-25 THROWS AT 90 FT  
15-25 THROWS AT 150 FT  
10-15 THROWS AS FAR AS YOU CAN REACH

### **WORKOUT B**

#### CORE

- 1 STRAIGHT LEG SIT-UPS X 10
  - 2 REVERSE CRUNCHES X 10
  - 3 WINDSHIELD WIPERS X10
  - 4 HEEL TOUCHES X 12
  - 5 RUSSIAN TWISTS X 20
  - 6 PUSH THROUGHS X 20
  - 7 PLANK SPIDERMAN X 12
  - 8 CROSS PLANKS X 12
- 3-7 SETS

### **DRY SWINGS**

- HEAVY BAT X 15-25  
LIGHT BAT X 15-25  
REGULAR BAT X 15-25

### **DYNAMIC WARM-UP**

#### SPRINTS

- START TECHNIQUES X 10
- 10 YARDS X 5
  - 30 YARDS X 5
  - 60 YARDS X 3
  - 100 YARDS X 3
  - 60 YARDS X 1
  - 30 YARDS X 1
  - 10 YARDS X 1

### **THROWING**

- 15-25 THROWS AT 90 FT  
15-25 THROWS AT 150 FT  
10-15 THROWS AS FAR AS YOU CAN REACH

### **WORKOUT C**

#### CORE

- 1 FLUTTER KICKS X 10
  - 2 BICYCLES X 10
  - 3 SIT-UPS X 10
  - 4 RUSSIAN TWISTS TOE TOUCH X 10
  - 5 REVERSE CRUNCH X 10
  - 6 WINDSHIELD WIPERS X 10
  - 7 PULL-INS X 10
  - 8 SUPERMAN PULSES X 20
- 3-7 SETS

### **DRY SWINGS**

- HEAVY BAT X 15-25  
LIGHT BAT X 15-25  
REGULAR BAT X 15-25

### **DYNAMIC WARM-UP**

#### SPRINTS

- START TECHNIQUES X 10
- 10 YARDS X 5
  - 30 YARDS X 5
  - 60 YARDS X 3
  - 100 YARDS X 3
  - 60 YARDS X 1
  - 30 YARDS X 1
  - 10 YARDS X 1

### **THROWING**

- 15-25 THROWS AT 90 FT  
15-25 THROWS AT 150 FT  
10-15 THROWS AS FAR AS YOU CAN REACH

5 THROWS AT 150 FT  
5 THROWS AT 90 FT

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5 THROWS AT 90 FT

5 THROWS AT 150 FT  
5 THROWS AT 90 FT