



BASEBALL WARMUP

JOG & BACK PEDAL



1 1 REP EACH

SKIPPING WITH ARM CIRCLES



2 1 REP

GRASS PICKERS



3 1 REP

SHUFFLE SHUFFLE SPRINT



4 1 REP

TURN AND BURN



5 1 REP

DOUBLE LINE JUMPS



6 10 REPS EACH

SHOULDER ROTATIONS



7 3 REPS EACH

ELBOW/WRIST STRETCH



8 3 FOR 10 SECONDS

STRIDE REACH



9 5 / SIDE

STANDING ELBOW TO KNEE



10 5 / SIDE

LUNGE WITH ROTATION AND FINGER PULLS



11 3 / SIDE / DIRECTION

INCH WORMS



12 3 REPS

HANDS AND KNEES ROTATION



13 5 / SIDE / DIRECTION

HANDS AND KNEES SHOULDER STRETCH



14 3 / SIDE

3 G'S HANDS AND KNEES



15 3 / 1S HOLD



SCAN QR CODE

FOR VIDEO INSTRUCTIONS

