



Virtual Coach  
Week 1 Workout Plan

Hi Bulldogs! Here is a fun and challenging workout plan for you to get started with. Remember, it is important to stay in shape, eat healthy and stay positive for the upcoming season.

You should do this workout at least 3 days this week, take one day off in between to get your arm some rest. Do not perform any exercise if you experience soreness or pain in your arm or any other body part.

1. Dynamic Warm Up, [click here for video](#)
2. Throwing Routine (approximately 40-50 throws), [click here for video](#)
3. Fielding Drills without Partner (15-25 reps per drill), [click here for video](#)
4. Practice the 6 F's of Fielding (20 reps), [click here for video](#)
5. Outfielding Drills (20 reps per drills), [click here for video](#)
6. Wall Ball Game (if available), Play a game to 20, [click here for video](#)
7. Body Weight Strength Training (perform one full set of each then repeat for a total of 3 sets):
  - A. Squats: 3 sets of 15, [click here for video](#)
  - B. Shoulder Taps: 3 sets of 20, [click here for video](#)
  - C. Skaters: 3 sets of 20, [click here for video](#)
  - D. Rotational Crunch: 3 sets of 10 each side, [click here for video](#)
  - E. Lunges: 3 sets of 15, [click here for video](#)