

Virtual Coach
Week 2 Workout Plan

Hi Bulldogs! Here is a fun and challenging workout plan for you to continue 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. Deflection Fielding Drills (15-25 reps per drill), [click here for video](#)
4. Fielding Prep Step (15 reps per drill), [click here for video](#)
5. Hitting (8-10 swings per round), [click here for video](#)
6. FUN!: One/Two Ball Challenges, [click here for video](#)
7. Body Weight Strength Training: Be sure to have water nearby and take breaks as needed.

Complete A-D two times

- 15 second light jog to start, then in between each lettered exercise.
- A. Jumping Jacks (30 seconds), [click here for video](#)
- A. Burpees (30 seconds), [click here for video](#)
 - Light Jog (15 seconds)
- B. Lateral Step & Reach (30 seconds), [click here for video](#)
- B. Vertical Jacks (30 seconds), [click here for video](#)
 - Light Jog
- C. High Knee Pauses (30 seconds), [click here for video](#)
- C. Fly Jacks (30 seconds), [click here for video](#)
 - Light Jog
- D. Lunge Jacks, (30 seconds), [click here for video](#)
- D. High Knee Jacks (30 seconds), [click here for video](#)