



Virtual Coach
Week 3 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. Throwing Cont. (Turn n' Burn + Jeter + On the Run), [click here for video](#)
4. Quarterback (QB) Drill, [click here for video](#)
5. Cut Offs, [click here for video](#)
6. Infield Tags, [click here for video](#)
7. Strength Training: Be sure to have water nearby and take breaks as needed. Use appropriate household items as weights if needed.

Complete A-D two times

- A. Broad Jumps (30 seconds), [click here for video](#)
- A. Rows (2 sets of 10 reps each arm), [click here for video](#)
- B. 180 Squat Jumps (30 seconds), [click here for video](#)
- B. Shoulder Press (2 sets of 10 reps), [click here for video](#)
- C. Bulgarian Split Squat (30 seconds each leg), [click here for video](#)
- C. Shoulder Flies (2 sets of 10 reps), [click here for video](#)
- D. Single Leg Pulse Ups (30 seconds each leg), [click here for video](#)
- D. Elevated Push Ups (2 sets of 10 reps - you can add or minus as needed), [click here for video](#)