



Virtual Coach  
Week 4 Workout Plan

Hello Bulldogs! I hope that you are staying active and using your free time to do your best on your school work and staying prepared for baseball.

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. Quarterback (QB) Drill- [click here for video](#)
6. Wall Ball Game (if available), Play a game to 20, [click here for video](#)
7. Body Weight Strength Training
  - A. Squats: 3 sets of 15, [click here for video](#)
  - B. Shoulder Taps: 3 sets of 20, [click here for video](#)
  - C. Bulgarian Split Squat 2 sets of 10 each leg: [click here for video](#)
  - D. Rotational Crunch: 3 sets of 10 each side, [click here for video](#)
  - E. Lunge Jacks: 3 sets of 15, [click here for video](#)
  - F. Burpees: 3 sets of 30 seconds, [click here for video](#)