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## WAKE UP WARM UP

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DYNAMIC SERIES 1  
DYNAMIC SERIES 2  
CALISTHENICS  
LADDERS  
HURDLES  
STRETCH

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## ARM ACTIVATION

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BAND FAST 5  
row, victory,  
pulldowns,90/90  
snow angels  
BELL CLUB  
WEIGHTED SOCK FIG.8  
WEIGHTED BALL FLICKS  
front, side, cross, scare  
crows  
ARM CIRCLE SERIES  
SAWS  
WATER SHAKER  
GRIPPER

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## PVC DRILL

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BALANCE  
FRONT GRINDERS  
BACK GRINDERS  
POWERLINE  
SEPARATION  
'T' up  
POWERLINE  
BLT  
FRONT HURDLES  
BACK HURDLES  
PITCH

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## BANDS

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ROW (H)  
REVERSE FLY (L)  
PULLDOWN (H)  
90/90 (L)  
SCAPTION (L)  
INCLINE PLUS (H)  
VICTORY (L)  
**ARCHERS (H)**  
**PULLDOWN (H)**  
**TIGER WALK (H)**  
**WY NEGATIVE (L)**  
**SNOW ANGEL (L)**  
**BEAR HUG (H)**  
AYTY (L)  
*SEE CHART*  
*BAND WT.*  
*10/3- 15/7- 40/10*

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## WATER BALL

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JUMP BACK SERIES  
JUMP IN SERIES  
HIP LOCK @TOE OFF  
IMPULSE DRILL  
IMPULSE STEP DOWN  
QUICK PICKS  
LUNGE PULSE STICK  
GM PROGRESSIONS  
W/BALL  
LUNGE W/PULSE CHOP  
LEAD LEG PLATE HOP

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## WATER BAG

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CLEAN AND PRESS  
HIGH SKATERS  
CLEAN  
KAYAKS  
LATERAL LUNGE  
CURTSY LUNGE  
LATERAL STEP UPS  
STEP UP HOPS  
LOW SKATERS  
LATERAL SLIDDER  
LUNGE HOPS  
MEDIUM SKATERS  
SHOULERS RAISES  
SINGLE LEG FIG8  
SINGLE LED DEADLIFT  
SINGLE LEG ROTATION

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## MED BALL

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AROUND THE WORLD  
-THROWS  
-SLAMS  
2 KNEE THROWS  
STANDING ISO THROWS  
RUN SKIP THROWS  
SHUFFLE THROWS  
VPX BELT  
CORE VELO BELT  
PITCH THROWS  
MOUND SERIES

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## PLYO BALL

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DECEL 1  
DECEL 2  
MARSHALLS  
TORQUES  
WALKING TORQUES  
BOX SQUATS  
QUICK PICKS  
DOUBLE PLAYS  
DP SHUFFLES  
ARM SWING SHUFFLE  
MOUND SERIES 1  
MOUND SERIES 2

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## CONNECTION BALL

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GLOVE SIDE  
FOREARM FLYOUT  
ELEVATED HUMERUS

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## BALANCE /LAND

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POWER ANGLE WALL  
KNEE FALLS  
LANDING W/BAND  
MED BALL WALKS (3)  
PARTNER FALLS  
TIRE LANDINGS  
CHAIR SITS  
CHAIR WALK OUTS

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## VPX BELT

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LOWER BODY TEMPO  
MOUND SERIES 1, 2,3  
PLYO BALLS  
MED BALL THROWS  
CONNECTION BALL  
PVC PIPE  
WATER BALL  
THROW TOSS  
LONG TOSS  
BLEND TEMPO  
BULLPENS

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## CORE VELO BELT

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BELT SET UP  
AROUND THE WORLD  
HINGE  
WEIGH MORE SERIES  
KNEE  
STANDING  
LANDING  
BALANCE  
WALKING WEIGH MORE  
STEP BACKS  
SB BALANCE  
MED BALL THROWS  
MOUND S1  
MOUND S2  
MOUND S3

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## THROW TOSS

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KNEE/STANDING  
FLIPS  
BALL DRAGS  
ISO HINGE  
ISO FINISH  
LANDING TOE TAPS  
LANDING FOLLOW THRU  
POSITION THROWS

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## LONG TOSS

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STRETCH PHASE  
PULLDOWN PHASE  
SHUFFLE  
BALANCE HOP  
ONE HOPPERS  
LTB 60-70%  
LTA 80-90%  
CHANGE UP GRIP

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## SHAPE TOSS

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FLAT BALL FB  
FLAT BALL CB FLIPS  
SOFTBALL FB  
SOFTBALL CB  
SOFTBALL SLD  
CURVE FLIPS  
SINKER FLIPS  
CAN TOSS  
FOOTBALL TOSS  
CLUB TOSS

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## LOWER TEMPO

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SHUFFLE THROWS  
2 HOP BACK LEG  
2 HOP FRONT LEG  
CADENCE -LAND/THROW  
FRONT LEG BAND 1&2  
FLAMINGOS  
WATERBALL SERIES  
WATERBAG SERIES  
JUMP BACK SERIES  
JUMP-IN SERIES  
MED BALL THROWS  
PVC PIPE  
FIRE HYDRATES  
CORE VELO BELT  
VPX BELT

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## UPPER TEMPO

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BLT'S PRE SET 90  
LANDING ARM CIRCLE  
BALANCE ARM CIRCLE  
QUICK PICKS  
SHUFFLES  
TURN N BURNS  
WALL HIGH 5  
WALL ELBOW STRIKES  
ELBOW STRIKES  
NOODLE DRILLS (3)  
WALL BACKSIDE ARM  
TOWEL SLAPS  
SOCK SLAMS  
SOCK FIG 8  
SOCK TEMPO

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## BLEND TEMPO

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SOULJA BOY LANDING  
SOULJA BOY 2 HOPS  
SOULJA BOY SHUFFLES  
GM PROGRESSION  
HOOKEM  
JUMP BACK WEIGH  
MORE

RISE



GRIND

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## RECOVERY

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IYT  
SKYDIVERS  
GOAL POSTS  
PLO BALL SERIES(6)  
BAND SERIES  
MED BALL SERIES  
CRYO THERAPY  
ICE  
MASSAGE  
FOAM ROLL SERIES  
MARC PRO  
ARM CARE SERIES

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## BULL PENS

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PITCH SELECTION  
OFF SPEED  
GAME  
SITUATIONAL  
DIFFERENT COUNTS  
DISTRACTION  
POOR MOUND  
LIVE HITTERS  
LIVE BUNTERS  
CONDITIONING

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## PFP

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GB SERIES  
BUNT SERIES  
PICK OFF SERIES  
BACK UP SERIES  
COVER HOME  
FLIP DRILL  
GLOVE FLIP DRILL  
COVER 1B  
HOLD RUNNER

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## MOVEMENT

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PITCH DESIGN  
FASTBALL  
OFF SPEED  
WHAT HITTERS THING  
PITCH SHAPING  
SITUATIONAL  
TOP 20 RULES  
MENTAL  
BREATHING

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## POWER

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HIPS  
LEGS  
SEPARATION  
WEIGHTS  
MED BALLS  
TIRES  
CORE VELO BELT  
VPX BELT  
LONG TOSS  
WEIGHTED PLYO  
BALLS  
WATER BALL  
WATER BAG

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## HEALTH

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DECEL SERIES  
RECOVERY  
MARC PRO  
ARM CARE EVAL  
CHIRO  
MASSAGE  
FOAM ROLLER SERIES  
BANDS  
ICE  
CRYO THERAPY  
REST

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## DYNAMIC SERIES 1

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SKIP  
SKIP DOUBLE ARM SWING  
SKIP ALT ARM SWING  
HIGH KNEE CLAPS  
HIGH KNEE OUT  
REVERSE HIGH KNEE OUT  
WALKING QUADS  
HIGH KNEES  
WALKING HAMMY  
BUTT KICKERS  
KARIOCOA  
TAPIOCA  
PIRIMORMIS  
LUNGE W/TWIST  
LUNGE W/REACH

**NOTE : ALL PLAYERS**

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## DYNAMIC SERIES 2

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TOE WALK  
HEEL WALK  
INSIDE FOOT WALK  
OUTSIDE FOOT WALK  
LOW KNEES OUT  
LOW KNEES IN  
LUNGE W/TWIST  
CURTSY LUNGE  
LATERAL LUNGE  
QUAD STRETCH  
TOE TOUCH  
SL RDL  
PIRIFORMIS  
FRANKESTEINS

**NOTE : PITCHERS**

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## CALISTHENICS SERIES

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JUMPING JACKS  
WINDMILLS  
CHERRY PICKERS  
PLANK PUSH UPS  
MOUNTAIN CLIMBERS  
PHANTOM SKIP ROPE  
YOGA SQUATS  
LATERAL LUNGES  
FROG HOPS  
BIG SURF  
PIKE JACKS  
SKATERS

**NOTE : ALL PLAYERS**

**BASEBALL FARM**

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