



Week 2 Day 2

The largest land animal in Antarctica is an insect: the columbola (which looks like an earwig). Penguins are considered marine animals.

Goal_____

Workout

- Mobility Warm up
- 12- Full circle with pitching leg forward- <https://vimeo.com/485423318/27486d984b>
- 12- Pitching leg forward to one foot-<https://vimeo.com/475075010/ef745fe14d>
- 12- Lunge, Lunge, Lunge, pitch- <https://vimeo.com/470139529/d071d3ab1a>
- 20- Knee on wall-<https://vimeo.com/475065425/34514d3a84>
- 20- Alternate one drive straight ahead (land on normal leg) and one jump it pitching arm leg
 - <https://vimeo.com/489380240/cc4c434117>
 - <https://vimeo.com/485256569/dc9679e55c>
- 20 Alternate one full pitch and one where you take 5 hard sprint steps off the mound
 - On the sprinting one start just like a pitch
- 21 Pitches- Alternate fast, change, and drop (if you don't throw a drop just do 20 pitches and alternate fast and change)
 - Don't worry about location, just think about the snap and spin of the pitches
- You pick the pitch, but you have to hit the location to move on
 - 0/2 high and in
 - Middle
 - Called strike inside
 - Called strike outside
 - 0/2 low and in
 - 0/2 high and in
 - Middle
 - Called strike outside
 - 0/2 high and out
 - Called strike inside
 - Middle
 - 0/2 low and out
- 2 Round of 7 Pitch and Go Get-<https://vimeo.com/471363311/1ef7c08fcd>

"The mind is everything. What you think you become." – Buddha