Week 4 Day 1

The Olympic rings cover every flag in the world. Yellow, green, red, black, and blue were selected because at least one of those five colors appears in every flag in the world.

Goal_____
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Workout

- Mobility Warm up
- 10 spins of every pitch except fast ball
- 15 Crossed feet to one foot - **https://vimeo.com/475075010/ef745fe14d**
- 10 full circle with feet- **https://vimeo.com/468913795**
- 10 change full circle from both knees ½ distance
- 10 change stop in K for change- **https://vimeo.com/468909187**
- 16 walk-throughs for spots-**https://vimeo.com/468515097**
    - Fast in, change in
    - Fast out, change out
- 7 rounds of all three
    - Normal pre-motion and jump to pitching arm foot (righties to R, lefties to L)- **https://vimeo.com/485256569/dc9679e55c**
    - Jump back and pitch- **https://vimeo.com/485259670/ea3277d214**
    - Normal fastball
- 3 Rounds of 3 in a row-You have to hit each pitch and location 3 times in a row to move to the next pitch. If you get 2 and then miss you start at zero
    - Fastball inside
    - Change up outside
    - Fastball low and out
- Keep track of the number out of 10 that are strike
- Fast in _____
- Drop in (change in if you don't have a drop)_____
- Curve (Drop out or change out)_____
- Change out 0-2 pitch _____

"I am not a product of my circumstances. I am a product of my decisions."
Stephen Covey