

LEVEL ELITE HITTING SYSTEM DELUXE

WORKOUT GUIDE

MOONSHOT MOBILITY	CORE CRUSHER	ELEVATE AND CELEBRATE	BAT SPEED BLITZ	SLUGGER 7'S	7 MINUTE SLUGGER BODYWEIGHT WORKOUT
FOAM ROLLING	PLANKS	9 POINT HOTSPOT	SKATERS	CONTACT DRILL	LONG JUMP TO SKATERS
HIP OPENERS	FIGURE 8'S	STAY CONNECTED	FENCE DRILL	WALK THROUGH DRILL	DEAD STOP PUSH UPS
REACH THE SKY	WINDSHIELD WIPERS	STAY THROUGH IT	OVERLOAD/ UNDERLOAD SWINGS	STRIDE TO BALANCE	AIR SQUATS
ROCKSTARS	REST FOR 30 SECONDS	STOP AT CONTACT	BALLISTIC BACKSIDE	DYNAMITE DRILL	PLANKS
CAN OPENERS	V-UPS	TWO HAND FRISBEE DRILL	LAUNCH POSITION WALKS	MIDDLE DRILL	SPLIT SQUAT JUMPS
HIP TO SHOULDER SEPARATION STRETCH	ROCKERS	STAY TALL AND FALL	PIZZA PALM PROGRESSIONS	WALL DRILL	RUSSIAN TWISTS
OPPO HAMSTRING STRETCH	REACH TO THE SKY	2 TEE DRILL	MED BALL SLAMS	SQUARE UPS	GLUTE BRIDGES
SEATED HAMSTRING STRETCH		SQUARE UPS	MED BALL ROTATIONAL THROWS		
CAT COW STRETCH			MED BALL THROWS OVER HEAD		
CHILD'S POSE					
HIP FLEXOR STRETCH					
WINDSHIELD WIPERS					