

WORKOUT GUIDE

| MOONSHOT MOBILITY | RAPID RECOVERY | MED BALL MADNESS | BULLETPROOF BAT SPEED | TORQUE TRIAD | 10 MINUTE BODYWEIGHT BLASTER |
|------------------------------------|-----------------------|----------------------------|------------------------------|--------------------------------------|-------------------------------------|
| FOAM ROLLING | RECOVERY STRETCHES | SLAMS | LAUNCH POSITION WALKS | OVERLOAD, UNDERLOAD, NORMAL | JUMPING JACKS (30 SECS) |
| HIP OPENERS | FOAM ROLL EXERCISES | MED BALL ROTATIONAL THROWS | OPEN STANCE PIZZA DRILL | 10 SWINGS EACH OFF THE TEE, 3 ROUNDS | SQUAT JUMPS (30 SECS) |
| REACH THE SKY | | MED BALL THROWS OVER HEAD | MIRROR PUNCHES | | ROTATIONAL PUSH UPS (30 SECS) |
| ROCKSTARS | | MED BALL THROWS BEHIND | FENCE DRILL | | SIDE LUNGES (30 SECS) |
| CAN OPENERS | | ROTATIONAL SLAMS | PIZZA PALM PROGRESSIONS | | PLANK (30 SECS) |
| HIP TO SHOULDER SEPARATION STRETCH | | CHEST PASSES | DYNAMITE DRILL | | MOUNTAIN CLIMBERS (30 SECS) |
| OPPO HAMSTRING STRETCH | | ONE KNEE ROTATIONAL THROWS | WALL DRILL | | REST - 1 MINUTE |
| SEATED HAMSTRING STRETCH | | SQUAT AND THROW | WOOD CHOPPERS | | REPEAT ABOVE EXERCISES |
| CAT COW STRETCH | | WOOD CHOPPERS | MED BALL SCOOPS | | PLANK UNTIL FAILURE |
| CHILD'S POSE | | | | | |
| HIP FLEXOR STRETCH | | | | | |
| WINDSHIELD WIPERS | | | | | |