



TARGET WORKOUT

**CHOOSE 5 OF YOUR FAVORITE SONGS
AND FOLLOW THE DRILLS AND EXERCISES
LAID OUT FOR EACH SONG!**

**IF YOU DON'T KNOW WHAT A DRILL IS,
CLICK ON IT TO WATCH A QUICK VIDEO!**

SONG #1

WARM-UP!

USE THE 1ST SONG TO GET READY!

SONG #2

**3-BALL DROP
(THROW 2 PITCHES TO EACH BALL)**

**3 BURPEES
(CATCHER RE-DROPS BALL WHILE PITCHER DOES BURPEES)**

REPEAT UNTIL THE END OF THE SONG

SONG #3

PUT A BATTER IN THE BOX!

**5 INSIDE ON A RIGHTY
3 SIT-UPS**

**5 INSIDE ON A LEFTY
10 JUMPING JACKS**

REPEAT UNTIL THE END OF THE SONG

SONG #4

PUT A BATTER IN THE BOX!

**5 KNEE HIGH PITCHES
3 PUSH-UPS
5 CHEST HIGH PITCHES
1 SPRINT TO CATCHER & BACK**

REPEAT UNTIL THE END OF THE SONG

SONG #5

PUT A BATTER IN THE BOX!

**5 PITCHES TO BEST LOCATION
3 SQUAT JUMPS
3 PITCHES TO WORST LOCATION
10 WALKING PLANKS**

REPEAT UNTIL THE END OF THE SONG

