



## **POWER 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**

**5 SIT-UPS  
5 PUSH-UP TO PITCH  
10 JUMPING JACKS**

**REPEAT UNTIL THE END OF THE SONG**

## **SONG #3**

**5 BURPEES  
5 SQUAT JUMP TO PITCH  
5 BUCKET DRILL**

**REPEAT UNTIL THE END OF THE SONG**

## **SONG #4**

**3 - WALK-THROUGH PITCHES  
3 LOAD AND EXPLODE  
10 PLANK JACKS**

**REPEAT UNTIL THE END OF THE SONG**

## **SONG #5**

**5 HOP, HOP PITCH  
2 SPRINTS TO CATCHER & BACK**

**REPEAT UNTIL THE END OF THE SONG**

