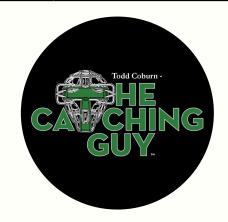
DROP YOUR POP PROGRAM

SAMPLE WORKOUT #1



WARM-UP

Perform your normal "team" warm up and a proper throwing program prior to performing the following drills:

DROP YOUR POP DRILLS - QUICK HANDS FOCUS:

PERFORM 2-3 SETS OF EACH DEPENDING ON TIME AVAILABLE (15-20 MINUTES):

- Resisted Exchanges (2-3 Sets of 10-15 Reps w/ Appropriate Resistance Band)
- Heavy Ball Two Knee Two Ball Exchanges (2-3 Sets of 10-15 Reps)
- Two Knee Two Ball Exchanges (2-3 Sets of 10-15 Reps)
- Two Knee Exchanges w/ Mitt (2-3 Sets of 10-15 Reps)
- One Knee Quick Catch (2-3 Sets of 10-15 Reps)
- Live Throws (6-12 Throws depending on time and fatigue level)

DROP YOUR POP - STRENGTH TRAINING:

Complete All (10-15 minutes):

- Rice Bucket Series (1 X :30 sec Each Variation)
- Med Ball Drop & Catch (2-3 Sets of 10-15 Reps)
- Yoga Push Ups Scapular Mobility (2-3 Sets of 8-10 Reps)
- Band Resisted Scapular Retraction (2-3 Sets of 8-10 Reps)
- Cord Work Series (1 X 10-15 Reps Each Variation)
- Seated Torso Twists (2-3 Sets of :30 Seconds)
- Front & Side Planks (1 X 30 sec Each Position)