

Pitching Circuit Workout

Perform each exercise for 10 reps, 1 time each for 3 cycles.

- Cone Hop Drill
 - <https://www.8kuniversity.com/pitching-videos?wix-vod-video-id=b4cf1882896d44e8b6ac37cf65e36bce&wix-vod-comp-id=comp-jwzhtx49#>
- Pushup to pitch
 - <https://www.8kuniversity.com/pitching-videos?wix-vod-video-id=573a10405a7940cf8ac674f8b2ae9cb0&wix-vod-comp-id=comp-jwzhtx49#>
- 1 minute drill
 - <https://www.8kuniversity.com/pitching-videos?wix-vod-video-id=67228133b0c248c8901596e4a436a148&wix-vod-comp-id=comp-jwzhtx49#>
- Walk, Jog, Sprint throughs
 - <https://www.8kuniversity.com/pitching-videos?wix-vod-video-id=b1f78d2fed0f4988817fab31e7ce7614&wix-vod-comp-id=comp-jwzhtx49#>



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