

# Quarantine Dry Swing Workout

## Warm Up:

Jumping Jacks 25x  
Prone Pelvic Tilt 10x (1:00)  
Standing Thoracic Series w/ Side Bends 00:15  
Bird Dogs 5x each side  
Lateral Lunges 5x each side  
Skater Jumps 5x each side  
Torso Twists 00:15  
Reverse Lunge w/ Twist 5x each side  
Single Leg Torso Stops 5x

## Dry Swing Routine:

Stop Swings (Lightest bat)

- 3x High
- 3x Middle
- 3x Low
- Varied Location, Call Outs 5x

45 Degree Swings 5x (Heaviest Bat)

Roll-In Swings 5x (Game Bat)

Visualization Patterns, 9x (once each location) (Game Bat)

Kneeling or "Bellinger Drill" w/ Overload Underload Concepts (all bats, requires max effort)

- 3x Strong side, 3x Opposite side (lightest bat)
- 3x Strong side, 3x Opposite side (Middle Bat)
- 3x Strong side, 3x Opposite side (Heaviest Bat)
- 3x Strong side, (lightest bat)