

Quarantine Tee or Front Toss Workout

Warm Up:

1. **Jumping Jacks 25x**
2. **Prone Pelvic Control**
3. **High Knees**
4. **Side Shuffles**
5. **Soldiers**
6. **Spiderman**

Tee Drills:

1. **45 Degree Swings:** In this drill line your toes up with the back edge of the plate, keep your hips in line with your toes, keep your weight in BOTH heels evenly, load your torso/scap until it's fully stretched, and when you're ready to swing still lead with your hips while moving into action to maintain your direction.
2. **Roll-In Swings:** In this drill you'll take two steps, the first being with your rear foot, and the second being with your lead foot. You'll keep your toes and hips square while loading your torso. Intent to hit home runs over the CF wall!
3. **Walk Through Swings:** In this drill you'll start with your feet together, step with your rear foot behind your lead foot, and then take a normal stride and swing!

Philippians 4:13: I can do all things through Christ who strengthens me.

This text is encouraging and uplifting. God gives us our daily supply of strength to endure the test, he shows us that all things are possible with him!