



Named after Ted Williams, who played baseball for the Boston Red Sox between 1939–1942 and again in 1946–1960. The interruption in his baseball career were due to his having served as a US Marine Fighter pilot.

This workout includes exercises designed to increase speed and agility as well as core and upper body strength. Great workout for baseball and softball players as well as anyone else interested in enhancing their athleticism and overall fitness level!

Here we go!

Pushups

- Start in the plank position
- Go down by bending your elbows and keeping your back straight right up to the point where you're just about to touch the ground with your nose (1)
- Come back up (2)
- Go down again (3)
- Come back up. That's 1!

Grahams – You're doing well to watch the video on this one, although it's not complicated...

- Start by laying down on your back with your knees brought up to your chest
- Extend your legs so they're straight with your ankles six inches off the deck (1)
- while keeping your legs straight and your toes pointed, bring your legs straight up so your body forms an "L" (2)
- Return your legs to that position where they're straight out in front of you with your feet six inches off the deck (3)
- Bring your knees to your chest. That's 1!

Dip and Switch – there's a video for this one, so feel free to check it out on line

- Stand with your feet shoulder width apart
- Bend at the knees and touch the floor (1)
- Jump up and spin 180 degrees so you're facing the opposite direction (2)
- Bend at the knees and touch the floor (3)
- Jump up again and spin so you're now facing in the original direction. That's 1!



Marching Pushups – be sure to check out the video if you have any questions

- Start in a plank position, like you're preparing to do a pushup
- Bring your left knee up to your chest (1)
- as you move your left knee back to its original position, bring your right knee up to your chest.
- Return your right knee to its starting point and bring your left knee back up to your chest (2)
- Once again, move your left knee back and bring your right knee up to your chest
- Return your right knee to its starting point and bring your left knee back up to your chest (3)
- Now do a push up, go down and as you come back up you'll hear "4!" That's one repetition!



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Ins and Outs – this is basically a sit-up exercise. Be sure to check out the video if you have any questions.

- Lie down on your back with your hands extended over your head and your legs straight out in front of you with your feet six inches off the floor
- Sit up and grab your ankles (1)
- Return to your original position (2)
- Again, sit up and grab your ankles (3)
- Return to the prone position with your arms fully extended. Your biceps should be alongside your ears. That's 1!

Back and Forth – great exercise for your quads! Watch the video if you have questions!

- Jump to the right and as you land on your right leg, bring your left knee up to your chest (1)
- Jump to the left and as you land on your left leg, bring your right knee up to your chest (2)
- Jump back to the right (1), then immediately jump back to the left (2) then again to the right. That's 1!

Chorus Line – hands behind your head, kicking your legs in the air like a chorus girl!

- Start standing up with hands interlocked behind your head
- Kick your right foot into the air at least as high as your belt (1)
- Kick your left foot into the air (2)
- Kick your right foot in the air (3)
- Kick your left foot in the air (4). That's 1!



Burpees – it's almost not an LCF workout without Burpees

- Start standing up
- Crouch down (1)
- Kick your feet out behind you so you're now in the plank position (3)
- do a pushup by bending your elbows and bringing your nose to the ground (4)
- Come up into a plank position (5)
- Do a pushup – go down (6)
- Come up into a plank position (7)
- Bring your knees to your chest (8)
- Jump up into the air (9)
- Land on your feet (10). That's 1!



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Karaoke – love this one! Watch the video. The directions below will make even more sense when you can “see” what’s happening¹

- Stand up, face the front
- Bring your left foot across your right (1)
- Bring your right foot from behind your left and step to the right (2)
- Bring your left foot BEHIND your right foot (3)
- Bring your right foot across your left and step to the right (4)
- Bring your left foot across your right (1)
- Bring your right foot from behind your left and step to the right (2)
- Bring your left foot BEHIND your right foot (3)
- Bring your right foot across your left and step to the right (4)
- You're now getting ready to repeat the same kind of motion twice as fast...
- Bring your left foot across your right (1)
- Bring your right foot from behind your left and step to the right (and)
- Bring your left foot BEHIND your right foot (2)
- Bring your right foot across your left and step to the right (and)
- Bring your left foot across your right (3)
- Bring your right foot from behind your left and step to the right (and)
- Bring your left foot BEHIND your right foot and pivot so you're facing the back(4).
That's 1!

