



HEALTHY HABITS & WORKOUT KEY

Your Healthy Habits



CLUTCH



SWING FOR THE FOUNTAINS



HOME RUN



IN THE ZONE



COMPLETE GAME

Your Workouts



LINE DRIVE



MAJOR LEAGUE



RUN DOWN



TRIPLE PLAY



ALL STAR



▶ **Week 1: SINGLE HEALTHY HABITS**



CLUTCH

Clutch players perform at their best when it matters the most. Eating fruits and vegetables prepares your mind and body to win at all times.

Eat five servings of fruits and vegetables.



SWING FOR THE FOUNTAINS

A high motor player never stops playing their hardest. They drink water to keep their body properly hydrated and stay in the game.

Make water your main beverage choice: Drink only one 12-ounce portion of soda, sports drink, or juice - OR LESS.

Read the label; avoid high fructose corn syrup, added sugar and any drink that is more than 60 calories per 12 ounces. Replace sweet beverages with skim or 1% milk, cold water, or sparkling water.





Week 2: DOUBLE HEALTHY HABITS



HOME RUN

A home run is the most exciting play in baseball, but it takes hard work and practice.

Play a fun physical activity for at least 30 minutes.

Great ball players play all kinds of sports including basketball, soccer, football, and others.



7TH INNING STRETCH

When a player is in the zone nothing can stop them from winning. Regardless of what is happening in the game, they are extremely relaxed and focused. Use this habit to help your mental strength.

Find a quiet/comfortable place where you can practice deep breathing. Start breathing normally. Notice anything about your breathing. What part of your body is moving? Now lie on your back or sit up in a chair. **Place your hand on your belly, with your mouth closed slowly breathe in for four seconds and hold, then slowly blow out all the air until it's gone.**

Repeat slowly until you feel more relaxed.



COMPLETE GAME

Rest is one of the most important factors to an athlete's success. It will allow you to have a complete game. The more players rest the better they will perform in the game.

Get 8+ hours of sleep.





▶ CONTINUING HEALTHY HABITS

Want to keep having healthy habits beyond this program? Try more schedules of healthy habits.

Week 3: TRIPLE



CLUTCH

Eat five servings of fruits and vegetables



SWING FOR THE FOUNTAINS

Make water your main beverage



HOME RUN

Play for at least 30 minutes



IN THE ZONE

Practice breathing for 5 minutes or more

Week 4: HOME RUN



CLUTCH

Eat five servings of fruits and vegetables



SWING FOR THE FOUNTAINS

Make water your main beverage



HOME RUN

Play for at least 30 minutes



IN THE ZONE

Practice breathing for 5 minutes or more



COMPLETE GAME

Get 8+ hours of sleep



Week 1: **SINGLE WORKOUTS**

Supersets are intended to be performed without break in between exercises, resting after each set.



LINE DRIVE

3 Sets of the Line Drive Superset

- **10 jump squats**
- **10 squats**
- **10 second squat hold**

Using your core and legs are crucial to keep your legs in shape so that you can have the power to hit a Line Drive. This exercise is designed to strengthen your core and legs to keep your legs strong and increase your ability to drive the ball.



MAJOR LEAGUE

3 Sets of the Major League Superset

- **30 mountain climbers**
- **20 butt kickers**
- **20 second high knees**

Major League players always are prepared with a full body workout; it's part of being Royal. This workout is designed to keep you light on your feet and provide an overall full body workout.



Week 2: **DOUBLE WORKOUTS**

Supersets are intended to be performed without break in between exercises, resting after each set.



RUN DOWN

3 Sets of the Run Down Superset

- **20 second sprints**
- **20 second side to side shuffle**
- **20 second back pedaling**

Catching a runner in a Run Down can be pretty exciting. Make sure you have the speed and balance to make the out. Use this workout to improve your speed and agility.



DOUBLE PLAY

3 Sets of the Double Play Superset

- **10 second squat hold**
- **10 arm circles forward**
- **10 arm circles backward**

Having a strong arm to field and throw will complete any double play. This workout will improve your quick movement in any direction.



ALL STAR

3 Sets of the All-Star Superset

- **15 walking lunges**
- **15 side to side lunges**

All-Stars are the MVPs of the team. This workout builds strength to help you rise above the competition and make you an All-Star.





▶ CONTINUING WORKOUTS

Want to keep working out beyond this program? Here are some workouts you can do at home to live your best.

Week 3: TRIPLE



ALL STAR

3 Sets of the All-Star Superset



RUN DOWN

3 Sets of the Run Down Superset



DOUBLE PLAY

3 Sets of the Double Play Superset



LINE DRIVE

3 Sets of the Line Drive Superset

Week 4: HOME RUN



RUN DOWN

3 Sets of the Run Down Superset



MAJOR LEAGUE

3 Sets of the Major League Superset



DOUBLE PLAY

3 Sets of the Double Play Superset



LINE DRIVE

3 Sets of the Line Drive Superset



NAME

FINAL SCORE

INDIVIDUAL TRACKER

	WEEK 1 TOTAL	WEEK 2 TOTAL	WEEK 3 TOTAL	WEEK 4 TOTAL
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				
MONDAY				
TUESDAY				