

BASEBALL WORKOUT

Day #1

Dynamic Warm-Up: must include “hip crossovers,” “glute bridges,” & “thread the needle”

Bench Press: WU-Bar, 1x12, 1x10, 1x8, 1x6

Superset: 3x10 each

- **Push-Ups**
- **DB Shoulder Press**
- **Dips** (on dip bar)

Superset: 3x10 each

- **Incline DB Bench Press**
- **DB Shoulder Shrugs**
- **FT Tricep Extension** (use triangle/rope attachment)

Core: 3 sets

- **MB Diagonal Woodchoppers** (10 each side)
- **MB Side Partner Tosses** (10 each side)
- **Side Plank** (30 reps each side)

Flexibility:

- **Stretch/Foam Roll** on own

BASEBALL WORKOUT

Day #2

Dynamic Warm-Up: Knee Hugs x5 EL, Quad Pops x5 EL, Mini Band Monster Walk x10 FWD/BWD/LT/RT

Back Squat: 1x12, 1x10, 1x8, 1x6

Plate Circuit: 3x20 each (use 45-lb or 25-lb plate)

- Squats
- Bent Over Row
- Bicep Curl

Superset: 3x10 each

- BB Lunges
- Swimmers
- DB Hammer Curls

Core: 3 sets

- Flutter Kicks x100
- Hanging Knee Raise x20
- Plank x1 minute

Flexibility:

- Stretch/Foam Roll on own

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Day #3

Dynamic Warm-Up: Scorpions x5 each way, Dowel Circuit x5 each (shrugs, hi pull, bent over row, shoulder press, good mornings), Ladders x6 total (1 in each, 2 in each, lcky shuffle; repeat FWD/BWD)

1-Arm DB Bench Press: 3x10 each arm

Plate Circuit: 3x10 each (use 45-lb or 25-lb plate)

- **Floor Chest Press**
- **Shoulder Press**
- **Skull Crushers**

Superset: 3x10 each

- **DB Flies** (on bench)
- **Plate Front Raise** (25-lb or 10-lb plate)
- **DB Tricep Kickbacks**

Core: 3 total sets

- **BB Teeter Totters** (10 each side)
- **BB Torso Twists** (10 each side)
- **DB Oblique Raises** (10 each side)

Flexibility:

- **Stretch/Foam Roll** on own

BASEBALL WORKOUT

Day #4

Dynamic Warm-Up: must include “hip crossovers,” “glute bridges,” & “thread the needle”

Deadlift: WU-Bar, 1x12, 1x10, 1x8, 1x6

Superset: 3x10 each

- **Wall Sits w/ Plate Hold Extensions** (25-lb for 30 seconds)
- **TRX Inverted Row**
- **TRX Bicep Curls**

Superset: 3x10 each

- **Box Jumps**
- **DB Tripod Row**
- **EZ Curl Bar Bicep Curls**

Core: 3 sets

- **Mountain Climbers** x50
- **Flutter Kicks** x100
- **GHD AB Raises** x20 (plate hold optional)

Flexibility:

- **Stretch/Foam Roll** on own

SPEED & AGILITY

Dynamic Warm-Up:

Knee huggers	20 yards
Heel/ toe sweepers	20 yards
Quad pops	20 yards
Accels	2x40 yards

Mobility Stability:

Ironcross hip	R x10, Lx 10
Scorpion Tails	R x10, Lx 10

Air squat x10 in place	run 20 yards
Lunge right x10 in place	run 20 yards
Lunge left x10 in place	run 20 yards
Speed Skaters x10 in place	run 20 yards

High knee march 10 yards	run 20 yards
A skip 10 yards	run 20 yards
Crossover R run 10 yards	run 20 yards
Crossover L run 10 yards	run 20 yards

Conditioning:

2 point stance	sprint 40 yards x5	walk back recovery
2min rest		
Lead off shuffle 5 yards	sprint 20 yards x5	walk back recovery
2 min rest		
Push up start sprint	sprint 10 yards x5	walk back recovery

Cooldown:

4 point hip stretch each position for 30-60 seconds R&L side
(knee to chest, crossover knee, straight leg up, figure 4)

Upper Body Add Big Tens 10 set wroking 10-1
(10 reps Push ups/full situps minus 1 rep each round)