

BASEBALL

POSITION PLAYER WORKOUT

WEEK ONE

DAY ONE

WARM UP TWO LAPS 3X 2X30 ABS + 12 SUPERMAN + 25 PUSH UPS

DB(DUMBBELL) SNATCH + SQUAT PUSHPRESS 3X5EA.
REVERSE HYPERS 3X10
LEG CURLS 3X8

SQUATS 10X 10X 8X 8X 8X 8X
PULL UPS 5X10

WALKING LUNGE PRESS 4X16
DB ROWS 4X10 EA.
HIP EXTENSIONS 3X15

PLATE GET UPS + BOX JUMPS + DIPS 21 15 9
DO 21 OF EACH, THAN 15, THAN 9

PNF 2X8 EA
SWISS ABC'S 2X20EA
FOREARM 3X

DAY TWO

PLATE WARM UP

DB CLEAN + JERK 4X8
GLUTE HAM 3X10
DB ¼ SQUAT + SHRUG 3X15

RDL 4X8
DB PULLOVER 3X10
CALF RAISES OR ANKLE ON DISC 3X15 OR 3X30SEC EA.

CLEANS 6X 6X 5X 5X 5X 5X

BENCH 10+10SEC HOLD 10+10 8X 8X 6X 6X

DB ALTERNATE INCLINE (HIGH) 4X8 EA

SIDE RAISES	4X10
BENTOVER RAISES	3X10
BICEP	3X8
TRICEP	4X12
MB ABS	6X40

DAY THREE

WARM UP RUN TWO 3X 2X30 ABS + 3X12 ALT. SUPERMAN + 25 PUSH UPS

BAR ROTATION + OVERHEAD SQUAT	3X10+5
HANDSTAND	3X25 SEC
PARTNER HAMSTRING	3X8

FRONT SQUAT	10X	8X	8X	6X	6X
NARROW OR 3 POSITION PULL UPS				5X9	

STEP UP PRESS OR LEG PRESS	4X16
BAR ROW ON BENCH	4X15

CIRCUIT

BURBPIES 15
 LINE HOPS 15EA.
 DIPS 12
 MB SIDE THROWS 20 EA.
 SIDE BOX JUMPS 8 EA.
 4X

PNF	2X8 EA
SWISS ABC'S	2X20EA
FOREARM	3X

DAY FOUR

WARM UP LEG SWINGS

ONE ARM SNATCH + ONE ARM OVERHEAD SQUAT	3X5 EA.
BACK EXTENSION HOLD	3X45 SEC.
MB SQUAT PUSHPRESS	3X15

CLEAN PULLS	6X	6X	5X	5X	5X	
ONE LEG BALANCE SQUAT				3X6 EA.		
INCLINE OR DECLINE	10X	10X	8X	8X	8X	
DB ALT. FLAT BENCH (LOW)			4X8 EA.			
PLATE FRONT RAISES			3X10			
ALT CURL PRESS			3X8 EA.			
TRICEP			3X15			
TURKISH GET UPS			3X3 EA.			
MB ABS			6X30			

BASEBALL

POSITION PLAYER WORKOUT

WEEK TWO

DAY ONE

WARM UP TWO LAPS 3X 2X30 ABS + 12 SUPERMAN + 25 PUSH UPS

DB(DUMBBELL) SNATCH + SQUAT PUSHPRESS	3X5EA.
REVERSE HYPERS	3X10
LEG CURLS	3X8

SQUATS	10X	10X	8X	8X	6X	6X
PULL UPS	5X10					

WALKING LUNGE PRESS	4X16
DB ROWS	4X10 EA.
HIP EXTENSIONS	3X15

BURBPIES + BOX JUMPS + LUNGES	21	15	9
DO 21 OF EACH, THAN 15, THAN 9			

PNF 2X8 EA
SWISS ABC'S 2X20EA
FOREARM 3X

DAY TWO

PLATE WARM UP

DB CLEAN + JERK 3X8
GLUTE HAM 3X10
DB SWINGS 3X15

RDL 4X8
DB PULLOVER 3X10
CALF RAISES OR ANKLE ON DISC 3X15 OR 3X30SEC EA.

CLEANS 6X 6X 5X 5X 5X 5X

BENCH 10+10SEC HOLD 10+10 8X 8X 6X 6X

DB ALTERNATE INCLINE (LOW) 4X8 EA
SIDE RAISES 3X10
BENTOVER RAISES 3X10

BICEP 3X8
TRICEP 4X12
MB ABS 6X40

DAY THREE

WARM UP RUN TWO 3X 2X30 ABS + 3X12 ALT. SUPERMAN + 25 PUSH UPS

BAR ROTATION + OVERHEAD SQUAT 3X10+5
HANDSTAND 3X30 SEC
PARTNER HAMSTRING 3X8

FRONT SQUAT 10X 8X 8X 6X 6X 5X
NARROW OR 3 POSITION PULL UPS 5X10

STEP UP PRESS OR LEG PRESS 4X16
BAR ROW ON BENCH 4X15

CIRCUIT
 BURBPIES 15
 SMALL BOX 15EA.
 DIPS 12
 MB SIDE THROWS 20 EA.
 SIDE BOX JUMPS 8 EA.
 4X

PNF 2X8 EA
 SWISS ABC'S 2X20EA
 FOREARM 3X

DAY FOUR

WARM UP LEG SWINGS

ONE ARM SNATCH + ONE ARM OVERHEAD SQUAT 3X5 EA.
 BACK EXTENSION HOLD 3X45 SEC.
 MB SQUAT UNDERHAND THROW 3X15

CLEAN PULLS 6X 6X 5X 5X 5X
 ONE LEG BALANCE SQUAT 3X6 EA.

INCLINE OR DECLINE 10X 10X 8X 8X 6X
 DB ALT. FLAT BENCH (HIGH) 4X8 EA.
 PLATE FRONT RAISES 3X10
 ALT CURL PRESS 3X8 EA.

TRICEP 3X15
 TURKISH GET UPS 3X3 EA.
 MB ABS 6X30