

# BASEBALL

## PITCHERS WORKOUT

### WEEK THREE

#### DAY ONE

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

DB COMPLEX	3X6EA.
REVERSE HYPERS	3X10
LEG CURLS	3X8

SQUATS	10X	10X	8X	6X	6X	6X
PULL UPS	5X8					

DB ALTERNATE INCLINE (TOGATHER)	4X10
SIDE RAISES	3X10
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 + ALT. JERK	3X8	4 EA. ARM
GLUTE HAM	3X10	
DB TYW	3X10	EA.

RDL	2X8	2X6
DB PULLOVER	3X10	
CALF RAISES OR ANKLE ON DISC	3X15	OR 3X30SEC EA.

CLEANS OR CLEAN PULLS	6X	6X	5X	5X	5X
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BENCH (OPTIONAL)					
10+10SEC HOLD	8+10	8X	6X	6X	6X

ONE LEG BALANCE SQUAT	3X6 EA.
SIDE RAISES	3X10
BENTOVER RAISES	3X10
BICEP	3X8
TRICEP	4X12
MB ABS	6X40
JOBES	3X20

## 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	8X	8X	6X	6X	5X	5X
NARROW OR 3 POSITION PULL UPS	5X10					

OVERHEAD STEP UPS OR LEG PRESS	4X16
BAR ROW ON BENCH	2X12 2X10

### CIRCUIT

BURBPIES 15  
 SMALL BOX JUMPS 15EA.  
 DIPS 12  
 MB SIDE THROWS 20 EA.  
 SIDE BOX JUMPS 8 EA.  
 TURKISH TO ONE LEG SQUAT 3 EA.  
**4X**

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

# BASEBALL

## PITCHERS WORKOUT

### WEEK FOUR

#### 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 8X 6X 6X 5X 5X  
PULL UPS 5X8

DB ALTERNATE INCLINE (HIGH) 4X8 EA  
SIDE RAISES 3X10  
HIP EXTENSIONS 3X15

BURBPIES + BW SQUATS + POWER STEP UPS 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 + ALT. JERK 3X8 4 EA. ARM  
GLUTE HAM 3X10  
DB TYW 3X10 EA.

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

CLEANS OR CLEAN PULLS 6X 6X 5X 5X 5X

BENCH (OPTIONAL)  
10+10SEC HOLD 8X 6X 5X 5X 5X

ONE LEG BALANCE SQUAT	3X6 EA.
SIDE RAISES	3X10
BENTOVER RAISES	3X10
BICEP	3X8
TRICEP	4X12
MB ABS	6X40
JOBES	3X20

## 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	8X	8X	6X	5X	5X	5X
NARROW OR 3 POSITION PULL UPS	5X10					

OVERHEAD LUNGES OR LEG PRESS	4X16
BAR ROW ON BENCH	12X 3X10

### CIRCUIT

LUNGES 20  
 BODYWEIGHT POWER STEP UPS 20  
 DIPS 12  
 MB SIDE THROWS 20 EA.  
 SIDE BOX JUMPS 8 EA.  
 TURKISH GET UPS 3 EA.  
 4X

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