

BASEBALL

POSITION PLAYER 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	8X	8X	8X	6X	6X
PULL UPS	5X10					

PLATE OVERHEAD WALKING LUNGE	16X	16X	12X	12X
DB ROWS OR BAR ROW	4X10 EA.	OR	4X15	
HIP EXTENSIONS	3X15			

BURBPIES +PLATE GET UPS + 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. ONE ARM JERK	3X8(4 EA. ARM)
GLUTE HAM	3X10
DB SHRUG	3X15

RDL	8X	8X	6X	6X
DB PULLOVER	3X10			
CALF RAISES OR ANKLE ON DISC	3X15 OR	3X30SEC	EA.	

CLEANS	6X	6X	5X	5X	5X	4X
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BENCH	10+10SEC HOLD	10+10	8X	6X	6X	5X
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DB ALTERNATE INCLINE (TOGATHER)	4X10
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SIDE RAISES	10X 2X8
BENTOVER RAISES	3X10
BICEP	3X8
TRICEP	4X12
MB ABS	6X50

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

STEP UP PRESS OR LEG PRESS	4X16
BAR ROW ON BENCH OR INV. PULL UPS	4X15

CIRCUIT

DONKEY KICKS	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 3X1 MIN.
MB SQUAT PUSHPRESS 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 (LOW) 4X8 EA.
PLATE FRONT RAISES 3X10
ALT CURL PRESS 3X6 EA.

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

BASEBALL

POSITION PLAYER 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 8X 6X 5X 5X 5X
PULL UPS 5X10

SPLIT SQUATS 4X8EA
DB ROWS 4X10 EA.
HIP EXTENSIONS 3X15

BAR SQUAT PUSHPRESS + BOX JUMPS + DIPS
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 SHRUG 3X15

RDL 8X 6X 6X 5X
DB PULLOVER 3X10
CALF RAISES OR ANKLE ON DISC 3X15 OR 3X30SEC EA.

CLEANS 6X 5X 5X 5X 4X 4X

BENCH 10+10SEC HOLD 8+10 8X 6X 5X 5X

DB ALTERNATE INCLINE (HIGH 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 8X 8X 6X 5X 5X 5X
NARROW OR 3 POSITION PULL UPS 5X10

STEP UP PRESS OR LEG PRESS 4X16
BAR ROW ON BENCH 15X 12X 12X 10X

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 3X1:10
MB SQUAT UNDERHAND THROW 3X15

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

INCLINE OR DECLINE 10X 10X 8X 6X 6X
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