

Monthly Baseball Training

Off season into your preseason. Workouts completed back to back days with day of rest before completing 2nd time that week (ex. M-Tu-Th-Fri or Tu-Wed-Fri-Sat) Equipment needed - hand towels, band, Kettle bell or Dumbbell, Med Ball 8-12lbs

WEEK 1

3 sets

WEEK 2

4 sets

WEEK 3

4 sets
Increase reps
by 2-4 per set

WEEK 4

5 sets

Exercises A & B should be completed with minimal rest between. After B is completed rest 30-60 sec.

Workout
A

- 1a. Kettlebell or Dumbbell Front Squat 6x
- 1b. Box Jumps 6x
- 2a. Towel Inverted Row 6x
- 2b. Med Ball Overhead Slam 6x
- 3a. Side Plank 20 sec
- 3b. Med Ball Rotational Shot Put Throw 6x

Workout
B

- 1a. Kettlebell or Dumbbell Lateral Lunges 6x/ Leg
- 1b. Skaters 6x/Side
- 2a. Band Pushups With Iso Hold 6x
*Hold 4-5 sec at lower position
- 2b. Med Ball Chest Pass 6x
- 3a. Inchworms 6x
- 3b. Med Ball Overhead Sit Up Throw 10x