

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. Reverse Lunge off step 8x/Leg
- 1b. Single Leg Split Jump 4x
- 2. Band Face Pull To External Rotation 12x
- 3a. Kettlebell Row 10x
- 3b. Speed Straight Arm Pulls 10x
- 4a. Log Roll to V-Sit 4x (rolling once each direction counts as 1)
- 4b. Superman - Hold 3 Sec Each Rep, 8x

Workout
B

- 1a. Kettlebell & Band RDL 8x
- 1b. Band Resisted Broad Jump 4x
- 2. Band Y Raise 10x
- 3a. Band Single Arm Chest Press 10x
- 3b. Pushup Single Arm Pushoff 4x
- 4a. Band Paloff Press 10x/side
- 4b. Plank with alternating leg raise - alternating legs every 5 seconds for 30 sec total