

Monthly Baseball Training

In Season. In Season. Now that games have started volume will decrease slightly, Alternating workouts will be completed 2-3x per week depending on game schedule. Return back to circuit style that we used early on, but give yourself 30 sec - 1 minute before beginning each exercise. Complete the circuit 2-4x. Equipment needed: Kettlebell, Band, Paper Plates, Med Ball 8-12lbs, small hand towel)

WEEK 1

2 - 4 sets

WEEK 2

2 - 4 sets

WEEK 3

2 - 4 sets

WEEK 4

2 - 4 sets

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

Workout A

- 1. Star Band Pull Aparts
- 2. Med Ball Lunge&Rotate
- 3. Body Triceps Press
- 4. Band Row&Rotation
- 5. Anchored Kettlebell & Band Swing
- 6. Plate Pike

<u>Week 1</u>	<u>Week 2</u>	<u>Week 3</u>	<u>Week 4</u>
10 reps	12 reps	15 reps	15 reps
8/leg	10/leg	12/leg	12/leg
10 reps	12 reps	15 reps	15 reps
10 reps	12 reps	15 reps	15 reps
12 reps	15 reps	20 reps	20 reps
10 reps	12 reps	15 reps	15 reps

Workout B

- 1. Wall Slides w/ Band
- 2. Kettlebell Overhead Lunges
- 3. Med Ball Chop & Lift
- 4. Banded Cobra
- 5. Hips Elevated 1-Arm Kettlebell Chest Press
- 6. Plank Alt Arm Plate Slideout

<u>Week 1</u>	<u>Week 2</u>	<u>Week 3</u>	<u>Week 4</u>
10 reps	15 reps	20 reps	20 reps
8/leg	10/leg	12/leg	12/leg
8/side	10/side	12/side	12/side
10 reps	15 reps	20 reps	20 reps
10 reps	15 reps	20 reps	20 reps
5/arm	7/arm	10/arm	10/arm