**BASEBALL**

**Day 1 - Monday - Explosive Lifting Day:**

Hurdle Jumps  
4 sets, 6 jumps

Dot Drills  
3 sets

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These plyometrics are beneficial for any athlete and are used in football commonly; plyometric exercises develop awesome balance and explosive lifting technique. If you are not familiar with how to perform these exercises, make sure that you learn how to. An excellent website that is very informative for teaching lifting and training techniques is [www.exrx.net](http://www.exrx.net/).

[Barbell Bench Press](javascript:popUp('exerpop.php?Name=Barbell+Bench+Press+-+Medium+Grip'))  
1 set- 15 reps  
2 sets- 8 reps  
2 sets- 5 reps  
1 set- 2 reps

[Front Barbell Squat](javascript:popUp('exerpop.php?Name=Front+Barbell+Squat'))  
1 set- 15 reps  
2 sets- 8 reps  
1 set- 5 reps  
3 sets- 2 reps

[Barbell Push Press](javascript:popUp('exerpop.php?Name=Push+Press'))  
1 set- 15 reps  
3 sets- 8 reps  
2 sets- 5 reps

The purpose of this workout is to develop explosive lifting technique while remaining very stable. I believe through the barbell push press, great shoulder strength is achieved, which is vital for a strong swing in baseball.

Today will not be the only day we use shoulders though, later in the week we will attack the shoulders using a different variation, striking a different area of the shoulder as well. I chose the front barbell squat also to develop balance, stability, shoulder strength and huge leg strength.

The front squat is a challenging exercise that any athlete can benefit from. Lastly, the barbell bench press. The objective here is clear, to develop a strong pushing through usage of the triceps, shoulders and chest. Another excellent athletic power lift.

http://www.bodybuilding.com/fun/ar.jpg**Day 2 - Tuesday - Accessory Lifting Day**

1/2 mile Light Jog

[Upright Barbell Rows](javascript:popUp('exerpop.php?Name=Upright+Barbell+Row'))  
2 sets of 12  
2 sets of 8

[Bent over Barbell Rows](javascript:popUp('exerpop.php?Name=Bent+Over+Barbell+Row'))  
3 sets of 8

[Triceps Pushdowns With Rope](javascript:popUp('exerpop.php?Name=Triceps+Pushdown+-+Rope+Attachment')) or [Straight Bar](javascript:popUp('exerpop.php?Name=Triceps+Pushdown'))  
3 sets of 12  
2 sets of 8

[Lateral Dumbbell Raises](javascript:popUp('exerpop.php?Name=Side+Lateral+Raise'))  
3 sets of 8

[Front Plate](javascript:popUp('exerpop.php?Name=Front+Plate+Raise'))/ [Dumbbell Raises](javascript:popUp('exerpop.php?Name=Front+Dumbbell+Raise'))  
3 sets of 12

Today there is a great emphasis placed on the upper body. We are going to hit our back muscles, triceps and shoulders. Not a lot of cardio will be done today, just a light jog to get our hearts pumping, and no plyometrics either.

Our weightlifting session should take between 45 minutes and an hour. No longer, and no additional exercises either. Rest is an important aspect of training, and in order to grow and increase strength, you must allow your body plenty of rest. Call it quits, and rest up before tomorrow!

**Day 3- Wednesday- Non- Lifting Day**



http://www.bodybuilding.com/fun/ar.jpg**Day 4 - Thursday- Explosive Lifting Day**

Hurdle Jumps  
4 sets, 6 jumps

Dot Drills  
3 sets

[Power Cleans](javascript:popUp('exerpop.php?Name=Power+Clean'))  
1 set of 15 reps  
2 sets of 8 reps  
2 sets of 5 reps  
1 set of 2 reps

Barbell Jump Squats  
2 sets of 15 reps  
2 sets of 8 reps   
1 set of 5 reps  
1 set of 2 reps

Barbell Jump Shrugs  
1 set of 15 reps  
2 sets of 8 reps  
1 set of 5 reps  
1 set of 2 reps

http://www.bodybuilding.com/fun/ar.jpg**Day 5 - Friday- Accessory Lifting Day**

Hill Sprints  
4 sets

The objective of hill sprints is basic, and very easy to perform. All you need is a hill. The idea here is to increase stabilization, speed and calf strength. If you can sprint up a fairly steep hill quickly, then running from base to base will be a breeze!

[Dumbbell Chest Flyes](javascript:popUp('exerpop.php?Name=Dumbbell+Flyes'))  
3 sets of 12 reps

[Dumbbell Tricep Extensions](javascript:popUp('exerpop.php?Name=Lying+Triceps+Press'))  
3 sets of 8 reps

[Leg Curls](javascript:popUp('exerpop.php?Name=Seated+Leg+Curl'))  
3 sets of 12 reps

[Hanging Leg Raises](javascript:popUp('exerpop.php?Name=Hanging+Leg+Raise'))  
3 sets to failure

[Barbell Bicep Curls](javascript:popUp('exerpop.php?Name=Barbell+Curl'))  
3 sets of 12 reps