



Baseball off Season Workout Plan

General Principals

- 1.) Do larger muscle groups before smaller muscle groups
- 2.) Choose a weight that you can do with good form, but that you struggle with during the last few reps, if you don't struggle you will not improve
- 3.) Rest time between sets should be about 60-90 seconds
- 4.) Move the weight quickly on the concentric phase (primary direction) and slower on the eccentric phase (returning the weight to the starting position)
- 5.) Do not sacrifice speed and explosiveness for extra weight
- 6.) Periodization:
 - Muscle hypertrophy (added size) reps 9-15 (4 weeks)
 - Muscle strength reps 6-8 (4 weeks)
 - Rest (1 week)
 - Muscle power reps 3-5 (4 weeks)
 - Superset weeks (1-2 weeks)
 - Rest (1 week before beginning of practice)
- 7.) Rest a minimum of 36 hours between working the same muscle group
- 8.) Core lifts are most important, other lifts are just for beach muscles.
- 9.) Once you reach the top rep for each phase and you can complete them easily, up your weight
- 10.) Select one or two of the exercises for each muscles groups to complete during each workout
- 11.) Change exercises every few workouts so you don't develop muscle familiarity.
- 12.) Using dumbbell is better than machines, but machines are better than nothing
- 13.) 3 days of lifting per week, 1 or 2 week of agility/cardio

Upper Body/Chest (3 sets each workout)

- Dumbbell bench
 - Standard Pushups (max reps)
 - Military pushups, narrow hands (max reps)
 - Decline dumbbell press
- (stay away from incline press or straight bar bench press)



Upper Body/Back (5 sets each workout)

Pull ups (max reps)
Lat Pulldowns
Horizontal row
Lawnmowers
Heavy pants
Back flys
Straight arm pulldowns

Upper Body/Shoulders (3 sets each workout)

Horizontal raises
90-90s (light weight at all reps)
Dumbbell front raises
J-Band exercises http://www.youtube.com/watch?v=U_zilegpVwY
(Stay away from any exercise where you raise weight over your head, do not go heavy on any shoulder exercise)

Upper Body/Biceps (2 sets each workout)

Concentration curls
Supination curls
Hammer Curls
Alternating front curls
External curls (elbows in at side, weights out to side)
Preacher curls

Upper Body/Triceps (3 sets each workout)

Overhead triceps extension
Triceps pulldown
Skull crushers
Diamond pushups (max reps)
(Stay away from dips of any kind)



Lower Body (6 sets)

Squats

Dead lift

Romanian Dead Lift

One leg squat (both legs = one set)

Power Cleans (do this almost every workout)

(Stay away from leg press, its better than nothing, but not much)

(If you do calves, don't count them toward your 6 sets)

Lower Body/Plyometrics (6 sets of 8-15 increasing)

Box jumps

Squat Jumps

Double ankle jumps

Split squat jumps

Tuck jumps

Lateral drive

Step off and lateral movement

Step off and vertical jump

One leg box jumps

Core (8 sets, if done as a separate workout, do up to 16 sets)

V-ups

Medball side toss

Barbell hr press

Barbell side to side

Russian twist (with weights)

Side V-ups

Step behind medball side throw

Medball hot feet toss

Front plank

Side plank

Medball Rotational scoop

Medball front slams

Medball Rotational slams

(Aside from lower body, these are the most important for baseball players)



Superset weeks workout

Superset #1

Power Cleans 3 x 3-5
Box Jumps 3 x 15

Superset #2

Dead lift 3 x 5-6
Squat Jumps (no weight) 3 x 15

Super Set #3

Split Squat 2 x 4 each side
Split Squat Jump 2 x 10 each side

Superset #4

Dumbbell Press (Move weight quickly up) 3 x 5
Prone medball chess press 3 x 15

Superset #5

Pull-ups 3 x 12
Lumberjacks 3 x 12