

UWL Baseball

Intensification 1 - Week 1 (Dec 6th to 10th)

Day	Order	Exercise	Sets	Reps	Tempo	Intensity (RM)	Rest	Program Notes
Monday	1	Broad Jumps	1	6	x		60s	Focus on speed...cover as much distance as you can each jump
	2	Hang Cleans	4	3.2.1.3	x	60/65/70/62.5%	90s	Focus on bar speed and good technique
	3	Trap Bar Deadlifts	4	5	2.0.1	90.0%	120s	Focus on full range of motion
	4	Bulgarian Split Squats	4	6/leg	2.0.1	43%	90s	Work through a full range of motion (ROM) every rep
	5	Glute Ham Raise	3	12 to 15	2.0.2	moderate	90s	Maintain solid form all the time!
	6	Hip Stability Circuit	1	8/leg	2.1.2	bodyweight	75s	Refer to sheet
Tuesday	1a	Push Press	4	5	2.0.x			Pay attention to the tempo required for each rep Ask about form on these...
	1b	Neutral-grip Chin-ups	4	5	2.1.1		90s	
	2a	Bent-over BB Rows	3	6	2.1.1			
	2b	Neutral-grip DB Floor Press	3	6	2.0.1		90s	
	3	Blast Strap Rows	3	8 to 10	2.1.1	bodyweight	90s	
	4a	Face Pulls	3	10 to 12	2.1.2	light		
4b	Erect Bends	3	5/side	2.1.2	bar	90s		
Thursday	1	10 yard Sprints	1	6	x		60s	Toes on a line...focus on staying low and forward each rep
	2	Hang Cleans	4	3.2.1.3	x	60/65/70/62.5%	90s	Focus on bar speed and good technique
	3	Front Squats	4	5	2.0.1	65.0%	90s	Focus on full range of motion
	4	RDL	4	5	2.0.1	85%	90s	Work through a full range of motion (ROM) every rep
	5	BB Step-ups	3	6/leg	2.0.2	35%	90s	Maintain solid form all the time!
	6	Hip Stability Circuit	1	8/leg	2.1.2	bodyweight	75s	Refer to sheet
Friday	1a	Push Press	4	5	2.0.x			Pay attention to the tempo required for each rep Ask about form on these...
	1b	Neutral-grip Chin-ups	4	5	2.1.1		90s	
	2a	DB Rows	3	6/arm	2.1.1			
	2b	Low Incline Neutral-grip DB Press	3	6	2.0.1		90s	
	3	Blast Strap Rows	3	10 to 12	2.1.1	bodyweight	90s	
	4a	Rear Delt Flies	3	10 to 12	2.1.2	light		
4b	BB Russian Twists	3	5/side	2.1.2	moderate	90s		