

# UWL Baseball

## Intro Block - Week 3 (Nov 1st to 5th)

Day	Order	Exercise	Sets	Reps	Tempo	Intensity (RM)	Rest	Program Notes
MON	1	Back Squats	4	6	2.0.1	8 to 10	90s	Use a FULL RANGE OF MOTION each rep!!!  Ask about the form on these...  Try to touch the front of the shins to the bar...
	2a	Pull-ups	4	6 to 8	2.1.1	bw		
	2b	Neutral DB Shoulder Press	4	6	2.0.1	8 to 10	90s	
	3	RDL	3	6	2.1.1	10	90s	
	4	Inverted Rows	3	8 to 10	2.1.1	bw	90s	
	5a	Step-ups	3	6/leg	2.0.1	10		
	5b	Hanging Leg Raises	3	8 to 10	2.1.2	bw	90s	
WED	1	Trap Bar Deadlifts	4	6	2.0.1	8	90s	Use a FULL RANGE OF MOTION each rep!!!  Use a FULL RANGE OF MOTION each rep!!!
	2a	Neutral-grip Chin-ups	4	6 to 8	2.1.1	bw		
	2b	Push-ups	4	12 to 15	2.0.1	bw	90s	
	3	Glute Ham Raise	3	8 to 10	2.0.1	bw	90s	
	4	DB Rows	3	8/arm	2.1.1	10 to 12	90s	
	5a	Glute Ham Bridge	3	8 to 10	2.0.1	bw		
	5b	BB Russian Twists	3	5/side	2.1.2	light	90s	
FRI	1	Front Squats	4	6	2.0.1	8 to 10	90s	Use a FULL RANGE OF MOTION each rep!!!
	2a	Chin-ups	4	6 to 8	2.1.1	bw		
	2b	Neutral DB Shoulder Press	4	6	2.0.1	8 to 10	90s	
	3	RDL	3	6	2.1.1	10	90s	
	4	V-grip Cable Rows	3	8 to 10	2.1.1	10 to 12	90s	
	5a	Split Squats	3	6/leg	2.0.1	10		
	5b	Weighted Decline Sit-ups	3	8 to 10	2.1.2	12	90s	

*RM Scale = If it says to use a weight that is your 10RM for 8 reps per set...use a weight that you could do for 10 reps before failure, but only perform 8 reps with it.*

**\*Tempo = amount of time to perform each phase of a movement (1st # = eccentric, 2nd # = pause between, 3rd # = concentric)  
(ie. 3.1.2 = lower in 3 sec., pause for 1 sec., then rise in 2 sec.)**