

UWL Softball

Base Block 2 (3 weeks)

Summer: June 28th to July 16th			Sets	Reps	Tempo*	RM	Rest	Program Notes
Day	Order	Exercise						
Monday	1	OH Med Ball Throws (for distance)	4	4	x	3 to 5 kg	90s	Try to throw it as far behind you as possible!!!
	2	Power Snatch	4	5	x	30 to 40 kg	90s	Focus on bar speed and using the hips...not the arms
	2	Back Squats	4	6	2.1.1	60% of BW	90s	Keep torso upright...use full range of motion!
	3	Romanian Deadlifts (RDL)	3	6	2.0.1	70% of BW	90s	Use overhead grip...NO alternate grip!
	4	1 Leg Squats (back foot elevated)	3	5/leg	3.0.2	light	90s	
	5	Evil Wheel	3	4 to 6	2.1.2		90s	
Wed	1	Med Ball Chest Pass (against wall)	4	8	x	3 kg	60s	
	2a	Assisted Pull-ups	4	8	2.1.1	10RM		Use a band...start each rep from "DEAD HANG"
	2b	BB Shoulder Press	4	8	2.0.1	10RM	90s	
	3a	BB Rows	3	6	2.1.1	8RM		Stay bent-over throughout set
	3b	Low Incline DB Press (neutral grip)	3	6	2.0.1	8RM	90s	
	4	DB Arc Rows	3	6	2.1.2	LIGHT	90s	Get elbow nice and high
	5	Erect Bends	4	4/side	2.1.2	bar	90s	
Friday	1	UH Med Ball Throws (for height)	4	4	x	3 to 5 kg	90s	Try to throw the ball as high as you can in the air!!!
	2	Power Clean	4	5	x	40 to 50 kg	90s	Focus on bar speed and using the hips...not the arms
	3	Trap-bar Deadlifts	4	6	2.0.1	70% of BW	90s	Keep torso upright...good posture throughout!
	4	Reverse Hypers	3	8	2.1.2	LIGHT	90s	Keep straight line from knees to shoulders
	5	Step-ups	3	5/leg	2.0.1	light	90s	Watch where your knee goes...keep it inline with toes
	6	Body Curls	4	4 to 6	2.1.2	bw	90s	

RM Scale = If it says to use a weight that is your 10RM for 8 reps per set...ue 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.)