

UW-L Baseball (Pitchers)

Apr. 6, 13

Try to get in each exercise every day, but if the weight room is busy, and it is one of your in-practice sessions make sure you **at least** complete all the lifts highlighted in yellow

Mon or Tues/Week 25

1a	Jump Squats	6.6.6	BW	2 min	only your bodyweight; get off the ground quick
2a	Front Squat	5.3.3.3	notes	2 min	5= warm-up; next 3 sets 65-70% of back squat max
3a	Explosive Chins	3.3.3.3	10 to 12	1-2 min	
4a	Incline DB Row	6.6.6	8	90s	Both arms at once
5a	Bent over DB Rear Fly	8.8	10	60s	Keep back parallel to floor
6a	Hip Mobility				see online sheet

For an optional 2nd day take the time to go through a hip mobility and a shoulder rotation

UW-L Baseball (Position Players)

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2a	Front Squat	5.3.3.3	notes	2 min	5= warm-up; next 3 sets 65-70% of back squat max
3a	Explosive Chins	3.3.3.3	10 to 12	1-2 min	
4a	1 Arm DB Row	6.6.6/arm	8	60-90s	Keep shoulders squared to ground and back flat
5a	Hip Mobility				see online sheet

For an optional 2nd day take the time to go through a hip mobility and a shoulder rotation

UW-L Baseball (Pitchers)

Apr. 20

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Wed or Thurs/Week 25

1a	Jump Squats	6.6	BW	1-2 min	only your bodyweight; get off the ground quick
2a	Front Squat	5.3.3	notes	2 min	5= warm-up; next 2 sets 65-70% of back squat max
3a	Explosive Chins	3.3.3	10 to 12	1-2 min	Do explosively
4a	Incline DB Row	6.6	8	90s	Both arms at once
5a	Bent over DB Rear Fly	8.8	10	60s	
6a	Hip Mobility				see online sheet

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2a	Front Squat	5.3.3	notes	2 min	5= warm-up; next 2 sets 65-70% of back squat max
3a	Explosive Chins	3.3.3	6 to 8	1-2 min	
4a	1 Arm DB Row	6.6/arm	8	60-90s	Don't rotate with your back
5a	Hip Mobility				see online sheet

For an optional 2nd day take the time to go through a hip mobility and a shoulder rotation