

UW-L Baseball (Pitchers)**Mar.22**

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

Wed or Thurs/Week 23

	Exercise	Reps	RM/%	Rest	Notes
1a	Hang Clean	4.4.4	4 to 5	2 min	
2a	Front Squat	5.5.5	6	2 min	Wrap towels or straps around the bar for grip
3a	1 Leg Squat	6.6/leg	notes	90s	No more than 95 lbs.;back leg elevated
4a	Evil Wheel	8.8		60-90s	
5a	Hip Mobility				See online sheets

Fri or Sat/Week 23

1a	Standing Long Jump	1.1.1	BW	1-2 min	
2a	NG Pull-ups	4.4.4	4 to 5	2 min	Add weight if you need to
3a	DB Incline Press	6.6	7 to 8	1-2 min	Neutral Grip= Palms facing each other
4a	Cable Row to Neck	6.6.6	8	60s	
6a	Shoulder Rotations				see online sheet

UW-L Baseball (Position Players)**Mar.22**

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

Wed or Thurs/Week 23

	Exercise	Reps	RM/%	Rest	Notes
1a	Hang Clean	4.4.4	4 to 5	2 min	
2a	Front Squat	5.5.5	5 to 6	2 min	
3a	1 Leg Squat	6.6/leg	notes	90s	No more than 95 lbs.;back leg elevated
4a	Turkish Get-Ups	5.5/arm	7	60-90s	See online video if you don't know how to do this
5a	Hip Mobility				See online sheets

Fri or Sat/Week 23

1a	Standing Long Jump	1.1.1	BW	1-2 min	
2a	Pull-ups	4.4.4	4 to 5	2 min	Add weight if you need to
3a	DB Incline Press	6.6	7 to 8	1-2 min	
4a	BO BB Row	6.6.6	6 to 8	60-90s	underhand grip
5a	Shoulder Rotations				see online sheet