

UW-L Baseball (Pitchers)**Mar.29**

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/Week 24

	Exercise	Reps	RM/%	Rest	Notes
1a	Hang Clean	4.4.4	4 to 5	2 min	
2a	Pull-ups	4.4.4	5 to 6	90-120s	add weight if you need
3a	DB Incline Press	6.6	7 to 8	1-2 min	
4a	Cable Row to Neck	6.6.6	8	60s	
5a	Poliquin Press	8.8	10	60s	stay light nothing heavier than 10 lbs.
6a	Hip Mobility				See online sheets

Thur/Week 24

1a	Standing Long Jump	1.1.1	BW	1-2 min	
2a	1 Leg Squat	6.6/leg	95 lbs.	90s	Back leg on box/bench; Focus on good depth
3a	Reverse Hypers	8.8.8	BW	60s	
4a	Evil Wheel	8.8	BW	60s	
5a	Hip Mobility				see online sheet

UW-L Baseball (Position Players)**Mar.29**

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Mon/Week 24

	Exercise	Reps	RM/%	Rest	Notes
1a	Hang Clean	4.4.4	4 to 5	2 min	
2a	Pull-ups	4.4.4	5 to 6	90-120s	add weight if you need
3a	DB Incline Press	6.6	7 to 8	1-2 min	
4a	Bent Over BB Row	6.6.6	6 to 8	60-90s	underhand grip
5a	Hip Mobility				See online sheets

Thur/Week 24

1a	Standing Long Jump	1.1.1	BW	1-2 min	
2a	1 Leg Squat	6.6/leg	95 lbs.	90s	Back leg on box/bench; Focus on good depth
3a	Reverse Hypers	8.8.8	BW	60s	
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 sheet