

UW-L Baseball (Pitchers)

Conference Tourney

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

DAY 1

	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	
6a	Hip Mobility				See online sheets

UW-L Baseball (Position Players)

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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	Hip Mobility				See online sheets