

UW-L Baseball

Block 2				
July 13th				
Day 1				
	Exercise	Reps	Rest	Notes
1	8 consecutive Bounds for distance	3 attempts	120s	
2	Back Squat	8.8.8.8	60-90s	start w/65% max back squat
3	Nino's	12.12.12	60-90s	6 to each side
Day 2				
1	SLJ	3 Jumps	120s	
2	DB Bench Press	8.8.8.7		start at 65% max bench
	Pair w/ Chin-Ups	8.8.8.6	60s	add weight if you want
3	Weak Hand throws	15.15.15	90s	
Day 3				
1	3 fold Jumps	5 attempts	120s	
2	SL 2 fold hops for distance	5 attempts/leg	120s	rest after taking 2 hops w/each leg
3	DB Bench Press	8.8.8		start at 70% max bench
	Pair w/ Chin-Ups	8.8.8.8	60s	add weight if you want or use assistance if you need to
Day 4				
1	Power Cleans	4.4.4.4	120s	70-75% of max power clean
2	Back Squat	10.10.10	60-90s	start w/65% max back squat
3	Step-Ups	6.8.8.8/leg	60s	35% max back squat

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July 20th				
Day 1				
1	SLJ	2 jumps	120s	
2	3 fold Jumps	5 attempts	120-180s	
3	Snatch Grip High Pulls	4.4.4.4	120s	SN:start w/50% of max PC
4	Back Squat	8.8.8	60-90s	start w/70% max back squat
Day 2				
1	SL 2 fold hops for distance	5 attempts/leg	120s	rest after taking 2 hops w/each leg
2	Jerks	5.4.4.4.4	120s	start w/60% of max bench
3	DB Bench Press	9.9.9		start w/70% of max bench
	Pair w/ Chin-Ups	9.9.9	90s	Add weight if you can
4	Turkish Get-Ups	6.6.6/side	60s	
Day 3				
1	8 consecutive bounds for distance	3 attempts	120s	
2	DB Bench Press	9.8.8.8		start w/70% of max bench
	Pair w/ BO BB ROW (supinated)	9.8.8.8	90s	45-50% of max bench
3	Weak Hand Throws	15.15.15	90s	
Day 4				
1	Power Cleans	4.4.4.4	120s	70-80% of max power clean
2	Back Squat	8.8.8	60s	start w/75% of max back squat
3	Step-Ups	6.8.8.8/leg	60s	40% of max back squat
4	Hip Mobility			
July 27th				
Day 1				

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1	8 consecutive bounds for distance	4 attempts	120s	
2	Snatch Grip High Pulls	5.4.5.4.5	120s	SN: start w/50% max PC
3	Back Squat	10.10.10	60s	start w/70% max back squat
Day 2				
1	4 consecutive Hurdle Jumps	4 attempts	120s	if no hurdles; just do 4 consecutive jumps for distance
2	Jerks	5.4.5.4.5.4	90-120s	start w/60% of max bench
3	Bench Press	9.9.9.9		start w/70% of max bench
	Pair w/ Chin-Ups	9.9.9.9	90s	add weight if you want or use assistance if you need to
4	Bent Press	6.6.6/side	60s	
Day 3				
1	8 consecutive bounds for distance	2 attempts	90-120s	
2	SL 2 Fold Hops for distance	7 attempts/leg	90-120s	rest after taking 2 hops w/each leg
3	Bench Press	9.8.9.8.8		start w/70% of max bench
	Pair w/ Chin-Ups	7.7.7.7.7	90s	use assistance if you need to
4	Weak Hand Throws	15.15.15	90s	
Day 4				
1	3 fold Jumps for distance	4 attempts	120s	
2	Power Cleans	6.5.6.5.6.5	120s	70% of max power clean
3	Back Squat	10.10.10	60s	start w/70% of max back squat
4	Step-Ups	6.8.8.8/leg	60s	start w/45% max back squat