

# STACK

## Baseball Summer Workout

### Week 1: M, W, F

Week 1: Monday				
Warm-Up	Set 1	Set 2	Set 3	Notes
Movement Warm-Up and Flexibility Program				
<b>Conditioning</b>				
3/4 Laps	5 Runs - 1.1 min. C/1B	5 Runs - 1.1 min. C/1B		
*3 min. rest between sets	5 Runs - 1 min. IF	5 Runs - 1 min. IF		
	5 Runs - 55 sec. OF	5 Runs - 55 sec. OF		
<b>Exercise</b>				
Squat	/10	/10	/10	
Step-Up	/15	/15		
DB Straight Leg	/10	/10	/10	
Single-Arm Row or DB Row	/10	/10	/10	
DB Bench	/10	/10	/10	

Week 1: Wednesday				
Warm-Up	Set 1	Set 2	Set 3	Notes
Movement Warm-Up and Flexibility Program				
<b>Speed/Power/Agility</b>				
Jump Rope Program				
Cone Drill Program	/1 each			
Build-Ups	/6 runs			
Straight Leg Bounding	/6x30 yards			
<b>Exercise</b>				
Lunge	/10	/10	/10	
BW Single-Leg Squat	/15	/15		
DB Straight Leg	/10	/10	/10	
Single-Arm Row or DB Row	/10	/10	/10	
DB Incline Bench	/10	/10	/10	

Week 1: Friday				
Warm-Up	Set 1	Set 2	Set 3	Notes
Movement Warm-Up and Flexibility Program				
3/4 Laps	5 Runs - 1.1 min. C/1B	5 Runs - 1.1 min. C/1B		
*3 min. rest between sets	5 Runs - 1 min. IF	5 Runs - 1 min. IF		
	5 Runs - 55 sec. OF	5 Runs - 55 sec. OF		
<b>Exercise</b>	<b>Set 1</b>			
Single-Leg Squat	/10 each leg			
Squat/Chest Pass	/20			
Feet Together Squat	/20			
Walking Lunge/Twist	/10 each leg			
Side Lunge	/10 each leg			
Step-Up/Twist	/10 each leg			
Crossover Step-Up	/10 each leg			
Single-Leg Pickup	/10 each leg			
Wall Sits	1 min./1 min.			One minute on/one minute off
Push-Up/Chin-Up Superset	/Max	/Max	/Max	

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## Baseball Summer Workout

### Week 2: M, W, F

Week 2: Monday				
Warm-Up	Set 1	Set 2	Set 3	Notes
Movement Warm-Up and Flexibility Program				
<b>Conditioning</b>				
3/4 Laps	5 Runs - 1.1 min. C/1B	5 Runs - 1.1 min. C/1B		
*3 min. rest between sets	5 Runs - 1 min. IF	5 Runs - 1 min. IF		
	5 Runs - 55 sec. OF	5 Runs - 55 sec. OF		
<b>Exercise</b>				
Squat	/12	/10	/8	
Step-Up	/15	/15		
DB Straight Leg	/10	/10	/10	
Single-Arm Row or DB Row	/10	/10	/10	
DB Bench	/12	/10	/8	

Week 2: Wednesday				
Warm-Up	Set 1	Set 2	Set 3	Notes
Movement Warm-Up and Flexibility Program				
<b>Speed/Power/Agility</b>				
Jump Rope Program				
Pro Agility	/4 runs			
Combine Agility	/4 runs			
Build-Ups	/6 runs			
Bounding	/6x30 yards			
<b>Exercise</b>				
Lunge	/12	/10	/8	
Single-Leg Squat	/15	/15		
DB Straight Leg	/10	/10	/10	
Single-Arm Row or DB Row	/10	/10	/10	
DB Incline Bench	/12	/10	/8	

Week 2: Friday				
Warm-Up	Set 1	Set 2	Set 3	Notes
Movement Warm-Up and Flexibility Program				
3/4 Laps	5 Runs - 1.1 min. C/1B	5 Runs - 1.1 min. C/1B		
*3 min. rest between sets	5 Runs - 1 min. IF	5 Runs - 1 min. IF		
	5 Runs - 55 sec. OF	5 Runs - 55 sec. OF		
<b>Exercise</b>				
Single-Leg Squat	/10 each leg			
Squat/Chest Pass	/20			
Feet Together Squat	/20			
Walking Lunge/Twist	/10 each leg			
Side Lunge	/10 each leg			
Step-Up/Twist	/10 each leg			
Crossover Step-Up	/10 each leg			
Single-Leg Pickup	/10 each leg			
Wall Sits	1 min./1 min.			One minute on/one minute off
Push-Up/Chin-Up Superset	/Max	/Max	/Max	2 min. rest between sets

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## Baseball Summer Workout

### Week 3: M, W, F

Week 3: Monday				
Warm-Up	Set 1	Set 2	Set 3	Set 4
Movement Warm-Up and Flexibility Program				
<b>Conditioning</b>				
Poles	6 Runs - 38 sec. C/1B	6 Runs - 38 sec. C/1B		
*3 min. rest between sets	5 Runs - 36 sec. IF	5 Runs - 36 sec. IF		
	5 Runs - 55 sec. OF	5 Runs - 55 sec. OF		
<b>Exercise</b>				
Squat	/6	/6	/6	/6
Step-Up	/15	/15		
DB Straight Leg	/10	/10	/10	
Single-Arm Row or DB Row	/10	/10	/10	
DB Bench	/6	/6	/6	/6

Week 3: Wednesday				
Warm-Up	Set 1	Set 2	Set 3	Set 4
Movement Warm-Up and Flexibility Program				
<b>Speed/Power/Agility</b>				
Jump Rope Program				
Cone Drill Program	/1 each			
Flying 30's	/6 runs			
Straight Leg Bounding	/6x30 yards			
<b>Exercise</b>				
Lunge	/6	/6	/6	/6
Single-Leg Squat	/15	/15		
DB Straight Leg	/10	/10	/10	
Single-Arm Row or DB Row	/10	/10	/10	
DB Incline Bench	/6	/6	/6	/6

Week 3: Friday				
Warm-Up	Set 1	Set 2	Set 3	Notes
Movement Warm-Up and Flexibility Program				
Poles	5 Runs - 1.1 min. C/1B	5 Runs - 1.1 min. C/1B		
*3 min. rest between sets	5 Runs - 1 min. IF	5 Runs - 36 sec. IF		
	5 Runs - 55 sec. OF	5 Runs - 34 sec. OF		
<b>Exercise</b>				
Single-Leg Squat	/10 each leg	/10 each leg		
Squat/Chest Pass	/20	/20		
Feet Together Squat	/20	/20		
Walking Lunge/Twist	/10 each leg	/10 each leg		
Side Lunge	/10 each leg	/10 each leg		
Step-Up/Twist	/10 each leg	/10 each leg		
Crossover Step-Up	/10 each leg	/10 each leg		
Single-Leg Pickup	/10 each leg	/10 each leg		
Wall Sits	1 min./1 min.	1 min./1 min.		One minute on/one minute off
Push-Up/Chin-Up Superset	/Max	/Max	/Max	2 min. rest between sets

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## Baseball Summer Workout

### Week 4: M, W, F

Week 4: Monday				
Warm-Up	Set 1	Set 2	Set 3	Set 4
Movement Warm-Up and Flexibility Program				
<b>Conditioning</b>				
Poles	6 Runs - 38 sec. C/1B	6 Runs - 38 sec. C/1B		
*3 min. rest between sets	5 Runs - 36 sec. IF	5 Runs - 36 sec. IF		
	5 Runs - 55 sec. OF	5 Runs - 55 sec. OF		
<b>Exercise</b>				
Squat	/5	/5	/5	/5
Step-Up	/15	/15		
DB Straight Leg	/10	/10	/10	
Single-Arm Row or DB Row	/10	/10	/10	
DB Bench	/5	/5	/5	/5

Week 4: Wednesday				
Warm-Up	Set 1	Set 2	Set 3	Set 4
Movement Warm-Up and Flexibility Program				
<b>Speed/Power/Agility</b>				
Jump Rope Program				
60-Yard Shuttle	/6 runs			
Flying 30's	/6 runs			
Bounding	/6x30 yards			
<b>Exercise</b>				
Lunge	/5	/5	/5	/5
Single-Leg Squat	/15	/15		
DB Straight Leg	/10	/10	/10	
Single-Arm Row or DB Row	/10	/10	/10	
DB Incline Bench	/5	/5	/5	/5

Week 4: Friday				
Warm-Up	Set 1	Set 2	Set 3	Notes
Movement Warm-Up and Flexibility Program				
Poles	5 Runs - 1.1 min. C/1B	5 Runs - 1.1 min. C/1B		
*3 min. rest between sets	5 Runs - 1 min. IF	5 Runs - 36 sec. IF		
	5 Runs - 55 sec. OF	5 Runs - 34 sec. OF		
<b>Exercise</b>				
Single-Leg Squat	/10 each leg	/10 each leg		
Squat/Chest Pass	/20	/20		
Feet Together Squat	/20	/20		
Walking Lunge/Twist	/10 each leg	/10 each leg		
Side Lunge	/10 each leg	/10 each leg		
Step-Up/Twist	/10 each leg	/10 each leg		
Crossover Step-Up	/10 each leg	/10 each leg		
Single-Leg Pickup	/10 each leg	/10 each leg		
Wall Sits	1 min./1 min.	1 min./1 min.		One minute on/one minute off
Push-Up/Chin-Up Superset	/Max	/Max	/Max	2 min. rest between sets

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## Baseball Summer Workout

### Week 5: M, W, F

Week 5: Monday				
Warm-Up	Set 1	Set 2	Set 3	Set 4
Movement Warm-Up and Flexibility Program				
<b>Conditioning</b>				
1/2 Poles	8 Runs - 18 sec. C/1B	8 Runs - 18 sec. C/1B	6 Runs - 18 sec. C/1B	
*3 min. rest between sets	8 Runs - 16 sec. IF	8 Runs - 16 sec. IF	6 Runs - 16 sec. IF	
	8 Runs - 55 sec. OF	8 Runs - 55 sec. OF	6 Runs - 14 sec. OF	
<b>Exercise</b>				
Squat	/8	/8	/8	/8
Step-Up	/15	/15		
DB Straight Leg	/10	/10	/10	
Single-Arm Row or DB Row	/10	/10	/10	
DB Bench	/8	/8	/8	/8

Week 5: Wednesday				
Warm-Up	Set 1	Set 2	Set 3	Set 4
Movement Warm-Up and Flexibility Program				
<b>Speed/Power/Agility</b>				
Jump Rope Program				
Cone Drill Program	/1 each			
Straight Leg Bounding	/6x30 yards			
60-Yard Sprints @ 90%	/8 runs			
10-Yard Starts	/10 runs			
<b>Exercise</b>				
Lunge	/8	/8	/8	/8
Single-Leg Squat	/15	/15		
DB Straight Leg	/10	/10	/10	
Single-Arm Row or DB Row	/10	/10	/10	
DB Incline Bench	/8	/8	/8	/8

Week 5: Friday				
Warm-Up	Set 1	Set 2	Set 3	Notes
Movement Warm-Up and Flexibility Program				
1/2 Poles	5 Runs - 1.1 min. C/1B	5 Runs - 1.1 min. C/1B	6 Runs - 18 sec. C/1B	
*3 min. rest between sets	5 Runs - 1 min. IF	5 Runs - 16 sec. IF	5 Runs - 16 sec. IF	
	5 Runs - 14 sec. OF	5 Runs - 14 sec. OF	5 Runs - 14 sec. OF	
<b>Exercise</b>				
Single-Leg Squat	/10 each leg	/10 each leg	/10 each leg	
Squat/Chest Pass	/20	/20	/20	
Feet Together Squat	/20	/20	/20	
Walking Lunge/Twist	/10 each leg	/10 each leg	/10 each leg	
Side Lunge	/10 each leg	/10 each leg	/10 each leg	
Step-Up/Twist	/10 each leg	/10 each leg	/10 each leg	
Crossover Step-Up	/10 each leg	/10 each leg	/10 each leg	
Single-Leg Pickup	/10 each leg	/10 each leg	/10 each leg	
Wall Sits	1 min./1 min.	1 min./1 min.	1 min./1 min.	One minute on/one minute off
Push-Up/Chin-Up Superset	/Max	/Max	/Max	2 min. rest between sets

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## Baseball Summer Workout

### Week 6: M, W, F

Week 6: Monday				
Warm-Up	Set 1	Set 2	Set 3	Set 4
Movement Warm-Up and Flexibility Program				
<b>Conditioning</b>				
1/2 Poles	8 Runs - 18 sec. C/1B	8 Runs - 18 sec. C/1B	6 Runs - 18 sec. C/1B	
*3 min. rest between sets	8 Runs - 16 sec. IF	8 Runs - 16 sec. IF	6 Runs - 16 sec. IF	
	8 Runs - 55 sec. OF	8 Runs - 55 sec. OF	6 Runs - 14 sec. OF	
<b>Exercise</b>				
Squat	/10	/10	/8	/8
Step-Up	/15	/15		
DB Straight Leg	/10	/10	/10	
Single-Arm Row or DB Row	/10	/10	/10	
DB Bench	/10	/10	/8	/8

Week 6: Wednesday				
Warm-Up	Set 1	Set 2	Set 3	Set 4
Movement Warm-Up and Flexibility Program				
<b>Speed/Power/Agility</b>				
Jump Rope Program				
Pro Agility	/4 runs			
Combine Agility	/4 runs			
60-Yard Sprints @ 90%	/8 runs			
10-Yard Starts	/10 runs			
<b>Exercise</b>				
Lunge	/10	/10	/8	/8
Single-Leg Squat	/15	/15		
DB Straight Leg	/10	/10	/10	
Single-Arm Row or DB Row	/10	/10	/10	
DB Incline Bench	/10	/10	/8	/8

Week 6: Friday				
Warm-Up	Set 1	Set 2	Set 3	Notes
Movement Warm-Up and Flexibility Program				
1/2 Poles	5 Runs - 1.1 min. C/1B	8 Runs - 18 sec. C/1B	6 Runs - 18 sec. C/1B	
*3 min. rest between sets	5 Runs - 1 min. IF	5 Runs - 16 sec. IF	5 Runs - 16 sec. IF	
	5 Runs - 14 sec. OF	5 Runs - 14 sec. OF	5 Runs - 14 sec. OF	
<b>Exercise</b>				
Single-Leg Squat	/10 each leg	/10 each leg	/10 each leg	
Squat/Chest Pass	/20	/20	/20	
Feet Together Squat	/20	/20	/20	
Walking Lunge/Twist	/10 each leg	/10 each leg	/10 each leg	
Side Lunge	/10 each leg	/10 each leg	/10 each leg	
Step-Up/Twist	/10 each leg	/10 each leg	/10 each leg	
Crossover Step-Up	/10 each leg	/10 each leg	/10 each leg	
Single-Leg Pickup	/10 each leg	/10 each leg	/10 each leg	
Wall Sits	1 min./1 min.	1 min./1 min.	1 min./1 min.	One minute on/one minute off
Push-Up/Chin-Up Superset	/Max	/Max	/Max	3 min. rest between sets

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## Baseball Summer Workout

### Week 7: M, W, F

Week 7: Monday				
Warm-Up	Set 1	Set 2	Set 3	Set 4
Movement Warm-Up and Flexibility Program				
<b>Conditioning</b>				
Mini-Poles	/10			
10x10-Yard Starts				
<b>Exercise</b>				
Squat	/5	/5	/5	/5
Step-Up	/15	/15		
DB Straight Leg	/10	/10	/10	
Single-Arm Row or DB Row	/15	/15		
DB Bench	/15	/15		

Week 7: Wednesday				
Warm-Up	Set 1	Set 2	Set 3	Set 4
Movement Warm-Up and Flexibility Program				
<b>Conditioning</b>				
Bases Program				
<b>Exercise</b>				
Lunge	/5	/5	/5	/5
Single-Leg Squat	/15	/15		
DB Straight Leg	/10	/10	/10	
Single-Arm Row or DB Row	/15	/15		
DB Incline Bench	/15	/15		

Week 7: Friday				
Warm-Up	Set 1	Set 2	Set 3	Notes
Movement Warm-Up and Flexibility Program				
<b>Conditioning</b>				
Mini Poles	/10			
10x10-Yard Starts				
<b>Exercise</b>				
Single-Leg Squat	/10 each leg	/10 each leg	/10 each leg	
Squat/Chest Pass	/20	/20	/20	
Feet Together Squat	/20	/20	/20	
Walking Lunge/Twist	/10 each leg	/10 each leg	/10 each leg	
Side Lunge	/10 each leg	/10 each leg	/10 each leg	
Step-Up/Twist	/10 each leg	/10 each leg	/10 each leg	
Crossover Step-Up	/10 each leg	/10 each leg	/10 each leg	
Single-Leg Pickup	/10 each leg	/10 each leg	/10 each leg	
Wall Sits	1 min./1 min.	1 min./1 min.	1 min./1 min.	One minute on/one minute off
Push-Up/Chin-Up Superset	/Max	/Max	/Max	3 min. rest between sets

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## Baseball Summer Workout

### Week 8: M, W, F

Week 8: Monday				
Warm-Up	Set 1	Set 2	Set 3	Set 4
Movement Warm-Up and Flexibility Program				
<b>Conditioning</b>				
Bases Program				
<b>Exercise</b>				
Squat	/5	/5	/5	/5
Step-Up	/15	/15		
DB Straight Leg	/10	/10	/10	
Single-Arm Row or DB Row	/15	/15		
DB Bench	/15	/15		

Week 8: Wednesday				
Warm-Up	Set 1	Set 2	Set 3	Set 4
Movement Warm-Up and Flexibility Program				
<b>Conditioning</b>				
Mini Poles	/10			
10x10-Yard Starts				
<b>Exercise</b>				
Lunge	/5	/5	/5	/5
Single-Leg Squat	/15	/15		
DB Straight Leg	/10	/10	/10	
Single-Arm Row or DB Row	/15	/15		
DB Incline Bench	/15	/15		

Week 8: Friday				
Warm-Up	Set 1	Set 2	Set 3	Notes
Movement Warm-Up and Flexibility Program				
<b>Conditioning</b>				
Bases Program				
<b>Exercise</b>				
Single-Leg Squat	/10 each leg	/10 each leg	/10 each leg	
Squat/Chest Pass	/20	/20	/20	
Feet Together Squat	/20	/20	/20	
Walking Lunge/Twist	/10 each leg	/10 each leg	/10 each leg	
Side Lunge	/10 each leg	/10 each leg	/10 each leg	
Step-Up/Twist	/10 each leg	/10 each leg	/10 each leg	
Crossover Step-Up	/10 each leg	/10 each leg	/10 each leg	
Single-Leg Pickup	/10 each leg	/10 each leg	/10 each leg	
Wall Sits	1 min./1 min.	1 min./1 min.	1 min./1 min.	One minute on/one minute off
Push-Up/Chin-Up Superset	/Max	/Max	/Max	3 min. rest between sets