

In-Season Tubing & Bodyweight (BW) Strength Program for Baseball

Tubing / Upper-Body Strength-Program

*Choose (1) Exercise from each Group and perform specified number of Sets & Reps.

<i>*Group I</i>	Week #1 & 2		Week #3 & 4		Week #5 & 6	
	SETS	REPS	SETS	REPS	SETS	REPS
Both-Arm Tubing Chest-Press	2	12	2	15	3	12
Alternating-Arm Tubing Chest-Press						
Both-Arm Tubing-Curl & Overhead-Press						
<i>*Group II</i>	SETS	REPS	SETS	REPS	SETS	REPS
Single-Arm Tubing-Pull (Level)	2	12	2	15	3	12
Single-Arm Tubing-Pull w/ Rotation (High-to-Low)						
Single-Arm Tubing-Pull w/ Rotation (Low-to-High)						
<i>*Group III</i>	SETS	REPS	SETS	REPS	SETS	REPS
Standing / Alternating-Arm Tubing-Curl & Overhead-Press	2	12	2	15	3	12
Standing / Single-Arm Tubing-Curl & Overhead-Press						

Body Weight (BW) / Lower-Body Strength-Program

*Choose (1) Exercise from each Group and perform specified number of Sets & Reps.

<i>*Group I</i>	SETS	REPS	SETS	REPS	SETS	REPS
BW / Squat	2	15	2	20	3	15
BW / Split-Squat						
<i>*Group II</i>	SETS	REPS	SETS	REPS	SETS	REPS
BW / Alternating-Lunge	2	12E	2	15E	3	10E
BW / Alternating Lateral-Lunge						
BW / Walking-Lunge						
<i>*Group III</i>	SETS	REPS	SETS	REPS	SETS	REPS
BW / Step-Up	2	12E	2	15E	3	10E
BW / Lateral Step-Up						

Tubing / Core Strength-Program

Perform specified number of Sets & Reps for Each

	SETS	REPS	SETS	REPS	SETS	REPS
Tubing / Trunk-Rotation (Level)	2	12	2	15	3	12
Tubing / Trunk-Rotation (High-To-Low)	2	12	2	15	3	12
Tubing / Trunk-Rotation (Low-To-High)	2	12	2	15	3	12