

Day 1	Week 1	Week 2	Week 3	Week 4		Notes
Exercise	Sets/Reps	Sets/Reps	Sets/Reps	Sets/Reps	Rest	
Single-Leg RDL	2x10 each leg	2x10 each leg	2x10 each leg	2x10 each leg	30 sec.	
Plank Reach	2x5 breaths each side	2x5 breaths each side	2x5 breaths each side	2x5 breaths each side	30 sec.	
Dumbbell Single-Leg Squat	3x5 each leg	3x5 each leg	3x5 each leg	3x5 each leg	30 sec.	
Alternating Dumbbell Bench	3x5 each arm	3x5 each arm	3x5 each arm	3x5 each arm	30 sec.	
Cable Low Pull	3x5	3x5	3x5	3x5	30 sec.	
Tricep Pushdown	3x10	3x10	3x10	3x10	30 sec.	
Hamstring Tripod	3x5 breaths each	3x5 breaths each	3x5 breaths each	3x5 breaths each	30 sec.	
Pec Stretch	2x5 breaths	2x5 breaths	2x5 breaths	2x5 breaths	-	
Squat Stretch	2x5 breaths	2x5 breaths	2x5 breaths	2x5 breaths	-	
Day 2	Week 1	Week 2	Week 3	Week 4		
Single-Leg RDL	2x10 each leg	2x10 each leg	2x10 each leg	2x10 each leg	30 sec.	
Plank Reach	2x5 breaths each	2x5 breaths each	2x5 breaths each	2x5 breaths each	30 sec.	
Med Ball Side Toss	3x5 each side	3x5 each side	3x5 each side	3x5 each side	30 sec.	
Med Ball Front Toss	3x5 each side	3x5 each side	3x5 each side	3x5 each side	30 sec.	
Med Ball Single-Leg Throwdown	3x5 each side	3x5 each side	3x5 each side	3x5 each side	30 sec.	
Lateral Bounds	2x5 each direction	2x5 each direction	2x5 each direction	2x5 each direction	30 sec.	
Walking Dumbbell Rotational Lunge	2x5 each side	2x5 each side	2x5 each side	2x5 each side	30 sec.	
Pec Stretch	2x5 breaths	2x5 breaths	2x5 breaths	2x5 breaths	-	
Squat Stretch	2x5 breaths	2x5 breaths	2x5 breaths	2x5 breaths	-	
Hamstring Tripod	1x5 breaths each	1x5 breaths each	1x5 breaths each	1x5 breaths each	-	
Recovery Workout						
Bodyweight Single-Leg RDL	1x10 each leg	1x10 each leg	1x10 each leg	1x10 each leg	-	
Lunge - Elbow to Instep	2x15 yards	2x15 yards	2x15 yards	2x15 yards	30 sec.	
Soldier Walk	2x15 yards	2x15 yards	2x15 yards	2x15 yards	30 sec.	
Carioca	2x15 yards each direction	2x15 yards each direction	2x15 yards each direction	2x15 yards each direction	30 sec.	
Carioca - High Knee	2x15 yards each direction	2x15 yards each direction	2x15 yards each direction	2x15 yards each direction	30 sec.	
Shoulder Circles	1x15 each direction	1x15 each direction	1x15 each direction	1x15 each direction	-	
Backpedal	2x15 yards	2x15 yards	2x15 yards	2x15 yards	30 sec.	
Power Skip	2x15 yards	2x15 yards	2x15 yards	2x15 yards	30 sec.	
Tempo Run (pitchers only)	5 min. (10 sec. @ 80-90% + 30 sec. @ 50%)	5 min. (10 sec. @ 80-90% + 30 sec. @ 50%)	5 min. (10 sec. @ 80-90% + 30 sec. @ 50%)	5 min. (10 sec. @ 80-90% + 30 sec. @ 50%)	-	
Sprints	10x15 yards	10x15 yards	10x15 yards	10x15 yards	20 sec.	
Battle Rope - Big Waves	1x15 sec.	1x15 sec.	1x15 sec.	1x15 sec.	-	
Battle Rope - Circle Out	1x15 sec.	1x15 sec.	1x15 sec.	1x15 sec.	-	
Battle Rope - Throw Down	1x15 sec.	1x15 sec.	1x15 sec.	1x15 sec.	-	
Band Forward Punch	1x15 sec.	1x15 sec.	1x15 sec.	1x15 sec.	-	
Band Pullaparts	1x15	1x15	1x15	1x15	-	
Band Curls	1x15	1x15	1x15	1x15	-	
Band Tricep Extensions	1x15	1x15	1x15	1x15	-	