

Week 1 Preview (Baseball Specific)

Day One: Back/Shoulders	Day Two: Legs	Day Three: Chest/Tris	Day Four: Body Control	Day Five: Legs
<p>Workout</p> <ul style="list-style-type: none"> ☐ 50 total trx band "X" rows https://www.instagram.com/p/CIHH8P1Ae-a/ ☐ SUPERSET: 5x10 bent over dumbbell reverse flies into 4 dumbbell bent over rows ☐ SUPERSET: 4x5 *controlled reps* pull up bar slow eccentric releases into 8 close grip lat pull downs ☐ 4x30sec single-arm bosu ball plank shoulder stability ☐ 50 total lying dumbbell rear delt flies *each arm* <p>Core</p> <ul style="list-style-type: none"> ☐ 3x10 *each side* bosu ball side crunches (controlled reps) ☐ 3x10 weighted leg lifts (controlled reps) *hold a med ball or dumbbell between your feet* 	<p>Workout</p> <ul style="list-style-type: none"> ☐ 4x3 *each leg* single-leg weighted lateral back to back hurdles ☐ 4x5 *each leg* single-leg leg press (3sec pause then explode up, controlled reps on way down) ☐ 4x10 *each leg* assisted pistol squats on a bosu ball ☐ 100 total adductor machine reps ☐ 100 total abductor machine reps <p>Core</p> <ul style="list-style-type: none"> ☐ 1x100 *each side* lying heel taps ☐ 1x50 *each side* dumbbell side bends 	<p>Workout</p> <ul style="list-style-type: none"> ☐ 4x5 *each arm* single-arm resistance band dumbbell bench (10sec count on way up) ☐ 4x10 barbell bench explosive pause reps (2sec pause then explode up) *increase weight each set, last set go back to starting weight and be as explosive as possible* ☐ 3x10 bosu ball push ups, stop half way on way down and way up (each movement is controlled) ☐ 100 total cable chest flies <p>Core</p> <ul style="list-style-type: none"> ☐ 50 total hanging knees to chest ☐ 10 total heavy weighted crunches (release as slow as possible on every rep) 	<p>Workout</p> <ul style="list-style-type: none"> ☐ 2x1min single leg bosu ball balance (standing on flat side) ☐ 2x1min single leg bosu ball balance (standing on ball side) ☐ 4x10 single leg hip hinge load on bosu ball ☐ 4x10 resistance band pallof press AS HEAVY AS YOU CAN CONTROL (push your limits) ☐ 3x10 resistance band barbell rollouts (10sec count on the way up) <p>Arm Circuit: (200 total reps with whatever isn't sore)</p> <ul style="list-style-type: none"> ☐ 100 total EZ bar curls ☐ 50 total plate front raises ☐ 50 total lateral plate raises 	<p>Workout</p> <ul style="list-style-type: none"> ☐ 4x8 dumbbell bulgarian split squats on a bosu ball ☐ 4x8 *each leg* single-leg dumbbell RDL's on a bosu ball ☐ 4x5 *each leg* single-leg weighted box jumps ☐ 4x6 *each leg* single-leg leg curls ☐ 4x5 explosive barbell hip thrusts (controlled on way down) <p>Core</p> <ul style="list-style-type: none"> ☐ 100 *each side* weighted Russian twists ☐ 3x10 *each side* alternating downward dog toe touches

