

WEST RANCH BASEBALL
WINTER 2015 TRAINING

*PERFORM THE DYNAMIC WARM UP BEFORE EVERY WORKOUT

**THESE ARE ALL BASIC MOVEMENTS WE HAVE LEARNED IF THERE ARE ANY QUESTIONS ON HOW TO PERFORM THEM YOUTUBE HAS GREAT DEMONSTRATIONS

DAY 1							DAY 2							
EXERCISE	week 1		week 2		week 3		EXERCISE	week 1		week 2		week3		
	wt	reps	wt	reps	wt	reps		wt	reps	wt	reps	wt	reps	
1A. HANG CLEAN + FSQ		X5		X5		X3	1A. DB H. SNATCH + OH LUNGE- lunge w/ opp. Leg (LUNGE WITH WT OH)		X5		X5		X3	
		X5		X4		X3			X5		X4		X3	
		X5		X3		X3			X5		X3		X3	
1B. ROTATIONAL PLANK	3 SETS	X8	3 SETS	X8	3 SETS	X8	1B. AB WHEEL	3 SETS	X10	3 SETS	X10	3 SETS	X10	
1C. CUBAN PRESS	3 SETS	X5	3 SETS	X5	3 SETS	X5	1C. PUSH UP +	3 SETS	X5	3 SETS	X5	3 SETS	X5	
2A. DB ALT. BENCH		X8		X8		X5	2A. DB PUSH PRESS		X5		X5		X3	
		X8		X6		X5			X5		X4		X3	
		X8		X5		X5			X5		X3		X3	
2B. BARBELL RDL		X8		X8		X5	2B. DB SUPPORTED ROW		X8		X8		X5	
		X8		X6		X5			X8		X6		X5	
		X8		X5		X5			X8		X5		X5	
3A. CHIN UP		X8		X8		X5	3A. DB 1 LEG RDL		X8		X8		X5	
		X8		X6		X5			X8		X6		X5	
		X8		X5		X5			X8		X5		X5	
3B. TRIANGLES	3 SETS	X2	3 SETS	X2	3 SETS	X2	3B. SQUAT -2 - STAND	3 SETS	X5	3 SETS	X5	3 SETS	X5	
DAY 3														
EXERCISE	week 1		week 2		week3		EXERCISE	week 1		week 2		week3		
	wt	reps	wt	reps	wt	reps		wt	reps	wt	reps	wt	reps	
1A. ICE SKATER JUMPS W/ 3 SEC. PAUSE		X5		X5		X5	1B. MB SIDE TOSS	3 SETS	X10	3 SETS	X10	3 SETS	X10	
1C. CUBAN PRESS	3 SETS	X5	3 SETS	X5	3 SETS	X5		2A. PLYO PUSH UP	3 SETS	X10	3 SETS	X5	3 SETS	X10s
2A. MB OH SLAMS		X8		X8		X8			W/ 3 SEC PAUSE BOTTOM	as many reps as possible in 10 seconds				
2B. 1 LEG SKIPS FOR DISTANCE		X8		X8		X8								
3B. ACTIVE STRIAGHT LEG RAISE	3 SETS	X5	3 SETS	X5	3 SETS	X5								