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### **DRINKING FLUIDS**

Water makes up about 60 percent of a person's total body weight and is the nutrient most important for a person's body to be functioning. Water is the main component of blood plasma. Without it oxygen, glucose, fatty acids, and other nutrients cannot be transported throughout the body.

can't be transported to your active muscles and catabolic waste products can't be eliminated and metabolism is accelerated during exercise, and as little as a 4 percent reduction can have a devastating impact on performance. To drink plenty of water. Drinking a pint per pound body weight lost during exercise is recommended by the American College of Sports Medicine. Make sure that you are properly hydrated before conditioning workouts. To ensure proper hydration, drink even more water than what your thirst indicates during heavy workouts. Make it a lifestyle habit to drink fluids.

There has been a lot of advertising lately for several different carbohydrate drinks. A lot of the athletes. The consumption of these drinks is not going to give you more energy unless, of course, you are eating properly. While the drinks may not give you an energy boost, they do help replace fluids. If fluid is not replaced, then you are going to have energy problems. It does not matter whether you choose water or a sports drink as long as you replace the fluids. But if you prefer flavored drinks and they encourage you to drink, then by all means drink them. But remember, water is just as good and a lot cheaper.

### **Facts about Water**

75 % of Americans are chronically dehydrated

Mild dehydration will slow down one's metabolism as much as 3 %

Lack of water is the # 1 trigger of daytime fatigue

2 % drop in body water can trigger fuzzy short term memory loss, trouble with basic math, and decreased concentration

Drinking 5 glasses of water daily decreases the risk of colon cancer by 45 %, breast cancer by 39 %

### **Eating Right**

Proper nutrition can meet the energy needs of metabolic processes. Therefore, proper nutrition is very important for an athlete in training. The body requires six separate types of nutrients in order to function properly: carbohydrates, fats, proteins, vitamins, minerals, and water. Various foods contain assorted percentages of these nutrients. Therefore, it is important to consume a balance of different types of food to supply the body with all the nutrients it needs. An imbalance of these nutrients may cause undesirable adaptations, such as an excessive increase in body fat. The following three steps help ensure a proper balance of nutrients to increase lean muscle mass, limit fat storage, and improve performance. We've also included the three steps on a shopping list to help you properly select your food.

**Step 1:**

Incorporate Fruits, Vegetables, seeds and nuts into your diet

**Step 2:**

Incorporate Carbohydrates into your diet relative to your active level

**Step 3:**

Select Lean Protein in your diet

**Nutrition Facts**

Secrets to body recovery

Load up on ANTIOXIDANTS ( greens, fruits, and veggies)

Stop refined sugar intake especially soda and sports drinks

Eat whole grains

10-12 - 8oz cups of water every day Water is the #1 fuel for muscles

Try to get up to 10 servings of fruits and or veggies every day

Get 7 1/2 hours of sleep every night

Combine Carbs, Fats, and Protein equally in each meal

**Static Stretches**

Fingers In The Grass (2)



Legs Spread Middle



Legs Spread Left



Lean Left



Lunge Left



Calf Stretch Right



Legs Spread Right



Lean Right



Lunge Right



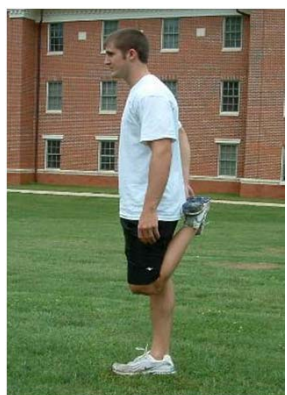
Calf Stretch Left



Groin Stretch



Left Quad



Right Quad



Figure 4 Left Leg



Figure 4 Right Leg



Torso Twist (2)



Arm Circles Backward



Arm Circles Forward



Right Delt



Right Tricep



Right Tricep Lean It



Left Delt



Left Tricep



Left Tricep Lean It



Right Chest



Left Chest



Right Forearm Palm Up



Right Forearm Milk It



Right Forearm Palm

Down



Left Forearm Palm Up



Left Forearm Milk It



Left Forearm Palm

Down



Partner Stretch Over

Top



Shake It Out Lightly



Partner Stretch Down

Below



Shake It Out Lightly



Neck Circles Both Directions (4)



## Torque Stretches



## Prone Holds



**Dynamic Stretches**

**Backward Buttkicks (3)**



**High Knees (3)**



**Toe Touches (4)**



Form Lunges (3)



Carioca Left (5)



Carioca Right (5)



High Knees (3)



**Arm Care**

Internal Rotation short



External Rotation short



Internal Rotation long



External Rotation long



**Iron Mike Forward**



**Iron Mike Backward**



**Iron Mike Crossover Forward**



**Iron Mike Crossover Backward**



**Shoulder Rows (2)**



**Press Back**



**Press Forward**



**Throwing Routine**

**Iron Mikes (20 Feet)**



**Torque Separation (30 Feet)**



**Load Drill Toe Roll - Over (60 Feet)**



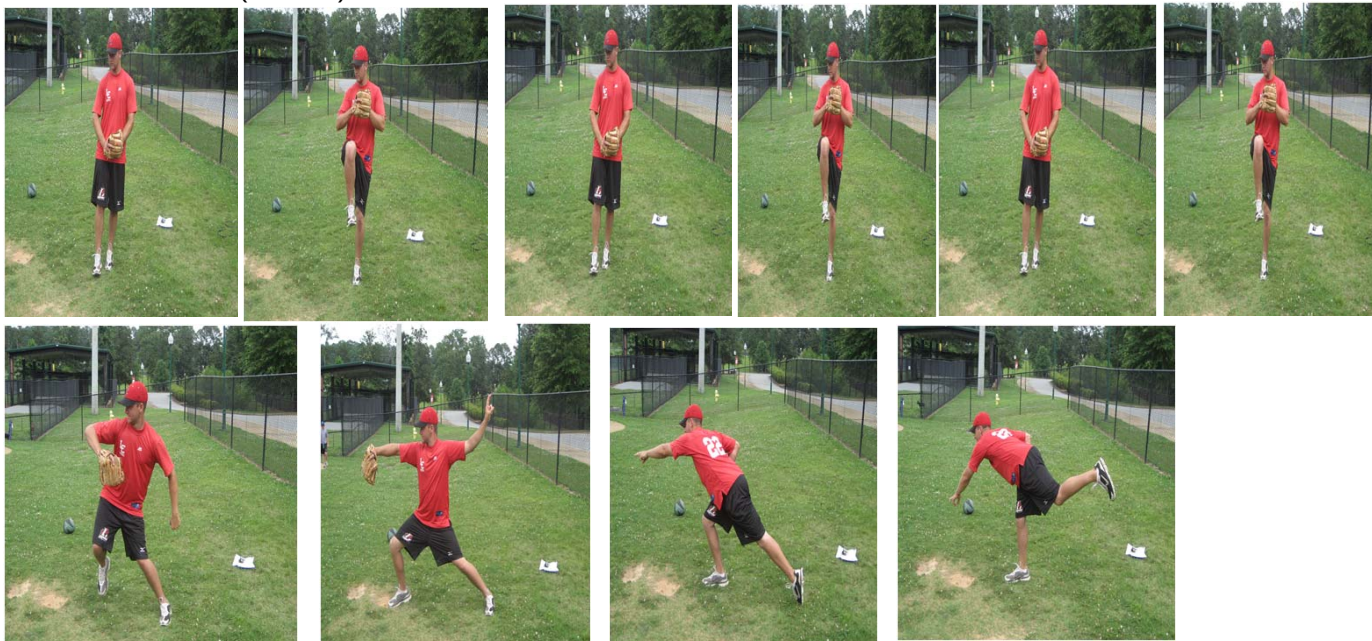
**Load Drill / Balance on Front Leg (60 Feet)**



**Front Leg Hook Drill / Lead with your hip. (60 Feet)**



**3 Lift Balance Drill (90 Feet)**



**Step Behind Lift and Drive (120 Feet)**



**Step Behind and Go (170 Feet)**



Step Behind Long Toss (220 Feet)

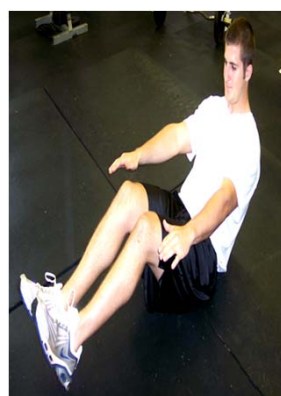
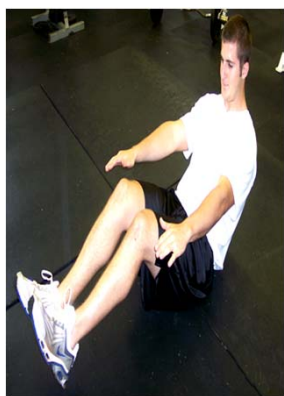
70 Feet Change Ups

45 Feet Breaking Balls

Flat Ground

### **Abs and Back**

V Crunch



Scissor Kicks



Med ball Sit Up Twist



**Side Ups**



**Speed Crunch**



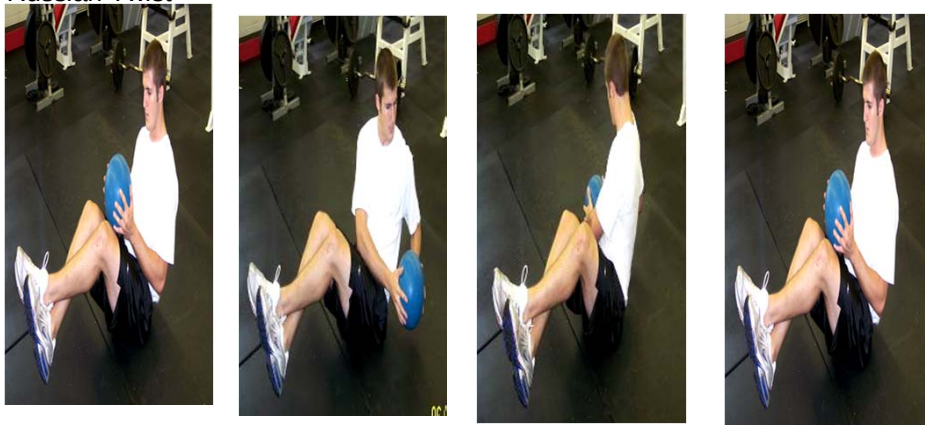
**Physo Ball Russian Twist**



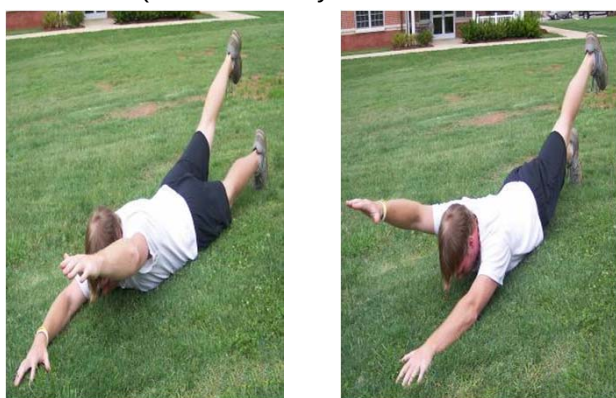
**Plate or Med ball Crunch**



Russian Twist



Swimmers (Alternate every 10 seconds / total 2 minutes)



Superman Hold For 10 Seconds / Rest for 10 Seconds (2 Minutes total)



**Day 1 Workout (Pictured in same order as it is listed in workout log at the back of handout)**

**Chest and Back**

Bench Press / Straight Bar or Dumbbell



Lat Pull downs



Close Grip Bench



Lawn Mowers



One Med ball Push Up



Wide Grip Pull Ups



Cable Cross Over or Flys



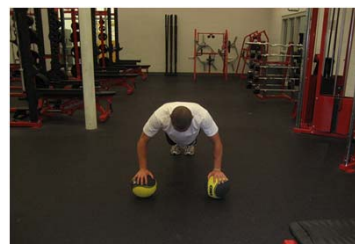
Close Grip Pull Ups



Seated Rows



Two Med ball Push Ups



Abs / Back Routine (Shown above)

Throwing Routine (Shown above)

Sprint Routine 60 Feet - 10 Sprints - jog back / 90 feet - 10 sprints - 30 Sec rest

Stretch

**Day 2 Workout (Pictured in same order as it is listed in workout log at the back of handout)**

**Plyometrics**

Squat Knee Tucks



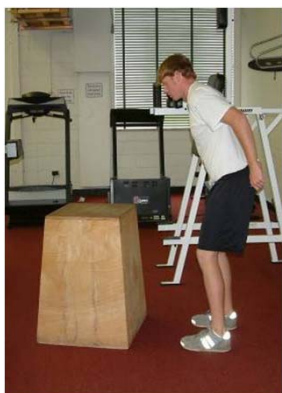
One Leg Explosions



Lateral Box Push Offs



**Box Jumps**



**Speed Step Ups**



**Speed Skaters**



**Scissor Lung Sprints (10 Scissor lunges / 20 yard sprints)**



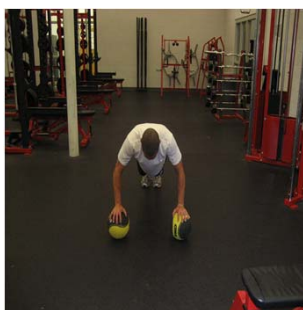
**Bear Crawl Sprints (Bear crawl for 20 yards - sprint for 20 yards)**



**Side Bear Crawl Sprints (Side bear crawl for 20 yards and sprint for 20 yards)**



**Push Up Sprints (10-20 push ups - 20 yard sprints)**



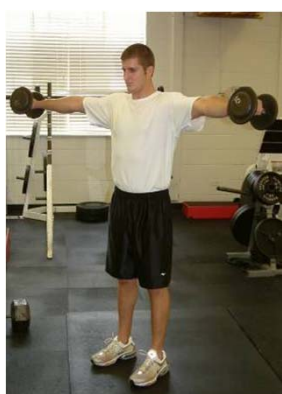
**Day 3 Workout (Pictured in same order as it is listed in workout log at the back of handout)**

**Shoulders and Arms**

Front Delt Raise



Lat Delt Raise / Shrug



Tricep Pull downs



Reverse Flys



Dips



Dumbbell Curl Press



V - Raise



3 Way Wrist Curls



Abs / Back (Shown Above)

Throwing Routine (Shown Above)

Sprint Routine 60 Feet - 10 Sprints - jog back / 90 feet - 10 sprints - 30 Sec rest

**Day 4 Workout (Pictured in same order as it is listed in workout log at the back of handout)**

**Legs**

**Leg Press**



**One Leg Squats**



**Squat Calf Raise**



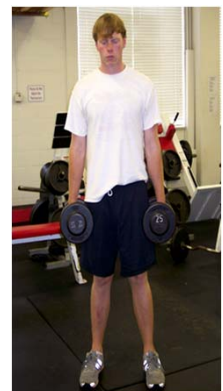
Step Ups



Wall Sits



Side Lunges



**Speed Skaters**



**One Leg Wall Sits (Alternate every 10 seconds / 1 minute total)**



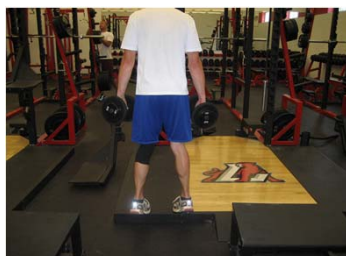
**Step Back Lunges**



**Dead Lift**



### 3 Way Calf Raises



Abs and Back

Throwing Routine

Stretch

**Ladder Workout**

- 1 One foot in each box
- 2 Two feet in each box
- 3 Two feet twice in each box
- 4 In In Out Out Forward
- 5 In In Out Out Backward
- 6 Zig Zag
- 7 Zig Zag Backward
- 8 Carioca
- 9 Carioca Other Direction
- 10 Zipper
- 11 Zipper Other Direction

\* The ladder is 20 boxes long and each box is 18" x 18".

\* Each ladder movement should be performed twice.

**\* 30 - 45 Seconds rest between each exercise**

| LaGrange College Baseball |                                                                       |             |       |       |             |       |       |             |       |       |
|---------------------------|-----------------------------------------------------------------------|-------------|-------|-------|-------------|-------|-------|-------------|-------|-------|
| Day 1 Workout             | Sets, 30 Sec Rest                                                     | Week 1      |       |       | Week 2      |       |       | Week 3      |       |       |
| Chest & Back Exercise     | Reps, or Time                                                         | Date: Set 1 | Set 2 | Set 3 | Date: Set 1 | Set 2 | Set 3 | Date: Set 1 | Set 2 | Set 3 |
| Static Stretch            | Minimum 10 sec each                                                   |             |       |       |             |       |       |             |       |       |
| Dynamic Stretch           | 1 x 10 - 15 Reps                                                      |             |       |       |             |       |       |             |       |       |
| Torque Stretch            | 2 x's each at 20 yards                                                |             |       |       |             |       |       |             |       |       |
| Arm Care                  | 1 x 10-12 Bands/Med balls                                             |             |       |       |             |       |       |             |       |       |
| Ladder                    | 2 x each movement                                                     |             |       |       |             |       |       |             |       |       |
| Bench Press               | 3 x 12-15                                                             |             |       |       |             |       |       |             |       |       |
| Lat - Pull downs          | 3 x 12-15                                                             |             |       |       |             |       |       |             |       |       |
| Close Grip Bench          | 3 x 12-15                                                             |             |       |       |             |       |       |             |       |       |
| Lawn Mowers               | 3 x 12-15                                                             |             |       |       |             |       |       |             |       |       |
| 1 -Med ball Push Ups      | 3 x Failure                                                           |             |       |       |             |       |       |             |       |       |
| Wide Grip Pull Ups        | 1 x Failure                                                           |             |       |       |             |       |       |             |       |       |
| Flys or Cable Cross       | 3 x 12-15                                                             |             |       |       |             |       |       |             |       |       |
| Close Grip pull Ups       | 3 x Failure                                                           |             |       |       |             |       |       |             |       |       |
| Push Ups                  | 3 x Failure                                                           |             |       |       |             |       |       |             |       |       |
| Seated Rows               | 3 x 12-15                                                             |             |       |       |             |       |       |             |       |       |
| 2 - Med ball Push Ups     | 3 x Failure                                                           |             |       |       |             |       |       |             |       |       |
| Wide Grip Pull Ups        | 3 x Failure                                                           |             |       |       |             |       |       |             |       |       |
| Abs / Back Routine        | 2 x 20                                                                |             |       |       |             |       |       |             |       |       |
| Throwing Routine          |                                                                       |             |       |       |             |       |       |             |       |       |
| Sprint Routine            | 60 Feet - 10 Sprints jog back / 90 Feet - 10 Sprints - 30 Second rest |             |       |       |             |       |       |             |       |       |
| Stretch                   | Minimum 10 sec each                                                   |             |       |       |             |       |       |             |       |       |
| Day 2 Workout             | Sets,                                                                 | Date:       |       |       | Date:       |       |       | Date:       |       |       |
| Plyometrics Exercise      | Reps, or Time                                                         | Set 1       | Set 2 | Set 3 | Set 1       | Set 2 | Set 3 | Set 1       | Set 2 | Set 3 |
| Static Stretch            | Minimum 10 sec each                                                   |             |       |       |             |       |       |             |       |       |
| Dynamic Stretch           | 2 x's each at 20 yards                                                |             |       |       |             |       |       |             |       |       |
| Torque Stretch            | 1 x 10 - 15 Reps                                                      |             |       |       |             |       |       |             |       |       |
| Arm Care                  | 1 x 10-12 Bands/Med balls                                             |             |       |       |             |       |       |             |       |       |
| Ladder                    | 2 x each movement                                                     |             |       |       |             |       |       |             |       |       |
| Squat knee Tucks          | 3 x 10                                                                |             |       |       |             |       |       |             |       |       |
| One Leg Explosions        | 3 x 30 Sec. each leg                                                  |             |       |       |             |       |       |             |       |       |
| Lateral Box Push Offs     | 3 x 30 Sec.                                                           |             |       |       |             |       |       |             |       |       |
| Box Jumps                 | 3 x 10                                                                |             |       |       |             |       |       |             |       |       |
| Speed Step Ups            | 3 x 30 Sec.                                                           |             |       |       |             |       |       |             |       |       |
| Speed Skaters             | 3 x 30 Sec.                                                           |             |       |       |             |       |       |             |       |       |
| Scissor Lunge Sprints     | 5 x 30 Sec lunge / 20 yard sprints                                    |             |       |       |             |       |       |             |       |       |
| Hop- Over Sprints         | 5 x 30 Sec hops / 20 yard sprints                                     |             |       |       |             |       |       |             |       |       |
| One Leg Hop-Over Sprints  | 5 x 30 sec hop / 20 yard sprints (each leg)                           |             |       |       |             |       |       |             |       |       |
| Bare Crawl Sprints        | 5 x Crawl for 20 yards / Sprint for 20 yards                          |             |       |       |             |       |       |             |       |       |
| Side Bare Crawl Sprints   | 5 x Side Crawl for 20 yards / Sprint for 20 yards                     |             |       |       |             |       |       |             |       |       |
| Stretch                   | Minimum 10 sec each                                                   |             |       |       |             |       |       |             |       |       |
|                           |                                                                       |             |       |       |             |       |       |             |       |       |

| <b>Day 3 Workout</b>                  |                                                                       | <b>Date</b>  |              |              | <b>Date:</b> |              |              | <b>Date:</b> |              |              |
|---------------------------------------|-----------------------------------------------------------------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| <b>Shoulder's &amp; Arms Exercise</b> | <b>Reps, or Time</b>                                                  | <b>Set 1</b> | <b>Set 2</b> | <b>Set 3</b> | <b>Set 1</b> | <b>Set 2</b> | <b>Set 3</b> | <b>Set 1</b> | <b>Set 2</b> | <b>Set 3</b> |
| Static Stretch                        | Minimum 10 sec each                                                   |              |              |              |              |              |              |              |              |              |
| Dynamic Stretch                       | 2 x's each at 20 yards                                                |              |              |              |              |              |              |              |              |              |
| Torque Stretch                        | 1 x 10 - 15 Reps                                                      |              |              |              |              |              |              |              |              |              |
| Arm Care                              | 1 x 10-12 Bands/Med balls                                             |              |              |              |              |              |              |              |              |              |
| Ladder                                | 2 x each movement                                                     |              |              |              |              |              |              |              |              |              |
| Front Delt Raise                      | 3 x 12-15                                                             |              |              |              |              |              |              |              |              |              |
| Standing Curls                        | 3 x 12-15                                                             |              |              |              |              |              |              |              |              |              |
| Lat Delt Raise / Shrug                | 3 x 12-15                                                             |              |              |              |              |              |              |              |              |              |
| Tricep Pull Downs                     | 3 x 12-15                                                             |              |              |              |              |              |              |              |              |              |
| Reverse Fly's                         | 3 x 12-15                                                             |              |              |              |              |              |              |              |              |              |
| Dips                                  | 3 x Failure                                                           |              |              |              |              |              |              |              |              |              |
| Dumbbell Curl - Press                 | 3 x 12-15                                                             |              |              |              |              |              |              |              |              |              |
| V - Raise - Thumbs Down               | 3 x 12-15                                                             |              |              |              |              |              |              |              |              |              |
| 3 Way Wrist Curls                     | 3 x 12-15                                                             |              |              |              |              |              |              |              |              |              |
| Abs / Back                            | 2 x 10 sec                                                            |              |              |              |              |              |              |              |              |              |
| Throwing Routine                      |                                                                       |              |              |              |              |              |              |              |              |              |
| Sprint Routine                        | 60 Feet - 10 Sprints jog back / 90 Feet - 10 Sprints - 30 Second rest |              |              |              |              |              |              |              |              |              |
| Stretch                               | Minimum 10 sec each                                                   |              |              |              |              |              |              |              |              |              |
| <b>Day 4 Workout</b>                  |                                                                       | <b>Date:</b> |              |              | <b>Date:</b> |              |              | <b>Date:</b> |              |              |
| <b>Legs Exercise</b>                  | <b>Reps, or Time</b>                                                  | <b>Set 1</b> | <b>Set 2</b> | <b>Set 3</b> | <b>Set 1</b> | <b>Set 2</b> | <b>Set 3</b> | <b>Set 1</b> | <b>Set 2</b> | <b>Set 3</b> |
| Static Stretch                        | Minimum 10 sec each                                                   |              |              |              |              |              |              |              |              |              |
| Dynamic Stretch                       | 2 x's each at 20 yards                                                |              |              |              |              |              |              |              |              |              |
| Torque Stretch                        | 1 x 10 - 15 Reps                                                      |              |              |              |              |              |              |              |              |              |
| Arm Care                              | 1 x 10-12 Bands/Med balls                                             |              |              |              |              |              |              |              |              |              |
| Ladder                                | 2 x each movement                                                     |              |              |              |              |              |              |              |              |              |
| Leg Press                             | 3 x 12-15                                                             |              |              |              |              |              |              |              |              |              |
| One Leg Squats                        | 3 x 12-15 Each Leg                                                    |              |              |              |              |              |              |              |              |              |
| Squat Calf Raise                      | 3 x 12-15                                                             |              |              |              |              |              |              |              |              |              |
| Step-ups                              | 3 x 12-15 Each Leg                                                    |              |              |              |              |              |              |              |              |              |
| Wall Sits                             | 1 Minute                                                              |              |              |              |              |              |              |              |              |              |
| Side Lunges                           | 3 x 12-15 Each Leg                                                    |              |              |              |              |              |              |              |              |              |
| Skaters                               | 3 x 12-15                                                             |              |              |              |              |              |              |              |              |              |
| One Leg Wall Sits                     | 1 Min. / Switch Legs every 10 Sec.                                    |              |              |              |              |              |              |              |              |              |
| Step Back Lunges                      | 3 x 12-15 Each Leg                                                    |              |              |              |              |              |              |              |              |              |
| Dead Lifts                            | 3 x 12-15                                                             |              |              |              |              |              |              |              |              |              |
| 3 Way Calf Raises                     | 3 x 12-15                                                             |              |              |              |              |              |              |              |              |              |
| Abs / Back                            | 2 x 20                                                                |              |              |              |              |              |              |              |              |              |
| Throwing Routine                      |                                                                       |              |              |              |              |              |              |              |              |              |
| Stretch                               | Minimum 10 Sec. Each                                                  |              |              |              |              |              |              |              |              |              |

| Day 1 Workout            |                                                                       | Date  |     |     | Week 4 |     |     | Date  |     |     |
|--------------------------|-----------------------------------------------------------------------|-------|-----|-----|--------|-----|-----|-------|-----|-----|
| Plyometrics              | Sets,                                                                 | Date  |     |     | Date   |     |     | Date  |     |     |
| Exercise                 | Reps,                                                                 | Set   | Set | Set | Set    | Set | Set | Set   | Set | Set |
|                          | or Time                                                               | 1     | 2   | 3   | 1      | 2   | 3   | 1     | 2   | 3   |
| Static Stretch           | Minimum 10 sec each                                                   |       |     |     |        |     |     |       |     |     |
| Dynamic Stretch          | 2 x's each at 20 yards                                                |       |     |     |        |     |     |       |     |     |
| Torque Stretch           | 1 x 10 - 15 Reps                                                      |       |     |     |        |     |     |       |     |     |
| Arm Care                 | 1 x 10-12 Bands/Med balls                                             |       |     |     |        |     |     |       |     |     |
| Ladder                   | 2 x each movement                                                     |       |     |     |        |     |     |       |     |     |
| Squat knee Tucks         | 2 x 10                                                                |       |     |     |        |     |     |       |     |     |
| One Leg Explosions       | 30 Sec. each leg                                                      |       |     |     |        |     |     |       |     |     |
| Lateral Box Push Offs    | 2 x 30 Sec.                                                           |       |     |     |        |     |     |       |     |     |
| Box Jumps                | 2 x 10                                                                |       |     |     |        |     |     |       |     |     |
| Speed Step Ups           | 2 x 30 Sec.                                                           |       |     |     |        |     |     |       |     |     |
| Speed Skaters            | 2 x 30 Sec.                                                           |       |     |     |        |     |     |       |     |     |
| Scissor Lunge Sprints    | 5 x 30 Sec lunge / 20 yard sprints                                    |       |     |     |        |     |     |       |     |     |
| Hop- Over Sprints        | 5 x 30 Sec hops / 20 yard sprints                                     |       |     |     |        |     |     |       |     |     |
| One Leg Hop-Over Sprints | 5 x 30 sec hop / 20 yard sprints (each leg)                           |       |     |     |        |     |     |       |     |     |
| Bare Crawl Sprints       | 5 x Crawl for 20 yards / Sprint for 20 yards                          |       |     |     |        |     |     |       |     |     |
| Side Bare Crawl Sprints  | 5 x Side Crawl for 20 yards / Sprint for 20 yards                     |       |     |     |        |     |     |       |     |     |
| Push Up Sprints          | 10 Reps / 5 - 20 yard sprints                                         |       |     |     |        |     |     |       |     |     |
| Stretch                  | Minimum 10 Sec. Each                                                  |       |     |     |        |     |     |       |     |     |
|                          |                                                                       |       |     |     |        |     |     |       |     |     |
|                          |                                                                       |       |     |     |        |     |     |       |     |     |
| Day 2 Workout            |                                                                       | Date: |     |     | Date:  |     |     | Date: |     |     |
| Sprint Routine           | Sets,                                                                 | Set   | Set | Set | Set    | Set | Set | Set   | Set | Set |
| Exercise                 | Reps,                                                                 | 1     | 2   | 3   | 1      | 2   | 3   | 1     | 2   | 3   |
|                          | or Time                                                               |       |     |     |        |     |     |       |     |     |
| Static Stretch           | Minimum 10 sec each                                                   |       |     |     |        |     |     |       |     |     |
| Dynamic Stretch          | 2 x's each at 20 yards                                                |       |     |     |        |     |     |       |     |     |
| Torque Stretch           | 1 x 10 - 15 Reps                                                      |       |     |     |        |     |     |       |     |     |
| Arm Care                 | 1 x 10-12 Bands/Med balls                                             |       |     |     |        |     |     |       |     |     |
| Ladder                   | 2 x each movement                                                     |       |     |     |        |     |     |       |     |     |
| Sprint Routine           | 60 Feet - 10 Sprints jog back / 90 Feet - 10 Sprints - 30 Second rest |       |     |     |        |     |     |       |     |     |
| Throwing Routine         |                                                                       |       |     |     |        |     |     |       |     |     |
| Stretch                  | Minimum 10 Sec. Each                                                  |       |     |     |        |     |     |       |     |     |
|                          |                                                                       |       |     |     |        |     |     |       |     |     |

| <b>Day 3 Workout</b>     | <b>Sets,</b>                                                          | <b>Date:</b>       | <b>Date:</b>       | <b>Date:</b>       |
|--------------------------|-----------------------------------------------------------------------|--------------------|--------------------|--------------------|
| <b>Plyometrics</b>       | <b>Reps,</b>                                                          | <b>Set Set Set</b> | <b>Set Set Set</b> | <b>Set Set Set</b> |
| <b>Exercise</b>          | <b>or Time</b>                                                        | <b>1 2 3</b>       | <b>1 2 3</b>       | <b>1 2 3</b>       |
| Static Stretch           | Minimum 10 sec each                                                   |                    |                    |                    |
| Dynamic Stretch          | 2 x's each at 20 yards                                                |                    |                    |                    |
| Torque Stretch           | 1 x 10 - 15 Reps                                                      |                    |                    |                    |
| Arm Care                 | 1 x 10-12 Bands/Med balls                                             |                    |                    |                    |
| Ladder                   | 2 x each movement                                                     |                    |                    |                    |
| Squat knee Tucks         | 2 x 10                                                                |                    |                    |                    |
| One Leg Explosions       | 30 Sec. each leg                                                      |                    |                    |                    |
| Lateral Box Push Offs    | 2 x 30 Sec.                                                           |                    |                    |                    |
| Box Jumps                | 2 x 10                                                                |                    |                    |                    |
| Speed Step Ups           | 2 x 30 Sec.                                                           |                    |                    |                    |
| Speed Skaters            | 2 x 30 Sec.                                                           |                    |                    |                    |
| Scissor Lunge Sprints    | 5 x 30 Sec lunge / 20 yard sprints                                    |                    |                    |                    |
| Hop- Over Sprints        | 5 x 30 Sec hops / 20 yard sprints                                     |                    |                    |                    |
| One Leg Hop-Over Sprints | 5 x 30 sec hop / 20 yard sprints (each leg)                           |                    |                    |                    |
| Bare Crawl Sprints       | 5 x Crawl for 20 yards / Sprint for 20 yards                          |                    |                    |                    |
| Side Bare Crawl Sprints  | 5 x Side Crawl for 20 yards / Sprint for 20 yards                     |                    |                    |                    |
| Push Up Sprints          | 10 Reps / 5 - 20 yard sprints                                         |                    |                    |                    |
| Stretch                  | Minimum 10 Sec. Each                                                  |                    |                    |                    |
|                          |                                                                       |                    |                    |                    |
|                          |                                                                       |                    |                    |                    |
| <b>Day 4 Workout</b>     | <b>Sets,</b>                                                          | <b>Date:</b>       | <b>Date:</b>       | <b>Date:</b>       |
| <b>Sprint Routine</b>    | <b>Reps,</b>                                                          | <b>Set Set Set</b> | <b>Set Set Set</b> | <b>Set Set Set</b> |
| <b>Exercise</b>          | <b>or Time</b>                                                        | <b>1 2 3</b>       | <b>1 2 3</b>       | <b>1 2 3</b>       |
| Static Stretch           | Minimum 10 sec each                                                   |                    |                    |                    |
| Dynamic Stretch          | 2 x's each at 20 yards                                                |                    |                    |                    |
| Torque Stretch           | 1 x 10 - 15 Reps                                                      |                    |                    |                    |
| Arm Care                 | 1 x 10-12 Bands/Med balls                                             |                    |                    |                    |
| Ladder                   | 2 x each movement                                                     |                    |                    |                    |
| Sprint Routine           | 60 Feet - 10 Sprints jog back / 90 Feet - 10 Sprints - 30 Second rest |                    |                    |                    |
| Throwing Routine         |                                                                       |                    |                    |                    |
| Stretch                  | Minimum 10 Sec. Each                                                  |                    |                    |                    |
|                          |                                                                       |                    |                    |                    |

| <b>Day 1 Workout</b>             | <b>Sets, 30 Sec Rest</b>                                              | <b>Week 5</b>                |              |              | <b>Week 6</b>                |              |              | <b>Week 7</b>                |              |              |
|----------------------------------|-----------------------------------------------------------------------|------------------------------|--------------|--------------|------------------------------|--------------|--------------|------------------------------|--------------|--------------|
| <b>Chest &amp; Back Exercise</b> | <b>Reps, or Time</b>                                                  | <b>Date:</b><br><b>Set 1</b> | <b>Set 2</b> | <b>Set 3</b> | <b>Date:</b><br><b>Set 1</b> | <b>Set 2</b> | <b>Set 3</b> | <b>Date:</b><br><b>Set 1</b> | <b>Set 2</b> | <b>Set 3</b> |
| Static Stretch                   | Minimum 10 sec each                                                   |                              |              |              |                              |              |              |                              |              |              |
| Torque Stretch                   | 1 x 10 - 15 Reps                                                      |                              |              |              |                              |              |              |                              |              |              |
| Dynamic Stretch                  | 2 x's each at 20 yards                                                |                              |              |              |                              |              |              |                              |              |              |
| Arm Care                         | 1 x 10-12 Bands/Med balls                                             |                              |              |              |                              |              |              |                              |              |              |
| Ladder                           | 2 x each movement                                                     |                              |              |              |                              |              |              |                              |              |              |
| Bench Press                      | 3 x 12-15                                                             |                              |              |              |                              |              |              |                              |              |              |
| Lat - Pull downs                 | 3 x 12-15                                                             |                              |              |              |                              |              |              |                              |              |              |
| Close Grip Bench                 | 3 x 12-15                                                             |                              |              |              |                              |              |              |                              |              |              |
| Lawn Mowers                      | 3 x 12-15                                                             |                              |              |              |                              |              |              |                              |              |              |
| 1 -Med ball Push Ups             | 3 x Failure                                                           |                              |              |              |                              |              |              |                              |              |              |
| Wide Grip Pull Ups               | 1 x Failure                                                           |                              |              |              |                              |              |              |                              |              |              |
| Flys or Cable Cross              | 3 x 12-15                                                             |                              |              |              |                              |              |              |                              |              |              |
| Close Grip pull Ups              | 3 x Failure                                                           |                              |              |              |                              |              |              |                              |              |              |
| Push Ups                         | 3 x Failure                                                           |                              |              |              |                              |              |              |                              |              |              |
| Seated Rows                      | 3 x 12-15                                                             |                              |              |              |                              |              |              |                              |              |              |
| 2 - Med ball Push Ups            | 3 x Failure                                                           |                              |              |              |                              |              |              |                              |              |              |
| Wide Grip Pull Ups               | 3 x Failure                                                           |                              |              |              |                              |              |              |                              |              |              |
| Abs / Back Routine               | 2 x 20                                                                |                              |              |              |                              |              |              |                              |              |              |
| Throwing Routine                 |                                                                       |                              |              |              |                              |              |              |                              |              |              |
| Sprint Routine                   | 60 Feet - 10 Sprints jog back / 90 Feet - 10 Sprints - 30 Second rest |                              |              |              |                              |              |              |                              |              |              |
| Stretch                          | Minimum 10 sec each                                                   |                              |              |              |                              |              |              |                              |              |              |
| <b>Day 2 Workout</b>             | <b>Sets,</b>                                                          | <b>Week 5</b>                |              |              | <b>Week 6</b>                |              |              | <b>Week 7</b>                |              |              |
| <b>Plyometrics Exercise</b>      | <b>Reps, or Time</b>                                                  | <b>Date:</b><br><b>Set 1</b> | <b>Set 2</b> | <b>Set 3</b> | <b>Date:</b><br><b>Set 1</b> | <b>Set 2</b> | <b>Set 3</b> | <b>Date:</b><br><b>Set 1</b> | <b>Set 2</b> | <b>Set 3</b> |
| Static Stretch                   | Minimum 10 sec each                                                   |                              |              |              |                              |              |              |                              |              |              |
| Dynamic Stretch                  | 2 x's each at 20 yards                                                |                              |              |              |                              |              |              |                              |              |              |
| Torque Stretch                   | 1 x 10 - 15 Reps                                                      |                              |              |              |                              |              |              |                              |              |              |
| Arm Care                         | 1 x 10-12 Bands/Med balls                                             |                              |              |              |                              |              |              |                              |              |              |
| Ladder                           | 2 x each movement                                                     |                              |              |              |                              |              |              |                              |              |              |
| Squat knee Tucks                 | 3 x 10                                                                |                              |              |              |                              |              |              |                              |              |              |
| One Leg Explosions               | 3 x 30 Sec. each leg                                                  |                              |              |              |                              |              |              |                              |              |              |
| Lateral Box Push Offs            | 3 x 30 Sec.                                                           |                              |              |              |                              |              |              |                              |              |              |
| Box Jumps                        | 3 x 10                                                                |                              |              |              |                              |              |              |                              |              |              |
| Speed Step Ups                   | 3 x 30 Sec.                                                           |                              |              |              |                              |              |              |                              |              |              |
| Speed Skaters                    | 3 x 30 Sec.                                                           |                              |              |              |                              |              |              |                              |              |              |
| Scissor Lunge Sprints            | 5 x 30 Sec lunge / 20 yard sprints                                    |                              |              |              |                              |              |              |                              |              |              |
| Hop- Over Sprints                | 5 x 30 Sec hops / 20 yard sprints                                     |                              |              |              |                              |              |              |                              |              |              |
| One Leg Hop-Over Sprints         | 5 x 30 sec hop / 20 yard sprints (each leg)                           |                              |              |              |                              |              |              |                              |              |              |
| Bare Crawl Sprints               | 5 x Crawl for 20 yards / Sprint for 20 yards                          |                              |              |              |                              |              |              |                              |              |              |
| Side Bare Crawl Sprints          | 5 x Side Crawl for 20 yards / Sprint for 20 yards                     |                              |              |              |                              |              |              |                              |              |              |
| Stretch                          | Minimum 10 sec each                                                   |                              |              |              |                              |              |              |                              |              |              |

| Day 3 Workout                 |                                                                       | Date:    |          |          | Date:    |          |          | Date:    |          |          |
|-------------------------------|-----------------------------------------------------------------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
| Shoulder's & Arms<br>Exercise | Reps,<br>or Time                                                      | Set<br>1 | Set<br>2 | Set<br>3 | Set<br>1 | Set<br>2 | Set<br>3 | Set<br>1 | Set<br>2 | Set<br>3 |
| Static Stretch                | Minimum 10 sec each                                                   |          |          |          |          |          |          |          |          |          |
| Dynamic Stretch               | 2 x's each at 20 yards                                                |          |          |          |          |          |          |          |          |          |
| Torque Stretch                | 1 x 10 - 15 Reps                                                      |          |          |          |          |          |          |          |          |          |
| Arm Care                      | 1 x 10-12 Bands/Med balls                                             |          |          |          |          |          |          |          |          |          |
| Ladder                        | 2 x each movement                                                     |          |          |          |          |          |          |          |          |          |
| Front Delt Raise              | 3 x 12-15                                                             |          |          |          |          |          |          |          |          |          |
| Standing Curls                | 3 x 12-15                                                             |          |          |          |          |          |          |          |          |          |
| Lat Delt Raise / Shrug        | 3 x 12-15                                                             |          |          |          |          |          |          |          |          |          |
| Triceps Pull Downs            | 3 x 12-15                                                             |          |          |          |          |          |          |          |          |          |
| Reverse Fly's                 | 3 x 12-15                                                             |          |          |          |          |          |          |          |          |          |
| Dips                          | 3 x Failure                                                           |          |          |          |          |          |          |          |          |          |
| Dumbbell Curl - Press         | 3 x 12-15                                                             |          |          |          |          |          |          |          |          |          |
| V - Raise - Thumbs Down       | 3 x 12-15                                                             |          |          |          |          |          |          |          |          |          |
| 3 Way Wrist Curls             | 3 x 12-15                                                             |          |          |          |          |          |          |          |          |          |
| Abs / Back                    | 3 x 12-15                                                             |          |          |          |          |          |          |          |          |          |
| Throwing Routine              |                                                                       |          |          |          |          |          |          |          |          |          |
| Sprint Routine                | 60 Feet - 10 Sprints jog back / 90 Feet - 10 Sprints - 30 Second rest |          |          |          |          |          |          |          |          |          |
| Stretch                       | Minimum 10 sec each                                                   |          |          |          |          |          |          |          |          |          |
| Day 4 Workout                 |                                                                       | Date:    |          |          | Date:    |          |          | Date:    |          |          |
| Legs<br>Exercise              | Reps,<br>or Time                                                      | Set<br>1 | Set<br>2 | Set<br>3 | Set<br>1 | Set<br>2 | Set<br>3 | Set<br>1 | Set<br>2 | Set<br>3 |
| Static Stretch                | Minimum 10 sec each                                                   |          |          |          |          |          |          |          |          |          |
| Dynamic Stretch               | 2 x's each at 20 yards                                                |          |          |          |          |          |          |          |          |          |
| Torque Stretch                | 1 x 10 - 15 Reps                                                      |          |          |          |          |          |          |          |          |          |
| Arm Care                      | 1 x 10-12 Bands/Med balls                                             |          |          |          |          |          |          |          |          |          |
| Ladder                        | 2 x each movement                                                     |          |          |          |          |          |          |          |          |          |
| Leg Press                     | 3 x 12-15                                                             |          |          |          |          |          |          |          |          |          |
| One Leg Squats                | 3 x 12-15 Each Leg                                                    |          |          |          |          |          |          |          |          |          |
| Squat Calf Raise              | 3 x 12-15                                                             |          |          |          |          |          |          |          |          |          |
| Step-ups                      | 3 x 12-15 Each Leg                                                    |          |          |          |          |          |          |          |          |          |
| Wall Sits                     | 1 Minute                                                              |          |          |          |          |          |          |          |          |          |
| Side Lunges                   | 3 x 12-15 Each Leg                                                    |          |          |          |          |          |          |          |          |          |
| Skaters                       | 3 x 12-15                                                             |          |          |          |          |          |          |          |          |          |
| One Leg Wall Sits             | 1 Min. / Switch Legs every 10 Sec.                                    |          |          |          |          |          |          |          |          |          |
| Step Back Lunges              | 3 x 12-15 Each Leg                                                    |          |          |          |          |          |          |          |          |          |
| Dead Lifts                    | 3 x 12-15                                                             |          |          |          |          |          |          |          |          |          |
| 3 Way Calf Raises             | 3 x 12-15                                                             |          |          |          |          |          |          |          |          |          |
| Abs / Back                    | 3 x 12-15                                                             |          |          |          |          |          |          |          |          |          |
| Throwing Routine              |                                                                       |          |          |          |          |          |          |          |          |          |
| Stretch                       |                                                                       |          |          |          |          |          |          |          |          |          |

| Day 1 Workout            |                                                                       | Date  |       |       | Week 8 |       |       | Date  |       |       |
|--------------------------|-----------------------------------------------------------------------|-------|-------|-------|--------|-------|-------|-------|-------|-------|
| Plyometrics Exercise     | Sets, Reps, or Time                                                   | Set 1 | Set 2 | Set 3 | Set 1  | Set 2 | Set 3 | Set 1 | Set 2 | Set 3 |
| Static Stretch           | Minimum 10 sec each                                                   |       |       |       |        |       |       |       |       |       |
| Dynamic Stretch          | 2 x's each at 20 yards                                                |       |       |       |        |       |       |       |       |       |
| Torque Stretch           | 1 x 10 - 15 Reps                                                      |       |       |       |        |       |       |       |       |       |
| Arm Care                 | 1 x 10-12 Bands/Med balls                                             |       |       |       |        |       |       |       |       |       |
| Ladder                   | 2 x each movement                                                     |       |       |       |        |       |       |       |       |       |
| Squat knee Tucks         | 2 x 10                                                                |       |       |       |        |       |       |       |       |       |
| One Leg Explosions       | 30 Sec. each leg                                                      |       |       |       |        |       |       |       |       |       |
| Lateral Box Push Offs    | 2 x 30 Sec.                                                           |       |       |       |        |       |       |       |       |       |
| Box Jumps                | 2 x 10                                                                |       |       |       |        |       |       |       |       |       |
| Speed Step Ups           | 2 x 30 Sec.                                                           |       |       |       |        |       |       |       |       |       |
| Speed Skaters            | 2 x 30 Sec.                                                           |       |       |       |        |       |       |       |       |       |
| Scissor Lunge Sprints    | 5 x 30 Sec lunge / 20 yard sprints                                    |       |       |       |        |       |       |       |       |       |
| Hop- Over Sprints        | 5 x 30 Sec hops / 20 yard sprints                                     |       |       |       |        |       |       |       |       |       |
| One Leg Hop-Over Sprints | 5 x 30 sec hop / 20 yard sprints (each leg)                           |       |       |       |        |       |       |       |       |       |
| Bare Crawl Sprints       | 5 x Crawl for 20 yards / Sprint for 20 yards                          |       |       |       |        |       |       |       |       |       |
| Side Bare Crawl Sprints  | 5 x Side Crawl for 20 yards / Sprint for 20 yards                     |       |       |       |        |       |       |       |       |       |
| Push Up Sprints          | 10 Reps / 5 - 20 yard sprints                                         |       |       |       |        |       |       |       |       |       |
| Stretch                  | Minimum 10 Sec. Each                                                  |       |       |       |        |       |       |       |       |       |
|                          |                                                                       |       |       |       |        |       |       |       |       |       |
|                          |                                                                       |       |       |       |        |       |       |       |       |       |
| Day 2 Workout            |                                                                       | Date: |       |       | Date:  |       |       | Date: |       |       |
| Sprint Routine Exercise  | Sets, Reps, or Time                                                   | Set 1 | Set 2 | Set 3 | Set 1  | Set 2 | Set 3 | Set 1 | Set 2 | Set 3 |
| Static Stretch           | Minimum 10 sec each                                                   |       |       |       |        |       |       |       |       |       |
| Dynamic Stretch          | 2 x's each at 20 yards                                                |       |       |       |        |       |       |       |       |       |
| Torque Stretch           | 1 x 10 - 15 Reps                                                      |       |       |       |        |       |       |       |       |       |
| Arm Care                 | 1 x 10-12 Bands/Med balls                                             |       |       |       |        |       |       |       |       |       |
| Ladder                   | 2 x each movement                                                     |       |       |       |        |       |       |       |       |       |
| Sprint Routine           | 60 Feet - 10 Sprints jog back / 90 Feet - 10 Sprints - 30 Second rest |       |       |       |        |       |       |       |       |       |
| Throwing Routine         |                                                                       |       |       |       |        |       |       |       |       |       |
| Stretch                  | Minimum 10 Sec. Each                                                  |       |       |       |        |       |       |       |       |       |
|                          |                                                                       |       |       |       |        |       |       |       |       |       |

| <b>Day 3 Workout</b>     | <b>Sets,</b>                                                          | <b>Date:</b>       | <b>Date:</b>       | <b>Date:</b>       |
|--------------------------|-----------------------------------------------------------------------|--------------------|--------------------|--------------------|
| <b>Plyometrics</b>       | <b>Reps,</b>                                                          | <b>Set Set Set</b> | <b>Set Set Set</b> | <b>Set Set Set</b> |
| <b>Exercise</b>          | <b>or Time</b>                                                        | <b>1 2 3</b>       | <b>1 2 3</b>       | <b>1 2 3</b>       |
| Static Stretch           | Minimum 10 sec each                                                   |                    |                    |                    |
| Dynamic Stretch          | 2 x's each at 20 yards                                                |                    |                    |                    |
| Torque Stretch           | 1 x 10 - 15 Reps                                                      |                    |                    |                    |
| Arm Care                 | 1 x 10-12 Bands/Med balls                                             |                    |                    |                    |
| Ladder                   | 2 x each movement                                                     |                    |                    |                    |
| Squat knee Tucks         | 2 x 10                                                                |                    |                    |                    |
| One Leg Explosions       | 30 Sec. each leg                                                      |                    |                    |                    |
| Lateral Box Push Offs    | 2 x 30 Sec.                                                           |                    |                    |                    |
| Box Jumps                | 2 x 10                                                                |                    |                    |                    |
| Speed Step Ups           | 2 x 30 Sec.                                                           |                    |                    |                    |
| Speed Skaters            | 2 x 30 Sec.                                                           |                    |                    |                    |
| Scissor Lunge Sprints    | 5 x 30 Sec lunge / 20 yard sprints                                    |                    |                    |                    |
| Hop- Over Sprints        | 5 x 30 Sec hops / 20 yard sprints                                     |                    |                    |                    |
| One Leg Hop-Over Sprints | 5 x 30 sec hop / 20 yard sprints (each leg)                           |                    |                    |                    |
| Bare Crawl Sprints       | 5 x Crawl for 20 yards / Sprint for 20 yards                          |                    |                    |                    |
| Side Bare Crawl Sprints  | 5 x Side Crawl for 20 yards / Sprint for 20 yards                     |                    |                    |                    |
| Push Up Sprints          | 10 Reps / 5 - 20 yard sprints                                         |                    |                    |                    |
| Stretch                  | Minimum 10 Sec. Each                                                  |                    |                    |                    |
|                          |                                                                       |                    |                    |                    |
|                          |                                                                       |                    |                    |                    |
| <b>Day 4 Workout</b>     | <b>Sets,</b>                                                          | <b>Date:</b>       | <b>Date:</b>       | <b>Date:</b>       |
| <b>Sprint Routine</b>    | <b>Reps,</b>                                                          | <b>Set Set Set</b> | <b>Set Set Set</b> | <b>Set Set Set</b> |
| <b>Exercise</b>          | <b>or Time</b>                                                        | <b>1 2 3</b>       | <b>1 2 3</b>       | <b>1 2 3</b>       |
| Static Stretch           | Minimum 10 sec each                                                   |                    |                    |                    |
| Dynamic Stretch          | 2 x's each at 20 yards                                                |                    |                    |                    |
| Torque Stretch           | 1 x 10 - 15 Reps                                                      |                    |                    |                    |
| Arm Care                 | 1 x 10-12 Bands/Med balls                                             |                    |                    |                    |
| Ladder                   | 2 x each movement                                                     |                    |                    |                    |
| Sprint Routine           | 60 Feet - 10 Sprints jog back / 90 Feet - 10 Sprints - 30 Second rest |                    |                    |                    |
| Throwing Routine         |                                                                       |                    |                    |                    |
| Stretch                  | Minimum 10 Sec. Each                                                  |                    |                    |                    |
|                          |                                                                       |                    |                    |                    |

| Day 1 Workout            | Sets, 30 Sec Rest                                                     | Week 9      |       |       | Week 10     |       |       | Week 11     |       |       |
|--------------------------|-----------------------------------------------------------------------|-------------|-------|-------|-------------|-------|-------|-------------|-------|-------|
| Chest & Back Exercise    | Reps, or Time                                                         | Date: Set 1 | Set 2 | Set 3 | Date: Set 1 | Set 2 | Set 3 | Date: Set 1 | Set 2 | Set 3 |
| Static Stretch           | Minimum 10 sec each                                                   |             |       |       |             |       |       |             |       |       |
| Torque Stretch           | 1 x 10 - 15 Reps                                                      |             |       |       |             |       |       |             |       |       |
| Dynamic Stretch          | 2 x's each at 20 yards                                                |             |       |       |             |       |       |             |       |       |
| Arm Care                 | 1 x 10-12 Bands/Med balls                                             |             |       |       |             |       |       |             |       |       |
| Ladder                   | 2 x each movement                                                     |             |       |       |             |       |       |             |       |       |
| Bench Press              | 3 x 12-15                                                             |             |       |       |             |       |       |             |       |       |
| Lat - Pull downs         | 3 x 12-15                                                             |             |       |       |             |       |       |             |       |       |
| Close Grip Bench         | 3 x 12-15                                                             |             |       |       |             |       |       |             |       |       |
| Lawn Mowers              | 3 x 12-15                                                             |             |       |       |             |       |       |             |       |       |
| 1 -Med ball Push Ups     | 3 x Failure                                                           |             |       |       |             |       |       |             |       |       |
| Wide Grip Pull Ups       | 3 x Failure                                                           |             |       |       |             |       |       |             |       |       |
| Flys or Cable Cross      | 3 x 12-15                                                             |             |       |       |             |       |       |             |       |       |
| Close Grip pull Ups      | 3 x Failure                                                           |             |       |       |             |       |       |             |       |       |
| Push Ups                 | 3 x Failure                                                           |             |       |       |             |       |       |             |       |       |
| Seated Rows              | 3 x 12-15                                                             |             |       |       |             |       |       |             |       |       |
| 2 - Med ball Push Ups    | 3 x Failure                                                           |             |       |       |             |       |       |             |       |       |
| Wide Grip Pull Ups       | 3 x Failure                                                           |             |       |       |             |       |       |             |       |       |
| Abs / Back Routine       | 3 x 25                                                                |             |       |       |             |       |       |             |       |       |
| Throwing Routine         |                                                                       |             |       |       |             |       |       |             |       |       |
| Sprint Routine           | 60 Feet - 10 Sprints jog back / 90 Feet - 10 Sprints - 30 Second rest |             |       |       |             |       |       |             |       |       |
| Stretch                  | Minimum 10 sec each                                                   |             |       |       |             |       |       |             |       |       |
| Day 2 Workout            | Sets,                                                                 | Week 9      |       |       | Week 10     |       |       | Week 11     |       |       |
| Plyometrics Exercise     | Reps, or Time                                                         | Date: Set 1 | Set 2 | Set 3 | Date: Set 1 | Set 2 | Set 3 | Date: Set 1 | Set 2 | Set 3 |
| Static Stretch           | Minimum 10 sec each                                                   |             |       |       |             |       |       |             |       |       |
| Dynamic Stretch          | 2 x's each at 20 yards                                                |             |       |       |             |       |       |             |       |       |
| Torque Stretch           | 1 x 10 - 15 Reps                                                      |             |       |       |             |       |       |             |       |       |
| Arm Care                 | 1 x 10-12 Bands/Med balls                                             |             |       |       |             |       |       |             |       |       |
| Ladder                   | 2 x each movement                                                     |             |       |       |             |       |       |             |       |       |
| Squat knee Tucks         | 2 x 10                                                                |             |       |       |             |       |       |             |       |       |
| One Leg Explosions       | 30 Sec. each leg                                                      |             |       |       |             |       |       |             |       |       |
| Lateral Box Push Offs    | 2 x 30 Sec.                                                           |             |       |       |             |       |       |             |       |       |
| Box Jumps                | 2 x 10                                                                |             |       |       |             |       |       |             |       |       |
| Speed Step Ups           | 2 x 30 Sec.                                                           |             |       |       |             |       |       |             |       |       |
| Speed Skaters            | 2 x 30 Sec.                                                           |             |       |       |             |       |       |             |       |       |
| Scissor Lunge Sprints    | 5 x 30 Sec lunge / 20 yard sprints                                    |             |       |       |             |       |       |             |       |       |
| Hop- Over Sprints        | 5 x 30 Sec hops / 20 yard sprints                                     |             |       |       |             |       |       |             |       |       |
| One Leg Hop-Over Sprints | 5 x 30 sec hop / 20 yard sprints (each leg)                           |             |       |       |             |       |       |             |       |       |
| Bare Crawl Sprints       | 5 x Crawl for 20 yards / Sprint for 20 yards                          |             |       |       |             |       |       |             |       |       |
| Side Bare Crawl Sprints  | 5 x Side Crawl for 20 yards / Sprint for 20 yards                     |             |       |       |             |       |       |             |       |       |
| Stretch                  | Minimum 10 sec each                                                   |             |       |       |             |       |       |             |       |       |

| Day 3 Workout           |                                                                       | Sets  | Date: |     |     | Date: |     |     | Date: |     |     |
|-------------------------|-----------------------------------------------------------------------|-------|-------|-----|-----|-------|-----|-----|-------|-----|-----|
| Shoulder's & Arms       | Reps,                                                                 | Set   | Set   | Set | Set | Set   | Set | Set | Set   | Set | Set |
| Exercise                | or Time                                                               | 1     | 2     | 3   | 1   | 2     | 3   | 1   | 2     | 3   |     |
| Static Stretch          | Minimum 10 sec each                                                   |       |       |     |     |       |     |     |       |     |     |
| Dynamic Stretch         | 2 x's each at 20 yards                                                |       |       |     |     |       |     |     |       |     |     |
| Torque Stretch          | 1 x 10 - 15 Reps                                                      |       |       |     |     |       |     |     |       |     |     |
| Arm Care                | 1 x 10-12 Bands/Med balls                                             |       |       |     |     |       |     |     |       |     |     |
| Ladder                  | 2 x each movement                                                     |       |       |     |     |       |     |     |       |     |     |
| Front Delt Raise        | 3 x 12-15                                                             |       |       |     |     |       |     |     |       |     |     |
| Standing Curls          | 3 x 12-15                                                             |       |       |     |     |       |     |     |       |     |     |
| Lat Delt Raise / Shrug  | 3 x 12-15                                                             |       |       |     |     |       |     |     |       |     |     |
| Triceps Pull Downs      | 3 x 12-15                                                             |       |       |     |     |       |     |     |       |     |     |
| Reverse Fly's           | 3 x 12-15                                                             |       |       |     |     |       |     |     |       |     |     |
| Dips                    | 3 x Failure                                                           |       |       |     |     |       |     |     |       |     |     |
| Dumbbell Curl - Press   | 3 x 12-15                                                             |       |       |     |     |       |     |     |       |     |     |
| V - Raise - Thumbs Down | 3 x 12-15                                                             |       |       |     |     |       |     |     |       |     |     |
| 3 Way Wrist Curls       | 3 x 12-15                                                             |       |       |     |     |       |     |     |       |     |     |
| Abs / Back              | 2 x 25 reps                                                           |       |       |     |     |       |     |     |       |     |     |
| Throwing Routine        |                                                                       |       |       |     |     |       |     |     |       |     |     |
| Sprint Routine          | 60 Feet - 10 Sprints jog back / 90 Feet - 10 Sprints - 30 Second rest |       |       |     |     |       |     |     |       |     |     |
| Stretch                 | Minimum 10 sec each                                                   |       |       |     |     |       |     |     |       |     |     |
| Day 4 Workout           |                                                                       | Sets, | Date: |     |     | Date: |     |     | Date: |     |     |
| Legs                    | Reps,                                                                 | Set   | Set   | Set | Set | Set   | Set | Set | Set   | Set |     |
| Exercise                | or Time                                                               | 1     | 2     | 3   | 1   | 2     | 3   | 1   | 2     | 3   |     |
| Static Stretch          | Minimum 10 sec each                                                   |       |       |     |     |       |     |     |       |     |     |
| Dynamic Stretch         | 2 x's each at 20 yards                                                |       |       |     |     |       |     |     |       |     |     |
| Torque Stretch          | 1 x 10 - 15 Reps                                                      |       |       |     |     |       |     |     |       |     |     |
| Arm Care                | 1 x 10-12 Bands/Med balls                                             |       |       |     |     |       |     |     |       |     |     |
| Ladder                  | 2 x each movement                                                     |       |       |     |     |       |     |     |       |     |     |
| Leg Press               | 3 x 12-15                                                             |       |       |     |     |       |     |     |       |     |     |
| One Leg Squats          | 3 x 12-15 each leg                                                    |       |       |     |     |       |     |     |       |     |     |
| Squat Calf Raise        | 3 x 12-15                                                             |       |       |     |     |       |     |     |       |     |     |
| Step-ups                | 3 x 12-15                                                             |       |       |     |     |       |     |     |       |     |     |
| Wall Sits               | 1 Minute                                                              |       |       |     |     |       |     |     |       |     |     |
| Side Junges             | 3 x 12-15 each leg                                                    |       |       |     |     |       |     |     |       |     |     |
| Skaters                 | 3 x 12-15 each leg                                                    |       |       |     |     |       |     |     |       |     |     |
| One Leg Wall Sits       | 1 Min. / Switch Legs every 10 Sec.                                    |       |       |     |     |       |     |     |       |     |     |
| Step Back Lunges        | 3 x 12-15 each leg                                                    |       |       |     |     |       |     |     |       |     |     |
| Dead Lifts              | 3 x 12-15                                                             |       |       |     |     |       |     |     |       |     |     |
| 3 Way Calf Raises       | 3 x 12-15                                                             |       |       |     |     |       |     |     |       |     |     |
| Abs / Back              | 2 x 25                                                                |       |       |     |     |       |     |     |       |     |     |
| Throwing Routine        |                                                                       |       |       |     |     |       |     |     |       |     |     |
| Stretch                 | Minimum 10 sec each                                                   |       |       |     |     |       |     |     |       |     |     |

| Day 1 Workout              |                                                                       |          |          |          | Week 12  |          |          |          |          |          |
|----------------------------|-----------------------------------------------------------------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
| Plyometrics<br>Exercise    | Sets,<br>Reps,<br>or Time                                             | Date     |          |          | Date     |          |          | Date     |          |          |
|                            |                                                                       | Set<br>1 | Set<br>2 | Set<br>3 | Set<br>1 | Set<br>2 | Set<br>3 | Set<br>1 | Set<br>2 | Set<br>3 |
| Static Stretch             | Minimum 10 sec each                                                   |          |          |          |          |          |          |          |          |          |
| Dynamic Stretch            | 2 x's each at 20 yards                                                |          |          |          |          |          |          |          |          |          |
| Torque Stretch             | 1 x 10 - 15 Reps                                                      |          |          |          |          |          |          |          |          |          |
| Arm Care                   | 1 x 10-12 Bands/Med balls                                             |          |          |          |          |          |          |          |          |          |
| Ladder                     | 2 x each movement                                                     |          |          |          |          |          |          |          |          |          |
| Squat knee Tucks           | 2 x 10                                                                |          |          |          |          |          |          |          |          |          |
| One Leg Explosions         | 30 Sec. each leg                                                      |          |          |          |          |          |          |          |          |          |
| Lateral Box Push Offs      | 2 x 30 Sec.                                                           |          |          |          |          |          |          |          |          |          |
| Box Jumps                  | 2 x 10                                                                |          |          |          |          |          |          |          |          |          |
| Speed Step Ups             | 2 x 30 Sec.                                                           |          |          |          |          |          |          |          |          |          |
| Speed Skaters              | 2 x 30 Sec.                                                           |          |          |          |          |          |          |          |          |          |
| Scissor Lunge Sprints      | 5 x 30 Sec lunge / 20 yard sprints                                    |          |          |          |          |          |          |          |          |          |
| Hop- Over Sprints          | 5 x 30 Sec hops / 20 yard sprints                                     |          |          |          |          |          |          |          |          |          |
| One Leg Hop-Over Sprints   | 5 x 30 sec hop / 20 yard sprints (each leg)                           |          |          |          |          |          |          |          |          |          |
| Bare Crawl Sprints         | 5 x Crawl for 20 yards / Sprint for 20 yards                          |          |          |          |          |          |          |          |          |          |
| Side Bare Crawl Sprints    | 5 x Side Crawl for 20 yards / Sprint for 20 yards                     |          |          |          |          |          |          |          |          |          |
| Push Up Sprints            | 10 Reps / 5 - 20 yard sprints                                         |          |          |          |          |          |          |          |          |          |
| Stretch                    | Minimum 10 Sec. Each                                                  |          |          |          |          |          |          |          |          |          |
|                            |                                                                       |          |          |          |          |          |          |          |          |          |
|                            |                                                                       |          |          |          |          |          |          |          |          |          |
| Day 2 Workout              |                                                                       | Date:    |          |          | Date:    |          |          | Date:    |          |          |
| Sprint Routine<br>Exercise | Sets,<br>Reps,<br>or Time                                             | Set<br>1 | Set<br>2 | Set<br>3 | Set<br>1 | Set<br>2 | Set<br>3 | Set<br>1 | Set<br>2 | Set<br>3 |
|                            |                                                                       |          |          |          |          |          |          |          |          |          |
| Static Stretch             | Minimum 10 sec each                                                   |          |          |          |          |          |          |          |          |          |
| Dynamic Stretch            | 2 x's each at 20 yards                                                |          |          |          |          |          |          |          |          |          |
| Torque Stretch             | 1 x 10 - 15 Reps                                                      |          |          |          |          |          |          |          |          |          |
| Arm Care                   | 1 x 10-12 Bands/Med balls                                             |          |          |          |          |          |          |          |          |          |
| Ladder                     | 2 x each movement                                                     |          |          |          |          |          |          |          |          |          |
| Sprint Routine             | 60 Feet - 10 Sprints jog back / 90 Feet - 10 Sprints - 30 Second rest |          |          |          |          |          |          |          |          |          |
| Throwing Routine           |                                                                       |          |          |          |          |          |          |          |          |          |
| Stretch                    | Minimum 10 Sec. Each                                                  |          |          |          |          |          |          |          |          |          |
|                            |                                                                       |          |          |          |          |          |          |          |          |          |

| Day 3 Workout<br>Plyometrics<br>Exercise    | Sets,<br>Reps,<br>or Time                                             | Date:    |          |          | Date:    |          |          | Date:    |          |          |
|---------------------------------------------|-----------------------------------------------------------------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
|                                             |                                                                       | Set<br>1 | Set<br>2 | Set<br>3 | Set<br>1 | Set<br>2 | Set<br>3 | Set<br>1 | Set<br>2 | Set<br>3 |
| Static Stretch                              | Minimum 10 sec each                                                   |          |          |          |          |          |          |          |          |          |
| Dynamic Stretch                             | 2 x's each at 20 yards                                                |          |          |          |          |          |          |          |          |          |
| Torque Stretch                              | 1 x 10 - 15 Reps                                                      |          |          |          |          |          |          |          |          |          |
| Arm Care                                    | 1 x 10-12 Bands/Med balls                                             |          |          |          |          |          |          |          |          |          |
| Ladder                                      | 2 x each movement                                                     |          |          |          |          |          |          |          |          |          |
| Squat knee Tucks                            | 2 x 10                                                                |          |          |          |          |          |          |          |          |          |
| One Leg Explosions                          | 30 Sec. each leg                                                      |          |          |          |          |          |          |          |          |          |
| Lateral Box Push Offs                       | 2 x 30 Sec.                                                           |          |          |          |          |          |          |          |          |          |
| Box Jumps                                   | 2 x 10                                                                |          |          |          |          |          |          |          |          |          |
| Speed Step Ups                              | 2 x 30 Sec.                                                           |          |          |          |          |          |          |          |          |          |
| Speed Skaters                               | 2 x 30 Sec.                                                           |          |          |          |          |          |          |          |          |          |
| Scissor Lunge Sprints                       | 5 x 30 Sec lunge / 20 yard sprints                                    |          |          |          |          |          |          |          |          |          |
| Hop- Over Sprints                           | 5 x 30 Sec hops / 20 yard sprints                                     |          |          |          |          |          |          |          |          |          |
| One Leg Hop-Over Sprints                    | 5 x 30 sec hop / 20 yard sprints (each leg)                           |          |          |          |          |          |          |          |          |          |
| Bare Crawl Sprints                          | 5 x Crawl for 20 yards / Sprint for 20 yards                          |          |          |          |          |          |          |          |          |          |
| Side Bare Crawl Sprints                     | 5 x Side Crawl for 20 yards / Sprint for 20 yards                     |          |          |          |          |          |          |          |          |          |
| Push Up Sprints                             | 10 Reps / 5 - 20 yard sprints                                         |          |          |          |          |          |          |          |          |          |
| Stretch                                     | Minimum 10 Sec. Each                                                  |          |          |          |          |          |          |          |          |          |
|                                             |                                                                       |          |          |          |          |          |          |          |          |          |
|                                             |                                                                       |          |          |          |          |          |          |          |          |          |
| Day 4 Workout<br>Sprint Routine<br>Exercise | Sets,<br>Reps,<br>or Time                                             | Date:    |          |          | Date:    |          |          | Date:    |          |          |
|                                             |                                                                       | Set<br>1 | Set<br>2 | Set<br>3 | Set<br>1 | Set<br>2 | Set<br>3 | Set<br>1 | Set<br>2 | Set<br>3 |
| Static Stretch                              | Minimum 10 sec each                                                   |          |          |          |          |          |          |          |          |          |
| Dynamic Stretch                             | 2 x's each at 20 yards                                                |          |          |          |          |          |          |          |          |          |
| Torque Stretch                              | 1 x 10 - 15 Reps                                                      |          |          |          |          |          |          |          |          |          |
| Arm Care                                    | 1 x 10-12 Bands/Med balls                                             |          |          |          |          |          |          |          |          |          |
| Ladder                                      | 2 x each movement                                                     |          |          |          |          |          |          |          |          |          |
| Sprint Routine                              | 60 Feet - 10 Sprints jog back / 90 Feet - 10 Sprints - 30 Second rest |          |          |          |          |          |          |          |          |          |
| Throwing Routine                            |                                                                       |          |          |          |          |          |          |          |          |          |
| Stretch                                     | Minimum 10 Sec. Each                                                  |          |          |          |          |          |          |          |          |          |
|                                             |                                                                       |          |          |          |          |          |          |          |          |          |

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