

## Liberty Baseball 2023 - Baseball AST

Keep it simple, get to your gym or facility and do baseball AST - These are recommendations to get you started on season ready

### Jan 8th - 14th - MAKE SURE YOU WARM UP BEFORE ALL THESE EXERCISES

<b>Arm Care - MON - TUE - THU - FRI</b>			<b>CORE</b>	
	A, W, L, T, Y - 1 min each	1 min. each	3 - 4 times per week this week	
	Cuban Press - no weight	2 sets of 10	Bleeders - Hip Situps - 10 - Rt leg on left leg w/left leg hold/roll/up	
	Prone Scap Angels	2 sets of 30 sec.	V-Ups - 2 sets of 8	
	Scap Retractions - both arms	2 sets of 10 each way	Turtle Get ups - 1 set of 8	
	Side lying Half Moons - both sides	Thoracics - 2 sets of 15	Baseball Push ups - Engage 5 sec / 3 Scap / Ecc dn 5 sec	
	Prayers behind head - cross leg sit	2 sets of 15	Pierre Circuit - 2 sets	
<b>Throwing Plan - BUILDING UP - progressively move back distance</b>			<b>HIPS</b>	
MON	Regular catch play (90'-150') TTTj / FR off	10-15 min. 85% intent	3 - 4 times per week this week	
TUE	Regular catch play (90'-150') TTTj / Upper off	10-15 min. 85% intent	Knees T-Spine reach up and unders	
WED	Reg. (Tue) - Pit FB/CH/BB 1x15 slope 85%	10-15 min. 85% intent	90/90 sways or Shin box x 6	
THU	Light toss - path arm (60'-100')	5-10 min. TTT	Adductor rock backs ea leg x 5	
FRI	Regular catch play (90'-150') TTTj / FR off	10-15 min. 85% intent	Figure 4 flows each leg x 3	
SAT	Regular catch play (90'-150') TTTj / Upper off	10-15 min. 85% intent	Roll and reach through x 5	
SUN	Reg. (Tue) - Pit FB/CH/BB 1x15 slope 85%	10-15 min. 90% intent	Split legs T-Spine reach ups	
<b>Upper Body work - Weight needs to be appropriate med to heavy</b>			<b>CONDITIONING</b>	
3 - 4 times per week this week			3 - 4 times per week this week	
	Barbell Bent over Row	2 sets of 10	Easy - Chin to pockets - Elbows to knees - Jog 20 yards - 5 sets	
	Barbell Curl	2 sets of 15	Steal Stance - chin/pockets - elbows to knees - Medium - 5 sets	
	Tricep pull down	2 sets of 10	Back pedal - 5 sets	
	DB - Fly On back and chest	2 sets of 6	Shuffles back and forth - 5 sets	
	DB - Forearm curls and extensions	2 sets of 10	6 - Sprints 30 yards - 80% <span style="float: right;">Rest 30-60 sec ea</span>	
<b>Lower Body work - Weight needs to be appropriate med to heavy</b>			<b>POWER - MED BALL</b>	
3 - 4 times per week this week			3 - 4 times per week this week	
	Front Squat - with ISO hold 2 sec ea	2 sets of 10	<a href="#">Staggered-Stance Med Ball Diagonal Chop</a>	
	Calf Raises - Plate	2 sets of 10 ea	<a href="#">Staggered-Stance Recoiled Rotational Med Ball Slam</a>	
	2 DB - Split squat	2 sets of 10 ea	<a href="#">1-Leg Overhead MB Stomp</a>	
	1 - Leg hip thrust off bench	2 sets of 8	<a href="#">Knee-to-Knee Rollover Medicine Ball Stomp</a>	
	1 - Leg barbell RDL	2 sets of 10	<a href="#">Half-Kneeling Med Ball Stand up Stomp</a>	

# Five off-season strength training movements every baseball and softball player should do

1. **PUSH** – Push-up, DB bench/incline, Landmine ½ kneeling 1-arm press
2. **PULL** – Vertical (Pull-up, Lat pull) – Horizontal – DB row, Seated row, LM row
3. **HINGE** – SLDL, RDL, KB swing, Goblet squat
4. **SQUAT** – Back squat, Front squat, Box squat, Cross-arm front squat and Yolk squat (pitchers)
5. **LOADED CARRY** – Farmer's walk, Suitcase carry, KB rack carry, Bottoms up KB carry



**Goal:** Muscular endurance, strength, power, stability, balance, coordination, muscle control.

**Lifts:** Multi-joint movements that transfer to the field of play and reduce injury risk.