

## 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

### MAKE SURE YOU WARM UP BEFORE ALL THESE EXERCISES

#### Arm Care - MON - TUE - THU - FRI

A, W, L, T, Y - 1 min each	1 min. each
Cuban Press - no weight	2 sets of 10
Prone Scap Angels	2 sets of 30 sec.
Scap Retractions - both arms	2 sets of 10 each way
Side lying Half Moons - both sides	Thoracics - 2 sets of 15
Prayers behind head - cross leg sit	2 sets of 15

#### Throwing Plan - BUILDING UP - progressively move back distance

MON	Arm Care - OFF	
TUE	Regular catch play (90'-120') TTT	10-15 min. 75% intent
WED	Reg. (Tue) - Pit FB/CH 1x15 slope 50%	10-15 min. 75% intent
THU	Light toss - path arm (60'-90')	5-10 min. TTT
FRI	Arm Care - OFF	
SAT	Regular catch play (90'-120') TTT	10-15 min. 75% intent
SUN	Reg. (Sat) - Pit FB/CH 1x20 slope 70%	10-15 min. 75% intent

#### Upper Body work - Weight needs to be appropriate med to heavy

3 - 4 times per week this week	
Barbell Bent over Row	2 sets of 10
Barbell Curl	2 sets of 15
Tricep pull down	2 sets of 10
DB - Fly On back and chest	2 sets of 6
DB - Forearm curls and extensions	2 sets of 10

#### Lower Body work - Weight needs to be appropriate med to heavy

3 - 4 times per week this week	
Front Squat - with ISO hold 2 sec ea	2 sets of 10
Calf Raises - Plate	2 sets of 10 ea
2 DB - Split squat	2 sets of 10 ea
1 - Leg hip thrust off bench	2 sets of 8
1 - Leg barbell RDL	2 sets of 10

#### CORE

3 - 4 times per week this week	
Bleeders - Hip Situps - 10 - Rt leg on left leg w/left leg hold/roll/up	
V-Ups - 2 sets of 8	
Turtle Get ups - 1 set of 8	
Baseball Push ups - Engage 5 sec / 3 Scap / Ecc dn 5 sec	
Pierre Circuit - 2 sets	

#### HIPS

3 - 4 times per week this week	
Knees T-Spine reach up and unders	
90/90 sways or Shin box x 6	
Adductor rock backs ea leg x 5	
Figure 4 flows each leg x 3	
Roll and reach through x 5	
Split legs T-Spine reach ups	

#### CONDITIONING

3 - 4 times per week this week	
Easy - Chin to pockets - Elbows to knees - Jog 20 yards - 5 sets	
Steal Stance - chin/pockets - elbows to knees - Medium - 5 sets	
Back pedal - 5 sets	
Shuffles back and forth - 5 sets	
6 - Sprints 30 yards - 80%	Rest 30-60 sec ea

#### POWER - MED BALL

3 - 4 times per week this week	
<a href="#">Staggered-Stance Med Ball Diagonal Chop</a>	
<a href="#">Staggered-Stance Recoiled Rotational Med Ball Slam</a>	
<a href="#">1-Leg Overhead MB Stomp</a>	
<a href="#">Knee-to-Knee Rollover Medicine Ball Stomp</a>	
<a href="#">Half-Kneeling Med Ball Stand up Stomp</a>	

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

- PUSH** – Push-up, DB bench/incline, Landmine ½ kneeling 1-arm press
- PULL** – Vertical (Pull-up, Lat pull) – Horizontal – DB row, Seated row, LM row
- HINGE** – SLDL, RDL, KB swing, Goblet squat
- SQUAT** – Back squat, Front squat, Box squat, Cross-arm front squat and Yolk squat (pitchers)
- 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.