

8 week Initial Pre Progression B Baseball (Fall/Winter Program).

Follow this program for the first 8 weeks and then you can move onto Progression B (Month 1) on OverAchieve website. Exercises should be done in a superset. Example: You will do 1st set of A1 exercise followed by 1st set of A2 exercise, and A3, then recover and do 2nd set of each). Then move onto B, C, and D.

3 Day Strength Workout (First 8 weeks)

DAY 1	DAY 2	DAY 3
<p>Warm-up: OH squat and Hip Hinge Pattern w/ dowel 2x12 Split Stance with Thoracic Rotation (hold plate or medball) 2x12 both sides</p> <p>A1: Single leg Box Jumps 4x5 A2: DB bench press 4x8 and 1 set of push-ups (max) A3: Band Pull Aparts 3x10 B1: DB Goblet Step-ups with knee drive 3x8-and 1 x 10 single leg box squat B2: Reverse clams 3x10 (see video link) B3: Standing Shoulder Press with Landmine (Lunge position) 3x8 C1: Hip Series (description and videos below) D1: Pull-ups 3x8 to 10 (after 2nd week add 1x5 set of weighted negatives) D2: King Deadlift opp arm/opp leg (10-25 lb. plate) 3x8</p> <p>Forearm series (1)</p> <p>Finisher: BW Squats with Diagonal Plate chops 3x10 both sides. Lateral Bear crawls 3 sets (set is 15 ft across and back 2 times, keep hips levels)</p>	<p>Warm-up: OH squat and Hip Hinge Pattern w/ dowel 2x12 Scapular Wall Slides 1x12 Stability hurdles (see video link)</p> <p>A1: Trap bar deadlift 5x8 max effort (RPE 8) A2: Bird Dogs 3x8 (hold for 2 seconds, see video) B1: DB incline bench 4x8-10 B2: Inverted Rows 4x10 or face pulls 3x10 C1: Hammer curls 3x8 C2: Close-grip push-ups 3x90% effort C3: Reverse Butt Walks (see video) 3x5 yards D1: Sitting DB Presses 3x8 D2: DB shrugs 3x10 D2: Lateral DB walk on balls of feet with knees bent DB in each hand 2x15 yards both directions</p> <p>Finisher: Side plank variation 3x30 seconds Walk on heels x 40 yards (pull toes hard into shins)</p>	<p>Warm-up: OH squat and Hip Hinge Pattern w/ dowel 2x12 Scapular Wall Slides 1x12 Split Stance with thoracic rotation (hold plate or medball) 3x12</p> <p>A1: Dynamic Yoke or Barbell or DB Goblet Box or Regular squats 5x5 (RPE 7, Dynamic on concentric) A2: DB jump shrugs 5x5 (first set body weight) B1: Plyo push-ups 3x90% effort and Decline push-ups (feet on box or ball) 2x90% effort. Activate glutes! B2: Standing DB rows 4x8-10 B3: Dynamic Fast Concentric Hamstring curls with sliders 3x12 C1: Side Step-up with knee drive 3x8 each leg (for first 4 weeks, then do Crossover step-ups 3x8 during the next 4 weeks) (see video) C2: Reverse flies (band or DB) 3x8 D1: Hip Series (description and videos below)</p> <p>Hypertrophy (1)</p> <p>Finisher: Walk on Balls of Feet with Yoke or Barbell (65-85 lbs.) 2x15 yards all 3 directions (forwards, backwards, both sides) BW Squats with Diagonal Plate chop 3x10 each side.</p>

Exercise repository link

<https://www.youtube.com/watch?v=7Mlv3mg7rm8>

Easy access links:

DB Goblet Step-Ups- [5:50](#) (add knee drive)

Single Leg Box Squats- [12:08](#)

Side Step Ups- [6:58](#)

Crossover Step-Ups- [18:22](#)

Reverse Butt Walks- <https://www.instagram.com/p/BqMy2hJApEs/>

Stability Hurdles- <https://www.youtube.com/watch?v=Eg-rD8fS1mY>

Hip Series- 3 exercise superset: 3 sets per exercise in a superset.

1. Standing Side Leg lifts with Band or can use Henny 3x8/leg
 - Cues: Don't let foot rotate. Activate glute on standing leg.
2. Banded Side Lunge w/ Slider 3x10/leg
 - Cues: hinge hips back on eccentric.
3. Standing w/Band Hip Flexor 3x10/leg
 - Cues: Make sure standing foot is activated. Feel ground.

Link to Hip exercises: <https://www.instagram.com/p/BqtAgB0galG/>

Reverse Butt Walks <https://www.instagram.com/p/BqMy2hJApEs/>

Main Goal: Perform strength workout 3 times a week and you can do optional speed workouts 1 or 2 times a week. If you need to get faster and more athletic, additional speed is recommended. You can alternate speed workouts.

Sample Week Workout Schedule:

Monday: Day 1 Strength

Tuesday: 100s

Wednesday: Day 2 Strength

Thursday: Plyos/Speed Day

Friday or Saturday Day 3 Strength

Speed and Plyo Routine	100's
<ul style="list-style-type: none"> - High Knees 3x10 yards - Butt Kicks 3x10 yards - High Knee Marches 3x15 yards - Power Skips for height 3x20 yards - Power Skips for Distance 3x20 yards - Long Jumps for Distance 2x20 yards - Vertical Jumps for Height 2x20 yards - Lateral Jumps for Distance 2x20 yards (1 foot to land on 2 feet) - 45° lateral bounds. Do 3 in and row and stick 4th. (try it backwards) 3x15 yards. - 10 yard starts-5 reps - 60 Yards Gears: 0-20 yards 50%, 20-40 yards 75%, 40-60 yards 100%, repeat 8 reps w/ 60-90 seconds rest between 	<p>After proper warm-up:</p> <ul style="list-style-type: none"> - High knees 3x10 yds - Butt kicks 3x10 yds - Run 6-10 100 yard sprints 0-20 80% 20-80 95% 0-100 80% <p>Rest a Full 2-3 minutes between each rep.</p>

See video link above for how to perform these plyo exercises.