

Phase I
Monday and Friday

1. Start with a warm-up: 3 minutes running or biking, 2 minutes skipping rope
 - Complete exercises: Chopping down with tubing or DB(3 sets of 6 reps each side)
Chopping up with tubing or DB (3 sets of 6 reps each side)
 - Do 5 point balance drill
 - Do Rotator Cuff Weight Program Phase 1
2. Weight program:

Program 'A'

Exercise:	Sets X Reps:	Load:	Tempo:
Box step-off to stick	3 X 4 each leg	BW	Controlled
Romanian Deadlift - BB	3 X 8	Light	Controlled
DB bench press on ball	3 X 12	As tolerated	Controlled
Lat pull to chest- kneeling	3 X 12	As tolerated	Controlled
REST (2 minutes)			
Squats	3 X 12	Light	Controlled
Alternating Incline Press on ball - DB (Only on odd sets)	2 X 12	As tolerated	Controlled
Seated Row – pulley	3 X 12	As tolerated	Controlled
REST (2 minutes)			
Side shoulder raise with DB with step	3 X 12	As tolerated	Controlled
Bicep curl with BB or DB	3 X 12	As tolerated	Controlled
Tricep pushdown	3 X 12	As tolerated	Controlled

3. Cool down
4. Do core circuit

Wednesday

1. Start with a warm-up: 3 minutes running or biking, 2 minutes skipping rope
2. Complete first stage of Cuff Weight program
 - Complete exercises: Chopping down with tubing or DB (2 sets of 6 reps each side)
Chopping up with tubing or DB (2 sets of 6 reps each side)
 - Do 5 point balance drill
 - Do yoga “airplane” drill – both sides of body – hold for as long as you can with arms extended – visit to view how this is done - <http://www.youtube.com/watch?v=19ha07rgGEO>
3. Weight program:

Exercises:	Sets X Reps:	Load:	Tempo:
Single leg squats with back leg on ball	3 X 6 each leg	As tolerated	Controlled
Hamstring curl on ball	3 X 12	BW	Controlled
BB bench press	3 X 12	As tolerated	Controlled
Lat pull to waist	3 X 12	As tolerated	Controlled
REST (2 minutes)			
Lateral lunge with DB	3 X 6 each way	As tolerated	Controlled
Med ball throw against wall (Only on odd sets)	2 X 12	Med ball	Controlled
Chin-ups or modified chin up	3 X 12	BW	Controlled
Dips or modified Dip using bench (Only on odd sets)	2 X 12	BW	Controlled
REST (2 minutes)			
DB Scapula Row in bent over position	3 X 12	As tolerated	Controlled
Alternating shoulder raises - DB	3 X 12	As tolerated	Controlled

4. Cool down
5. Do core circuit

Core Circuit

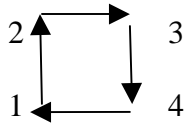
Complete each of the following exercises for 30 seconds on, 30 seconds off:

- Front plank
- Leg lowers
- Windshield wipers
- Side plank
- Side plank (other side)
- Heel touches
- Hip lifts
- Superman
- V-sit
- V-sit with rotation
- Side crunches
- Side crunches (other side)

Tuesday and Thursday

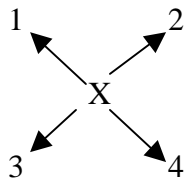
1. Do warm up – see warm up
2. Complete following agility exercises (2 -3 sets each)

Box Drill



- place cones 8-10 yds apart – start at cone 1 –
sprint to cone 2 – shuffle to cone 3 – backpeddle to
cone 4 – shuffle to cone 1 – sprint to cone 2 – go around cone 2 while
touching cone 2 and then sprint back to cone 1.

X-Drill – start in centre position – sprint to each cone – touch and sprint
back to starting point.



3. Cardio (running or bike):

- 5 minute warm-up

Repeat the following X2:

- 1 minute – hard intensity
- 2 minutes – easy
- 2 minutes – hard
- 2 minutes – easy
- 3 minutes – hard
- 5 minutes – easy

*Use the ‘Training Heart Rate’ chart OR the ‘RPE’ chart to monitor your intensity.

- For heart rate, light intensity is Zone II and hard intensity is Zone IV

Warm up / Cool Down

The following warm up can be done prior to any practice / game or off season training opportunity. What is important is that you stay consistent with your warm up routine – make it a routine! Once this warm is completed during your season you can break into some agility routines / 5 point balance drill along with the T drill and some short sprints.

Warm up – done at 10-15 yard distance

- Balistic Walking
- A, B, C
- Hamstring and calf
- Lunges
- Shuffle
- Shuffle while touching the ground
- Carioca
- Backpedal
- High skip
- Bounds
- Trunk twists / arm circles / thumb up –thumb down
- Short sprints in lead off postion

Cool down – done at the end of every practice/game/ or training opportunity.

- Slow jog or bike
- Static stretching – lower body – calf, hamstring, quad, groin, hip flexor
- Static stretching – upper body – shoulders, forearms\
- Pitchers who are looking for a good cool down should take the time to see the following video from Alan Jaegar -
<http://www.youtube.com/watch?v=19ha07rgGEo>