



Baseball Cycle 3 2011-2012



		Week 1	Week 2	Week 3	Week 4
DAY 1	Warmup- Complex # 1	Warmup- Complex # 3	Warmup- Complex # 2	Warmup- Complex # 1	
	DB Hang Clean (80,85,82.5,87,85%)	Hang Clean- (80,85,82.5,87,85%)	Power Clean- (80,85,82.5,87,85%)	"Kelly"	
	DB SL RDL R/S- (75,82.5,80,85%)	Bar SL RDL R/S- (75,82.5,80,85%)	1 DB SL Same RDL R/S- (80,85,82.5,87%)	Roll Session- Calves, Quad, Piriformis, IT Band, Spine, Lats	
	DB Russian Hip Swings- (65,75,70,80%)	DB Alt Russian Hip Swings- (75,82.5,80,85%)	DB American Hip Swing- (70,80,75,82.5,80%)		
	Hip Bridge 25x3	SL Hip Bridge R/S 15x3	Hip Bridge 30x3		
DAY 2	Warmup- Complex # 4	Warmup- Complex # 5	Warmup- Complex # 6	Warmup- Complex # 5	
	DB Speed BOR- (75,82.5,80,85,82.5%)	Bar BOR- (80,85,82.5,87,85%)	DB Speed Switch BOR R/S- (75,82.5,80,85%)	Pillar Circuit #23- 4x15 or 45s	
	SB DB Switch Chest Press R/S- (75,82.5,80,85,82.5%)	SB Speed DB Chest Press - (85x8%)	DB Complex Chest Press (80,85,82.5,87,85%)	Strap Stretch- Hamstring, Across Hip, Away Hip, Shoulder Pull Up/Down	
	Incline Bar BOR R/S (75,82.5,80,85,82.5%)	Incline Bar Lunge to BOR (75,82.5,80,85,82.5%)	Incline Bar BOR w/ Lunge Rotation (75,82.5,80,85,82.5%)		
	Bench DB A,T, Y's 4x3	Bench DB A,T, Y's 5x3	Bench DB A,T, Y's 6x3		
Stretch- Ball Chest/Lats, Rotator Cuff	Stretch- Strap Shoulder, Back Flex/Ext	Stretch- Child Pose/Up Dog, Thread Needle			
DAY 3	Warmup- Complex # 2	Warmup- Complex # 1	Warmup- Complex # 3	Warmup- Complex # 2	
	Tall Box Hop Down to Depth Jump- (10,9,8,7)	Tall Box Hop Down to Back Up- (8,7,6,5)	Tall Box Side Hop Down to Side Jump R/S- (8,7,6)	"Chelsie"	
	DB Split Stance DB Jump Lunges- (65,75,70,80,75%)	Bar Split Jump Lunges- (65,75,70,80,75%)	DB Shldr Height Split Jump Lunges- (65,75,70,80,75%)	Stretch- Tri-Plane Hamstring/Quad, Ball Calf, Groin (Frog), IT Band	
	DB Step Up to Reverse Lunge R/S- (75,82.5,80,85,82.5%)	DB Shldr Height Step Up to Reverse Lunge R/S (75,82.5,80,85,82.5%)	DB OH Step Up to Reverse Lunge R/S- (75,82.5,80,85,82.5%)		
	SB DB Hip Bridge (55,65,60,70,65%)	SB DB Hip Bridge (65,75,70,80,75%)	SB DB Hip Bridge (85x8%)		
Stretch- Strap Quad/Hamstring	Stretch- IT Band/Groin (Frog)	Stretch- Strap Away/Across Hip			