

**BASEBALL
DEVELOPMENTAL PROGRAM**

DAY 1												
TOTAL	WT	REP	WT	REP	WT	REP	WT	REP	WT	REP	WT	REP
CLEAN PULL <i>MID THIGH</i>		x3		x3		x3		x3		x2		x2
		x3		x3		x3		x3		x2		x2
		x3		x3		x3		x3		x2		x2
		x3		x3		x3		x3		x2		x2
		x3		x3		x3		x3		x2		x2
FRONT SQUAT		x5		x5		x6		x5		x5		x3
		x5		x5		x6		x5		x5		x3
		x5		x5		x6		x5		x5		x3
		x5		x5		x6		x5		x5		x3
TRX ROW <i>PAIR WITH:</i>		x5		x5		x3		x3		x3		x3
		x5		x5		x3		x3		x3		x3
		x3		x3		x3		x3		x3		x3
PUSH UP		x15		x15		x15		x12		x12		x12
		x15		x15		x15		x12		x12		x12
		x15		x15		x15		x12		x12		x12
RDL		x8		x8		x8		x6		x6		x5
		x8		x8		x8		x6		x6		x5
		x8		x8		x8		x6		x6		x5
		x8		x8		x8		x6		x6		x5

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DAY 2												
TOTAL	WT	REP	WT	REP	WT	REP	WT	REP	WT	REP	WT	REP
CLEAN PULL <i>BELOW KNEE</i>		x3		x3		x3		x3		x2		x2
		x3		x3		x3		x3		x2		x2
		x3		x3		x3		x3		x2		x2
		x3		x3		x3		x3		x2		x2
		x3		x3		x3		x3		x2		x2
GOBLET SQUAT		x5		x5		x5		x5		x5		x5
		x5		x5		x5		x5		x5		x5
		x5		x5		x5		x5		x5		x5
		x5		x5		x5		x5		x5		x5
CHIN UP <i>PAIR WITH:</i>		6-8		6-8		5-7		x5		5-7		4-6
		6-8		6-8		5-7		x5		5-7		4-6
		6-8		6-8		5-7		x5		5-7		4-6
DB INCLINE		x12		x12		x12		x10		x10		x8
		x12		x12		x12		x10		x10		x8
		x12		x12		x12		x10		x10		x8
KETTLE SWING <i>TRI-SET WITH:</i>		x12		x12		x12		x12		x12		x12
		x12		x12		x12		x12		x12		x12
		x12		x12		x12		x12		x12		x12
BAND SHRUG		x20		x20		x20		x20		x20		x20
		x20		x20		x20		x20		x20		x20
BAND PULL APART		x10		x10		x10		x10		x10		x10
		x10		x10		x10		x10		x10		x10

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DAY 3												
TOTAL	WT	REP	WT	REP	WT	REP	WT	REP	WT	REP	WT	REP
CLEAN PULL <i>FLOOR</i>		x3		x3		x3		x2		x3		x2
		x3		x3		x3		x2		x3		x2
		x3		x3		x3		x2		x3		x2
		x3		x3		x3		x2		x3		x2
		x3		x3		x3		x2		x3		x2
BACK SQUAT		x5		x5		x5		x3		x3		x3
		x5		x5		x5		x3		x3		x3
		x5		x5		x3		x3		x3		x3
		x5		x5		x3		x3		x3		x3
DB ROW <i>PAIR WITH:</i>		x8		x8		x6		x6		x5		x5
		x8		x8		x6		x6		x5		x5
		x8		x8		x6		x6		x5		x5
DB BENCH		x8		x8		x6		x6		x5		x5
		x8		x8		x6		x6		x5		x5
		x8		x8		x6		x6		x5		x5
GLUTE HAM <i>PAIR WITH:</i>		x8		x8		x6		x6		x5		x5
		x8		x8		x6		x6		x5		x5
		x8		x8		x6		x6		x5		x5
DB 30's		x10		x10		x10		x10		x10		x10
		x10		x10		x10		x10		x10		x10