WOLVERINE BASEBALL OFFSEASON PHASE 1					Name:				
WEEK 1									
Monday	**sets**	**reps**	**wt.**		**Tuesday**	**sets**	**reps**	**wt.**	
Bulgarian Squats	6	10			T-Pushups	4	10		
Thumbtacks	4	10			Staggered MB Twist	4	10		
Hamstring Matrix	4	15			1 Arm DB BP	4	10 each		
Scap. Elev./Depr.	4	10			Hanging Leg Raise	4	10		
Slideboard side/side	4	10			1 Arm/1 Leg Crunches	4	10 each		
Scap. Prot./Retr.	4	10			Suspended Reach Out	4	10		
Wednesday	**sets**	**reps**			**Thursday**	**sets**	**reps**	**wt.**	
Jump Rope	5	30 sec.			Step Jumps	4	10		
Agility Ladder:					MB Chest Pass	4	10	10 lbs.	
2 in/1 out	5	down/back			Staggered MB Twist				
1 touch slalom jumps	5	down/back			& Throw	4	10 each		
Boxer Jumps	5	down/back			T-Band Airplane	4	10		
2 foot lateral touches	5	down/back			T-Band Hi/Lo Pull	4	10		
Shuttle Run:					Wt. Ball Catch &				
10 yard shuffle	3				Throw Backward	4	10	7 oz.	
10 yard run	3								
Friday	**sets**	**reps**	**wt.**						
Chinups	min.	40							
V-Sit Twist	4	10							
Scarecrows	4	10							
Pallof Press	4	10							
1 Arm DB Row	6	10							
MB Throwdown	4	10	4 kg.						
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WOLVERINE BASEBALL OFFSEASON PHASE 1					Name:				
WEEK 2									
Monday	**sets**	**reps**	**wt.**		**Tuesday**	**sets**	**reps**	**wt.**	
Bulgarian Squats	6	10			T-Pushups	4	10		
Thumbtacks	4	10			Staggered MB Twist	4	10		
Hamstring Matrix	4	15			1 Arm DB BP	4	10 each		
Scap. Elev./Depr.	4	10			Hanging Leg Raise	4	10		
Slideboard side/side	4	10			1 Arm/1 Leg Crunches	4	10 each		
Scap. Prot./Retr.	4	10			Suspended Reach Out	4	10		
Wednesday	**sets**	**reps**			**Thursday**	**sets**	**reps**	**wt.**	
Jump Rope	5	30 sec.			Step Jumps	4	10		
Agility Ladder:					MB Chest Pass	4	10	10 lbs.	
2 in/1 out	5	down/back			Staggered MB Twist				
1 touch slalom jumps	5	down/back			& Throw	4	10 each		
Boxer Jumps	5	down/back			T-Band Airplane	4	10		
2 foot lateral touches	5	down/back			T-Band Hi/Lo Pull	4	10		
Shuttle Run:					Wt. Ball Catch &				
10 yard shuffle	3				Throw Backward	4	10	7 oz.	
10 yard run	3								
Friday	**sets**	**reps**	**wt.**						
Chinups	min.	40							
V-Sit Twist	4	10							
Scarecrows	4	10							
Pallof Press	4	10							
1 Arm DB Row	6	10							
MB Throwdown	4	10	4 kg.						
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WOLVERINE BASEBALL OFFSEASON PHASE 1					Name:				
WEEK 3									
Monday	**sets**	**reps**	**wt.**		**Tuesday**	**sets**	**reps**	**wt.**	
Bulgarian Squats	6	8			T-Pushups	4	12		
Thumbtacks	4	12			Staggered MB Twist	4	12		
Hamstring Matrix	5	15			1 Arm DB BP	4	10 each		(add wt.)
Scap. Elev./Depr.	4	12			Hanging Leg Raise	4	12		
Slideboard side/side	4	12			1 Arm/1 Leg Crunches	4	12 each		
Scap. Prot./Retr.	4	12			Suspended Reach Out	4	12		
Wednesday	**sets**	**reps**			**Thursday**	**sets**	**reps**	**wt.**	
Jump Rope	6	30 sec.			Step Jumps	4	12		
Agility Ladder:					MB Chest Pass	4	12	10 lbs.	
2 in/1 out	6	down/back			Staggered MB Twist				
1 touch slalom jumps	6	down/back			& Throw	4	12 each		
Boxer Jumps	6	down/back			T-Band Airplane	4	12		
2 foot lateral touches	6	down/back			T-Band Hi/Lo Pull	4	12		
Shuttle Run:					Wt. Ball Catch &				
10 yard shuffle	3				Throw Backward	4	12	7 oz.	
10 yard run	3								
Friday	**sets**	**reps**	**wt.**						
Chinups	min.	42							
V-Sit Twist	4	12							
Scarecrows	4	12							
Pallof Press	4	12							
1 Arm DB Row	6	10		(add wt.)					
MB Throwdown	4	12	4 kg.						
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WOLVERINE BASEBALL OFFSEASON PHASE 1					Name:				
WEEK 4									
Monday	**sets**	**reps**	**wt.**		**Tuesday**	**sets**	**reps**	**wt.**	
Bulgarian Squats	6	8			T-Pushups	4	12		
Thumbtacks	4	12			Staggered MB Twist	4	12		
Hamstring Matrix	5	15			1 Arm DB BP	4	10 each		(add wt.)
Scap. Elev./Depr.	4	12			Hanging Leg Raise	4	12		
Slideboard side/side	4	12			1 Arm/1 Leg Crunches	4	12 each		
Scap. Prot./Retr.	4	12			Suspended Reach Out	4	12		
Wednesday	**sets**	**reps**			**Thursday**	**sets**	**reps**	**wt.**	
Jump Rope	6	30 sec.			Step Jumps	4	12		
Agility Ladder:					MB Chest Pass	4	12	10 lbs.	
2 in/1 out	6	down/back			Staggered MB Twist				
1 touch slalom jumps	6	down/back			& Throw	4	12 each		
Boxer Jumps	6	down/back			T-Band Airplane	4	12		
2 foot lateral touches	6	down/back			T-Band Hi/Lo Pull	4	12		
Shuttle Run:					Wt. Ball Catch &				
10 yard shuffle	3				Throw Backward	4	12	7 oz.	
10 yard run	3								
Friday	**sets**	**reps**	**wt.**						
Chinups	min.	42							
V-Sit Twist	4	12							
Scarecrows	4	12							
Pallof Press	4	12							
1 Arm DB Row	6	10		(add wt.)					
MB Throwdown	4	12	4 kg.						
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