



BASEBALL- Position Player 2021 SUMMER LIFTING PLAN



“But the LORD is with me like a mighty warrior; so my prosecutors will stumble and not prevail. They will fail and be thoroughly disgraced; their dishonor will never be forgotten.”

-Jeremiah 20:11

MONDAY- HEAVY DAY

	6/7	6/14	6/21	6/28	7/5	7/12	7/19	7/26	8/2
Back Squat 3 x 5- 90% of max									
Bench Press 3 x 5- 90% of max									
Incline DB Bench 3 x 10									
Hammer Curls 3 x 10									
Tricep Extension 3 x 10									
Forearm Rolls 3 x 10									
Forearm Curls 3 x 10									
X / Y / T (Shoulder) 3 x 10									

Core Workout:

1. 300 Ab circuit- Sit-ups, crunches, scissors, planks- *Your Choice*

Cardio Workout:

1. 5 sprints x 30 yards
2. 5 sprints x 40 yards
3. 5 sprints x 50 yards
4. 5 sprints x 60 yards

TUESDAY- POWER DAY

	6/8	6/15	6/22	6/29	7/6	7/13	7/20	7/27	8/3
Power Clean 3 x 5- 90% of max									
Squat Jumps 3 x 10									
Hex Bar Dead Lift 3 x 8									
Power Shrugs 3 x 8									
Burpee Box Jump 3 x 10									
Back Row 3 x 10									
Clap Push Up 3 x 10									
Single Arm DB Row 3 x 10									

Core Workout:

1. 300 Ab circuit- Sit-ups, crunches, scissors, planks- *Your Choice*

Cardio Workout:

1. 10 sprints x 30 yards

THURSDAY- HEAVY DAY

	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29	8/5
Front Squat (DEEP) 3 x 10									
Closed Grip Bench Press 3 x 10									
Deadlift 3 x 5 – 90% of max									
Straight Bar Curls 3 x 10									
Overhead Tricep Press 3 x 10									
Cable Core Rotations 3 x 10									
Forearm Rolls 3 x 30									
X / Y / T (Shoulder) 3 x 10									

Core Workout:

1. 300 Ab circuit- Sit-ups, crunches, scissors, planks- *Your Choice*

Cardio Workout:

1. 10 sprints x 100 yard build ups

FRIDAY – POWER DAY

	6/11	6/18	6/25	7/2	7/9	7/16	7/23	7/30	8/6
Power Clean 3 x 5- 90% of max									
Push Press 3 x 10 (Explosive)									
Burpee Pull Up 3 x 10									
Lateral Box Jump 3 x 10									
Broad Jumps 3 x 10									
Hanging Leg Raise 3 x 30									
Forearm Curls 3 x 30									

Core Workout:

1. 200 Ab circuit- Sit-ups, crunches, scissors, planks- *Your Choice*

Cardio Workout:

1. 2 x 300 yard shuttle run

-||-MAX PERCENTAGES-||-

Max	50%	55%	60%	65%	70%	75%	80%	85%	90%
45	25	25	25	30	30	35	35	40	40
50	25	30	30	35	35	40	40	45	45
55	30	30	35	35	40	40	45	45	50
60	30	35	35	40	40	45	50	50	55
65	35	35	40	40	45	50	50	55	60
70	35	40	40	45	50	55	55	60	65
75	40	40	45	50	55	55	60	65	70
80	40	45	50	50	55	60	65	70	70
85	45	45	50	55	60	65	70	70	75
90	45	50	55	60	65	70	70	75	80
95	50	50	55	60	65	70	75	80	85
100	50	55	60	65	70	75	80	85	90
105	55	60	65	70	75	80	85	90	95
110	55	60	65	70	75	85	90	95	100
115	60	65	70	75	80	85	90	100	105
120	60	65	70	80	85	90	95	100	110
125	65	70	75	80	90	95	100	105	115
130	65	70	80	85	90	100	105	110	115
135	70	75	80	90	95	100	110	115	120
140	70	75	85	90	100	105	110	120	125
145	75	80	85	95	100	110	115	125	130
150	75	85	90	100	105	115	120	130	135
155	80	85	95	100	110	115	125	130	140
160	80	90	95	105	110	120	130	135	145
165	85	90	100	105	115	125	130	140	150
170	85	95	100	110	120	130	135	145	155
175	90	95	105	115	125	130	140	150	160
180	90	100	110	115	125	135	145	155	160
185	95	100	110	120	130	140	150	155	165
190	95	105	115	125	135	145	150	160	170
195	100	105	115	125	135	145	155	165	175
200	100	110	120	130	140	150	160	170	180
205	105	115	125	135	145	155	165	175	185
210	105	115	125	135	145	160	170	180	190
215	110	120	130	140	150	160	170	185	195
220	110	120	130	145	155	165	175	185	200
225	115	125	135	145	160	170	180	190	205
230	115	125	140	150	160	175	185	195	205
235	120	130	140	155	165	175	190	200	210
240	120	130	145	155	170	180	190	205	215
245	125	135	145	160	170	185	195	210	220
250	125	140	150	165	175	190	200	215	225
255	130	140	155	165	180	190	205	215	230
260	130	145	155	170	180	195	210	220	235
265	135	145	160	170	185	200	210	225	240
270	135	150	160	175	190	205	215	230	245
275	140	150	165	180	195	205	220	235	250
280	140	155	170	180	195	210	225	240	250
285	145	155	170	185	200	215	230	240	255
290	145	160	175	190	205	220	230	245	260
295	150	160	175	190	205	220	235	250	265
300	150	165	180	195	210	225	240	255	270
Max	50%	55%	60%	65%	70%	75%	80%	85%	90%

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305	155	170	185	200	215	230	245	260	275
310	155	170	185	200	215	235	250	265	280
315	160	175	190	205	220	235	250	270	285
320	160	175	190	210	225	240	255	270	290
325	165	180	195	210	230	245	260	275	295
330	165	180	200	215	230	250	265	280	295
335	170	185	200	220	235	250	270	285	300
340	170	185	205	220	240	255	270	290	305
345	175	190	205	225	240	260	275	295	310
350	175	195	210	230	245	265	280	300	315
355	180	195	215	230	250	265	285	300	320
360	180	200	215	235	250	270	290	305	325
365	185	200	220	235	255	275	290	310	330
370	185	205	220	240	260	280	295	315	335
375	190	205	225	245	265	280	300	320	340
380	190	210	230	245	265	285	305	325	340
385	195	210	230	250	270	290	310	325	345
390	195	215	235	255	275	295	310	330	350
395	200	215	235	255	275	295	315	335	355
400	200	220	240	260	280	300	320	340	360
405	205	225	245	265	285	305	325	345	365
410	205	225	245	265	285	310	330	350	370
415	210	230	250	270	290	310	330	355	375
420	210	230	250	275	295	315	335	355	380
425	215	235	255	275	300	320	340	360	385
430	215	235	260	280	300	325	345	365	385
435	220	240	260	285	305	325	350	370	390
440	220	240	265	285	310	330	350	375	395
445	225	245	265	290	310	335	355	380	400
450	225	250	270	295	315	340	360	385	405
455	230	250	275	295	320	340	365	385	410
460	230	255	275	300	320	345	370	390	415
465	235	255	280	300	325	350	370	395	420
470	235	260	280	305	330	355	375	400	425
475	240	260	285	310	335	355	380	405	430
480	240	265	290	310	335	360	385	410	430
485	245	265	290	315	340	365	390	410	435
490	245	270	295	320	345	370	390	415	440
495	250	270	295	320	345	370	395	420	445
500	250	275	300	325	350	375	400	425	450
505	255	280	305	330	355	380	405	430	455
510	255	280	305	330	355	385	410	435	460
515	260	285	310	335	360	385	410	440	465
520	260	285	310	340	365	390	415	440	470
525	265	290	315	340	370	395	420	445	475
530	265	290	320	345	370	400	425	450	475
535	270	295	320	350	375	400	430	455	480
540	270	295	325	350	380	405	430	460	485
545	275	300	325	355	380	410	435	465	490
550	275	305	330	360	385	415	440	470	495
555	280	305	335	360	390	415	445	470	500
560	280	310	335	365	390	420	450	475	505
Max	50%	55%	60%	65%	70%	75%	80%	85%	90%