



## **In Season Baseball Workout Program**

Locos Express is providing an in season workout program for players currently playing and wanting to continue to workout properly for baseball to maintain and improve their strength, speed, agility and mobility while in season.

Workouts will be high rep and low weight ensuring stabilizing strength and avoiding extreme muscle tightness that can lead to injury and decreased mobility.

3 workouts that once completed can be repeated and are most beneficial to baseball functionality improvement. **(2) Lifting (1) Speed**

**Make Sure as you move from week to week you increase reps. For Example: Week 1 3x10 Week 2 3x12 Week 3 3x15...Also, make sure you don't burn yourself out in season. Try not to lift the day before or the day of a game.**

### **In-Season Workout (Exercises and Rep Range)**

**Ladder Warm-Ups...If no access to ladders can still perform footwork drills to get heart-rate up!!**

#### **Lifting(1)**

Tricep Extension	3x10
Dumbbell Supported Rows	3x10
3-5lb Dumbbell Front-Raises	3x15
Dumbbell Lateral Lunge	3x8 Each Way
Internal/External Rotation (Bands)	3x20 Each Way
5-10lb Dumbbell Lunge Walks	20 Total...Make sure to do a full lunge each step
High Knees in Place for Speed	20 secs x 3...Get knees up as high as you can
Push-ups	3x15
Machine Leg Extensions	3x10

Machine Leg Curls 3x10  
Dumbbell Wrist Curls 3x15

**\*Take time to stretch all muscle groups once workout complete. Very Important!!!**

### Speed/Agility/Core

**\*Ladder Warmup's/Static Warm-ups (High Knees/Butt Kicks/lateral lunge/toy soldiers/quick starts)**

20 yard sprints x 5  
100 meter sprints x 2  
200 meter sprint x 1

Med Ball Throw Downs 3x12  
Med Ball Rotational throws 3 x 10 facing each way  
Med Ball Chest Pass 3x12

Lateral Shuffle for speed 10 Yards both ways x 5 Each  
Broad Jumps-10 Yards x 4  
Single Leg Broad Jumps-10 yards x 2

**\*Very Important to do leg stretches after this workout!**

### Lifting (3)

**Ladder Warm-Ups...If no access to ladders can still perform footwork drills to get heart-rate up!!**

Leg Press 3x10  
Chest Press (bands/dumbbells) 3x10  
Elbow Planks 30secX3

Dumbbell side raises (5lbs-10lbs) 3x10  
Dumbbell Shoulder Shrugs 3x10  
Skaters (Lateral Jumps) 3x20

Calf raises (Machine or Dumbbell) 3x15  
Lat Pulldowns 3x10  
Push-ups 3x20 or 3xAs many as you can

