**Weeks 1-4**

*Day One*

Power Clean, Hang, above the knee: 3x3-6@60-70%

Front Squats: 3x8-12@60-70%

Lunges: 3x12-15 each leg

Romanian Deadlifts: 3x12-15

Dumbbell Bench Press (neutral grip): 3x12-15

Pull-Ups: 3x12-15

3-in-1 Shoulders - Front Raises, Side Raises, Rear Raises: 3x10 each

Mobility Drills: 10-15 minutes

Speed: Technique Drills, 10-15 minutes, 3x10 yards

**Day Two**

**Off**

*Day Three*

Dumbbell Power Clean: 3x3-6

Clean Pulls: 3x3-6@60-70%

Split Squats: 3x12-15@30% of Front Squat each leg

Step-Ups: 3x12-15 each leg

Good Mornings: 3x12-15

Dumbbell Incline Press (neutral grip): 3x12-15

One-Arm Dumbbell Rows: 3x12-15 each arm

Kettlebell Press: 3x12-15 each arm

Mobility Drills: 10-15 minutes

Speed: Technique Drills, 10-15 minutes, 3x40 yards

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**Day Four**

**Off**

*Day Five*

Reverse Lunges: 3x12-15

Goblet Squats: 3x15-20

Back Raises: 3x15-20

Dips: 3xMax

Pull-Ups: 3xMax

Biceps/Triceps: 3x15-20 each

Conditioning circuit (perform each exercise for 30 seconds, do not rest during the circuit, perform the entire circuit twice)

Kettlebell Swings

Jumping Jacks

Jump Rope

Lunges

Heavy Rope Slams

Burpees

Jump Rope

Inchworms

Kettlebell Cleans

Heavy Rope Jumping Jacks

Jump Rope

**Weeks 5-8**

*Day One*

Front Squats: 3x6-10 @70-80%

Lunges: 3x8-12 each leg

Romanian Deadlifts: 3x8-12

Dumbbell Bench Press (neutral grip): 3x8-12

Pull-Ups: 3x8-12

3-in-1 Shoulders - Front Raises, Side Raises, Rear Raises: 3x10 each

Mobility Drills: 10-15 minutes

Speed: Technique Drills, 10-15 minutes, Mini-Hurdles, 3x10 yards, 3x20 yards

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*Day Two*

Kettlebell Swings: 3x10

Power Clean, Hang, Knee: 3x3-6@65-75%

Clean Pulls, Hang, below the knee: 3x3-6@70-80%

Plyometrics

Squat Jumps: 3x10

Hurdle Hops: 3x10 yards

Day Three

Split Squats: 3x8-12 @40-50% of Front Squat each leg

Step-Ups: 3x8-12 each leg

Good Mornings: 3x8-12

Dumbbell Incline Press (neutral grip): 3x8-12

One-Arm Dumbbell Rows: 3x8-12 each arm

Kettlebell Press: 3x8-12 each arm

Mobility Drills: 10-15 minutes

Speed/Agility: Technique Drills, 10-15 minutes, Shuffle Right/Left, 3x10 yards each direction, Backpedal: 3x10 yards, Sprint: 3x40 yards

**Day Four**

**Off**

*Day Five*

Reverse Lunges: 3x12-15

Goblet Squats: 3x15-20

Back Raises: 3x15-20

Dips: 3xMax

Pull-Ups: 3xMax

Biceps/Triceps: 3x15-20 each

Conditioning circuit (perform each exercise for 30 seconds, do not rest during the circuit, perform the entire circuit twice)

Kettlebell Swings

Jumping Jacks

Jump Rope

Lunges

Heavy Rope Slams

Burpees

Jump Rope

Inchworms

Kettlebell Cleans

Heavy Rope Jumping Jacks

Jump Rope

RELATED: Design Your Own Off-Season Baseball Throwing Program

**Weeks 9-12**

*Day One*

Front Squats: 3x4-8 @80-90%

Lunges: 3x4-8 each leg

Deadlifts: 3x4-8

Close Grip Bench Press: 3x4-8

Pull-Ups: 3x8-12

3-in-1 Shoulders - Front Raises, Side Raises, Rear Raises: 3x10 each

Mobility Drills: 10-15 minutes

Speed: Technique Drills, 10-15 minutes, Mini Hurdles, 3x10 yards, Lead Off Base, Cross-Over Step, Sprint 5x20 yards

*Day Two*

Kettlebell Swings: 3x10

Power Clean, Hang, below the knee: 3x3-6@70-80%

Clean Pulls: 3x3-6@75-85%

Plyometrics:

Squat Jumps: 3x10

Box Jumps: 3x5

Hurdle Hops: 3x10 yards

Standing Long Jump: 3x10

*Day Three*

Pause Front Squats: 3x5x50%

Seated Good Mornings: 3x6-10

Floor Press: 3x6-10

Bent-Over Rows: 3x6-10

Kettlebell Press: 3x6-10 each arm

Mobility Drills: 10-15 minutes

Speed/Agility: Technique Drills, 10-15 minutes, Shuffle Right/Left: 3x10 yards each direction, Backpedal: 3x10 yards, Sprint: 3x40 yards, Bounds: 3x20 yards

*Day Four*

Dumbbell Power Clean: 3x6

Kettlebell Pulls: 3x6

Kettlebell Push Jerk: 3x6 each arm

*Day Five*

Reverse Lunges: 3x12-15

Goblet Squats: 3x15-20

Back Raises: 3x15-20

Dips: 3xMax

Pull-Ups: 3xMax

Biceps/Triceps: 3x15-20 each

Conditioning circuit (perform each exercise for 30 seconds, do not rest during the circuit, perform the entire circuit twice)

Kettlebell Swings

Jumping Jacks

Jump Rope

Lunges

Heavy Rope Slams

Burpees

Jump Rope

Inchworms

Kettlebell Cleans

Heavy Rope Jumping Jacks

Jump Rope

**Weeks 13-16**

*Day One*

Clean-Grip Deadlift + Power Clean: 3x6+3@80-90%

Front Squats + Counter-Movement Jumps: 3x3-6@85-95% + 5 jumps

Romanian Deadlifts + Medicine Ball Front Toss: 3x3-6+5 throws

Close Grip Bench Press + Medicine Ball Chest Passes: 3x3-6 +5 throws

Pull-Ups: 3x8-12

3-in-1 Shoulders - Front Raises, Side Raises, Rear Raises: 3x10 each

Mobility Drills: 10-15 minutes

Speed: Technique Drills, 10-15 minutes, Mini Hurdles, 3x10 yards, Lead Off Base, Cross-Over Step, Sprint 5x20 yards

**Day Two**

**Off**

*Day Three*

Pause Front Squats + Squat Jumps: 3x3-5x60-70% + 5 jumps

Good Mornings + Standing Long Jump: 3x3-5+5 jumps

Floor Press: 3x3-5

Bent-Over Rows: 3x3-5

Kettlebell Press: 3x3-5 each arm

Mobility Drills: 10-15 minutes

Speed/Agility: Technique Drills, 10-15 minutes, Shuffle Right/Left: 3x10 yards, each direction, Backpedal: 3x10 yards, Sprint: 3x40 yards, Bounds: 3x20 yards

**Day Four**

**Off**

*Day Five*

Reverse Lunges: 3x12-15

Goblet Squats: 3x15-20

Back Raises: 3x15-20

Dips: 3xMax

Pull-Ups: 3xMax

Biceps/Triceps: 3x15-20 each

Conditioning circuit (perform each exercise for 30 seconds, do not rest during the circuit, perform the entire circuit two times)

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