



BASEBALL/FASTPITCH WEIGHT TRAINING PROGRAM

HITTING AND PITCHING POWER

This 4-day program is designed specifically for high school and college baseball/fastpitch players, targeting both hitters and pitchers to build power, stability, and injury prevention. Remember, proper form is crucial, so consult a qualified trainer if needed.

DAY 1: LOWER BODY & CORE (HITTERS & PITCHERS)

	SETS	REPS/DURATION	NOTES
Squats	4	8-12 reps	
Deadlifts	3	6-8 reps	
Lunges	3	10-12 per leg	
Hamstring Curls	3	12-15 reps	
Calf Raises	3	15-20 reps	
Plank	3	30-60 sec	Hold

DAY 2: UPPER BODY & CORE (HITTERS & PITCHERS)

	SETS	REPS/DURATION	NOTES
Bench Press	4	8-12 reps	
Overhead Press	3	8-12 reps	
Pull-ups or Rows	3	Max reps	Assisted if needed
Lateral Raises	3	10-12 reps	
Bicep Curls	3	12-15 reps	
Tricep Extensions	3	12-15 reps	

	SETS	REPS/DURATION	NOTES
Anti-Rotational Press	3	10-12 per side	

DAY 3: REST & RECOVERY

Focus on active recovery activities like light cardio, yoga, or swimming.

DAY 4: PLYOMETRICS & CORE (HITTERS)

	SETS	REPS/DURATION	NOTES
Box Jumps	3	8-10 reps	
Lateral Jumps	3	10-12 per side	
Depth Jumps	3	5-8 reps	Land softly!
Medicine Ball Throws	3	10-12 reps	Various directions
Russian Twists	3	15-20 per side	
Side Plank	3	30-60 sec	Hold per side

DAY 4: ROTATIONAL POWER & CORE (PITCHERS)

	SETS	REPS/DURATION	NOTES
Medicine Ball Side Throws	3	10-12 per side	
Band Pull-Aparts	3	15-20 reps	
Cable Wood Chops	3	10-12 per side	
Turkish Get-Ups	3	5-8 per side	
Anti-Rotational Press with Band	3	10-12 per side	

ADDITIONAL TIPS & GUIDELINES

- **Technique First:** Prioritize proper form over lifting heavy weights.
- **Control:** Maintain controlled tempo throughout each exercise.
- **Breathing:** Breathe deeply and rhythmically during sets.
- **Hydration & Nutrition:** Stay hydrated before, during, and after workouts. Fuel your body with a nutritious diet for optimal recovery.
- **Customization:** Remember: This is a general program and may need adjustments based on individual needs, goals, and training experience. Consult a coach or trainer for personalized guidance.

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This program is for educational purposes. Consult a physician before beginning any new exercise program. Stop if you experience pain. Results vary based on individual effort, nutrition, and consistency.