

# INVICTUS

SPORTS PERFORMANCE AND FITNESS

## Baseball/Fastpitch Workout Program

### Day 1: Legs

- Barbell back squat: 3 sets of 8-12 reps
- Dumbbell lunges: 3 sets of 10-12 reps per leg
- Romanian deadlift: 3 sets of 8-12 reps
- Calf raises: 3 sets of 15-20 reps

### Day 2: Upper body push

- Bench press: 3 sets of 8-12 reps
- Dumbbell shoulder press: 3 sets of 10-12 reps
- Push-ups: 3 sets of as many reps as possible
- Triceps pushdowns: 3 sets of 15-20 reps

### Day 3: Upper body pull

- Barbell rows: 3 sets of 8-12 reps
- Pull-ups: 3 sets of as many reps as possible
- Dumbbell rows: 3 sets of 10-12 reps
- Bicep curls: 3 sets of 15-20 reps

### Notes:

- Perform each exercise with a weight that is challenging but allows you to maintain good form.
- Rest for 1-2 minutes between sets.
- Do this workout 3 times per week on non-consecutive days.
- Be sure to warm up before each workout and cool down afterwards.

Here are some additional tips for baseball players who are lifting weights:

- Focus on compound exercises that work multiple muscle groups at once.
- Lift heavy weights for low repetitions.
- Focus on exercises that mimic the movements of baseball, such as squats, lunges, and deadlifts.
- Don't neglect your core. A strong core will help you maintain good posture and reduce your risk of injury.
- Listen to your body and don't push yourself too hard.
- Be consistent with your workouts.