

INVICTUS

SPORTS PERFORMANCE AND FITNESS

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)

- Squats: 4 sets of 8-12 reps
- Deadlifts: 3 sets of 6-8 reps
- Lunges: 3 sets of 10-12 reps per leg
- Hamstring curls: 3 sets of 12-15 reps
- Calf raises: 3 sets of 15-20 reps
- Plank: 3 sets of 30-60 seconds hold

Day 2: Upper Body & Core (Hitters & Pitchers)

- Bench press: 4 sets of 8-12 reps
- Overhead press: 3 sets of 8-12 reps
- Pull-ups or rows: 3 sets of max reps (assisted if needed)
- Lateral raises: 3 sets of 10-12 reps
- Bicep curls: 3 sets of 12-15 reps
- Tricep extensions: 3 sets of 12-15 reps
- Anti-rotational press: 3 sets of 10-12 reps per side

Day 3: Rest & Recovery

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

Day 4: Plyometrics & Core (Hitters)

- Box jumps: 3 sets of 8-10 reps
- Lateral jumps: 3 sets of 10-12 reps per side
- Depth jumps: 3 sets of 5-8 reps (land softly!)
- Medicine ball throws: 3 sets of 10-12 reps (various directions)
- Russian twists: 3 sets of 15-20 reps per side
- Side plank: 3 sets of 30-60 seconds hold per side

Day 4: Rotational Power & Core (Pitchers)

- Medicine ball side throws: 3 sets of 10-12 reps per side
- Band pull-aparts: 3 sets of 15-20 reps
- Cable wood chops: 3 sets of 10-12 reps per side
- Turkish get-ups: 3 sets of 5-8 reps per side
- Anti-rotational press with band: 3 sets of 10-12 reps per side

Additional Tips:

- Prioritize proper form over lifting heavy weights.
- Maintain controlled tempo throughout each exercise.
- Breathe deeply and rhythmically during sets.
- Stay hydrated before, during, and after workouts.
- Fuel your body with a nutritious diet for optimal recovery.

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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.