



COLLEGE OFF-SEASON TRAINING PROGRAM

BASEBALL & SOFTBALL

This is a comprehensive 12-week weight lifting program designed for a college-level baseball or softball player in the off-season. This program focuses on building strength, speed, throwing, and batting power through compound movements and isolation exercises. The program is structured to be performed four times a week.

WEEK 1-4: FOUNDATION PHASE

DAY 1: UPPER BODY STRENGTH

	SETS	REPS	REST
Bench Press	4	6-8	2-3 minutes
Pull-Ups	4	6-8	2-3 minutes
Overhead Press	3	8-10	2 minutes
Bent Over Rows	3	8-10	2 minutes
Bicep Curls	3	10-12	1.5 minutes
Tricep Dips	3	10-12	1.5 minutes

DAY 2: LOWER BODY STRENGTH

	SETS	REPS	REST
Squats	4	6-8	3 minutes
Deadlifts	4	6-8	3 minutes
Leg Press	3	10-12	2 minutes
Hamstring Curls	3	10-12	1.5 minutes
Calf Raises	3	15	1.5 minutes

DAY 3: POWER AND SPEED

	SETS	REPS	REST
Power Cleans	4	4-6	3 minutes
Push Press	4	4-6	2-3 minutes
Box Jumps	3	10	2 minutes
Medicine Ball Throws	3	10	2 minutes
Plyometric Push-Ups	3	10	1.5 minutes

DAY 4: FULL BODY AND ISOLATION

	SETS	REPS	REST
Hex Bar Deadlifts	4	6-8	3 minutes
Incline Dumbbell Press	3	8-10	2 minutes
Lat Pulldowns	3	10-12	2 minutes
Lateral Raises	3	12-15	1.5 minutes
Plank	3	1 min	1 minute
Russian Twists	3	20	1.5 minutes

WEEK 5-8: STRENGTH AND POWER PHASE

DAY 1: UPPER BODY STRENGTH

	SETS	REPS	REST
Bench Press	5	5	3 minutes
Pull-Ups	5	5	3 minutes
Overhead Press	4	6-8	2-3 minutes
Bent Over Rows	4	6-8	2-3 minutes
Bicep Curls	4	8-10	2 minutes
Tricep Dips	4	8-10	2 minutes

DAY 2: LOWER BODY STRENGTH

	SETS	REPS	REST
Squats	5	5	3 minutes
Deadlifts	5	5	3 minutes
Leg Press	4	8-10	2-3 minutes
Hamstring Curls	4	8-10	2 minutes
Calf Raises	4	12	2 minutes

DAY 3: POWER AND SPEED

	SETS	REPS	REST
Power Cleans	5	3-5	3 minutes
Push Press	5	3-5	3 minutes
Box Jumps	4	8	2-3 minutes
Medicine Ball Throws	4	10	2 minutes
Plyometric Push-Ups	4	8	2 minutes

DAY 4: FULL BODY AND ISOLATION

	SETS	REPS	REST
Hex Bar Deadlifts	5	5	3 minutes
Incline Dumbbell Press	4	6-8	2-3 minutes
Lat Pulldowns	4	8-10	2-3 minutes
Lateral Raises	4	10-12	2 minutes
Plank	4	1 min	1 minute
Russian Twists	4	16	2 minutes

WEEK 9-12: PEAK PHASE

DAY 1: UPPER BODY STRENGTH

	SETS	REPS	REST
Bench Press	6	4	3 minutes

	SETS	REPS	REST
Pull-Ups	6	4	3 minutes
Overhead Press	5	5	2-3 minutes
Bent Over Rows	5	5	2-3 minutes
Bicep Curls	5	6-8	2 minutes
Tricep Dips	5	6-8	2 minutes

DAY 2: LOWER BODY STRENGTH

	SETS	REPS	REST
Squats	6	4	3 minutes
Deadlifts	6	4	3 minutes
Leg Press	5	6-8	2-3 minutes
Hamstring Curls	5	6-8	2 minutes
Calf Raises	5	10	2 minutes

DAY 3: POWER AND SPEED

	SETS	REPS	REST
Power Cleans	6	3	3 minutes
Push Press	6	3	3 minutes
Box Jumps	5	6	2-3 minutes
Medicine Ball Throws	5	8	2 minutes
Plyometric Push-Ups	5	6	2 minutes

DAY 4: FULL BODY AND ISOLATION

	SETS	REPS	REST
Hex Bar Deadlifts	6	4	3 minutes
Incline Dumbbell Press	5	5	2-3 minutes
Lat Pulldowns	5	6-8	2-3 minutes
Lateral Raises	5	8-10	2 minutes
Plank	5	1 min	1 minute

	SETS	REPS	REST
Russian Twists	5	12	2 minutes

PROGRAM NOTES & GUIDELINES

- **Warm-Up:** Always start with a 10-15 minute dynamic warm-up to prepare your muscles and joints.
- **Cool Down:** Finish each session with a 10-minute cool down, including stretching and foam rolling.
- **Progression:** Gradually increase the weight each week to continue challenging your muscles.
- **Rest:** Ensure adequate rest and recovery between workouts to prevent overtraining.
- Feel free to adjust the program based on individual needs and progress. Good luck with your training!

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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.