



BASEBALL/FASTPITCH WORKOUT PROGRAM

NEVER STOP EVOLVING

Do this workout 3 times per week on non-consecutive days. Be sure to warm up before each workout and cool down afterwards.

DAY 1: LEGS

	SETS	REPS
Barbell Back Squat	3	8-12
Dumbbell Lunges	3	10-12 per leg
Romanian Deadlift	3	8-12
Calf Raises	3	15-20

DAY 2: UPPER BODY PUSH

	SETS	REPS
Bench Press	3	8-12
Dumbbell Shoulder Press	3	10-12
Push-Ups	3	AMRAP (As many as possible)
Triceps Pushdowns	3	15-20

DAY 3: UPPER BODY PULL

	SETS	REPS
Barbell Rows	3	8-12

	SETS	REPS
Pull-Ups	3	AMRAP (As many as possible)
Dumbbell Rows	3	10-12
Bicep Curls	3	15-20

PROGRAM GUIDELINES & TIPS

- **Rest & Execution:** Perform each exercise with a weight that is challenging but allows you to maintain good form. Rest for 1-2 minutes between sets.
- **Focus on Movements:** Focus on exercises that mimic the movements of baseball, such as squats, lunges, and deadlifts.
- **Compound Lifts:** Focus on compound exercises that work multiple muscle groups at once.
- **Load Management:** Lift heavy weights for low repetitions to build functional strength and power.
- **Core Strength:** Don't neglect your core. A strong core will help you maintain good posture and reduce your risk of injury.
- **Safety First:** Listen to your body and don't push yourself too hard.
- **Consistency:** Be consistent with your workouts.

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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.