

Hitter Strength Training

Day 1

Squats	3 x 12
Calf Raises	3 x 12
Lunges	3 x 12
Good Morning	3 x 12
Seated Row	3 x 12
DB Row	3 x 12
DB Curl	3 x 12

Day 2

Bench Press	3 x 12
Flies	3 x 12
DB Should Press	3 x 12
Frontal Raises	3 x 12
Internal Rotation	3 x 12
External Rotation	3 x 12
Triceps Pushdown	3 x 12

Day 3

Squats	3 x 12
Calf Raises	3 x 12
Leg Curls	3 x 12
Back Extension	3 x 12
Reverse Flies	3 x 12
Lateral Pulldown	3 x 12
Biceps Curl	3 x 12

Day 4

Bench Press	3 x 12
DB Press	3 x 12
Empty Can	3 x 12
External Rotation	3 x 12
Internal Rotation	3 x 12
Rotator Cuff Rotation	3 x 12
Triceps Extension	3 x 12

Plyometric Training – Hitters

Weeks 1 - 3

Box jumps	2 x .30 seconds
Squat jump w/medicine ball overhead toss	2 x 10
Lateral jumps over cone	2 x .30 seconds
Plate step	2 x .20 seconds

Weeks 4 – 6

Box jumps	3 x .30 seconds
Squat jump w/medicine ball overhead toss	3 x 10
Kangaroo jumps	2 x .25 seconds
Lateral jumps over cone	3 x .30 seconds
Plate step	3 x .20 seconds

Weeks 7 – 9

Depth jumps	2 x 10
Box jumps	3 x .30 seconds
Squat jump w/medicine ball overhead toss	3 x 10
Kangaroo jumps	3 x .25 seconds
Lateral jumps over cone	3 x .30 seconds
Plate step	3 x .20 seconds