

Baseball At Home Activity Schedule

Key Points:

Exercise are to be performed with game intensity!!

All activities are **NOT** to be done on consecutive days

All exercises are to be performed 2 days per week on your own

Pull your belly button **IN** toward your spine on all exercises for core stability and low back stabilization

Warm-Up **Stay on balls of your feet!!!**

Jump Rope 300 repetitions

20 seconds of work: 10 seconds of rest x 4 sets

Wall Sits

Push-Ups Isometric Hold

Single Leg Squat w/ Reach (find something equivalent of shin level) ---

Breathe IN on the way down, Breathe OUT on the way up!!

R Leg

L Leg

Seated Dips (chair, stair or couch) --- Breathe IN on the way down, Breathe OUT on the way up!!

Belly button pulled in toward your spine on all exercises - Circuit all 4 exercises!!!

Planks 15- 60 sec 3 sets

Side Planks (on knees) 15- 60 sec 3 sets

Supermans 15- 60 sec 3 sets

Hip Raises (on your back, push thru the heels) 15- 60 sec 3 sets

Goal is 60 seconds on all exercises