

Liberty Baseball 2023 - Baseball AST

Keep it simple, get to your gym or facility and do baseball AST - These are recommendations to get you started on season ready

December 11th - 17th - MAKE SURE YOU WARM UP BEFORE ALL THESE EXERCISES

| Arm Care - MON - TUE - THU - FRI | | | CORE | |
|---|---------------------------------------|--------------------------|---|-------------------|
| | A, W, L, T, Y - 1 min each | 1 min. each | 3 - 4 times per week this week | |
| | Cuban Press - no weight | 2 sets of 10 | Bleeders - Hip Situps - 10 - Rt leg on left leg w/left leg hold/roll/up | |
| | Prone Scap Angels | 2 sets of 30 sec. | V-Ups - 2 sets of 8 | |
| | Scap Retractions - both arms | 2 sets of 10 each way | Turtle Get ups - 1 set of 8 | |
| | Side lying Half Moons - both sides | Thoracics - 2 sets of 15 | | |
| | Prayers behind head - cross leg sit | 2 sets of 15 | | |
| Throwing Plan - BUILDING UP - progressively move back distance | | | HIPS | |
| MON | Regular catch play (90'-120') TTT | 10-15 min. 75% intent | 3 - 4 times per week this week | |
| TUE | Light toss - path arm (60'-90') | 5-10 min. | Knees T-Spine reach up and unders | |
| WED | Regular catch play (90'-120') TTT | 10-15 min. 75% intent | 90/90 sways or Shin box x 6 | |
| THU | Arm Care - OFF | | Adductor rock backs ea leg x 5 | |
| FRI | Regular catch play (90'-120') TTT | 10-15 min. 75% intent | Figure 4 flows each leg x 3 | |
| SAT | Light toss - path arm (60'-90') | 5-10 min. | Roll and reach through x 5 | |
| SUN | Reg. (Friday) - Pit FB 1x15 slope 50% | 10-15 min. 75% intent | Split legs T-Spine reach ups | |
| Upper Body work - Weight needs to be appropriate med to heavy | | | CONDITIONING | |
| 3 - 4 times per week this week | | | 3 - 4 times per week this week | |
| | Barbell Bent over Row | 2 sets of 10 | Easy - Chin to pockets - Elbows to knees - Jog 20 yards - 5 sets | |
| | Barbell Curl | 2 sets of 15 | Steal Stance - chin/pockets - elbows to knees - Medium - 5 sets | |
| | Tricep pull down | 2 sets of 10 | Back pedal - 5 sets | |
| | DB - Fly On back and chest | 2 sets of 6 | Shuffles back and forth - 5 sets | |
| | DB - Forearm curls and extensions | 2 sets of 10 | 6 - Sprints 30 yards - 80% | Rest 30-60 sec ea |
| Lower Body work - Weight needs to be appropriate med to heavy | | | POWER - MED BALL | |
| 3 - 4 times per week this week | | | 3 - 4 times per week this week | |
| | Front Squat - with ISO hold 2 sec ea | 2 sets of 10 | Staggered-Stance Med Ball Diagonal Chop | |
| | Calf Raises - Plate | 2 sets of 10 ea | Staggered-Stance Recoiled Rotational Med Ball Slam | |
| | 2 DB - Split squat | 2 sets of 10 ea | 1-Leg Overhead MB Stomp | |
| | 1 - Leg hip thrust off bench | 2 sets of 8 | Knee-to-Knee Rollover Medicine Ball Stomp | |
| | 1 - Leg barbell RDL | 2 sets of 10 | Half-Kneeling Med Ball Stand up Stomp | |