

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 18th - 24th - MAKE SURE YOU WARM UP BEFORE ALL THESE EXERCISES

Arm Care - MON - TUE - THU - FRI			CORE	
3 - 4 times per week this week			3 - 4 times per week this week	
A, W, L, T, Y - 1 min each	1 min. each		Bleeders - Hip Situps - 10 - Rt leg on left leg w/left leg hold/roll/up	
Cuban Press - no weight	2 sets of 10		V-Ups - 2 sets of 8	
Prone Scap Angels	2 sets of 30 sec.		Turtle Get ups - 1 set of 8	
Scap Retractions - both arms	2 sets of 10 each way		Baseball Push ups - Engage 5 sec / 3 Scap / Ecc dn 5 sec	
Side lying Half Moons - both sides	Thoracics - 2 sets of 15		Pierre Circuit - 2 sets	
Prayers behind head - cross leg sit	2 sets of 15			
Throwing Plan - BUILDING UP - progressively move back distance			HIPS	
3 - 4 times per week this week			3 - 4 times per week this week	
MON	Arm Care - OFF		Knees T-Spine reach up and unders	
TUE	Regular catch play (90'-120') TTT	10-15 min. 75% intent	90/90 sways or Shin box x 6	
WED	Reg. (Tue) - Pit FB/CH 1x15 slope 50%	10-15 min. 75% intent	Adductor rock backs ea leg x 5	
THU	Light toss - path arm (60'-90')	5-10 min. TTT	Figure 4 flows each leg x 3	
FRI	Arm Care - OFF		Roll and reach through x 5	
SAT	Regular catch play (90'-120') TTT	10-15 min. 75% intent	Split legs T-Spine reach ups	
SUN	Reg. (Sat) - Pit FB/CH 1x20 slope 70%	10-15 min. 75% intent		
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	

Five off-season strength training movements every baseball and softball player should do

1. **PUSH** – Push-up, DB bench/incline, Landmine ½ kneeling 1-arm press
2. **PULL** – Vertical (Pull-up, Lat pull) – Horizontal – DB row, Seated row, LM row
3. **HINGE** – SLDL, RDL, KB swing, Goblet squat
4. **SQUAT** – Back squat, Front squat, Box squat, Cross-arm front squat and Yolk squat (pitchers)
5. **LOADED CARRY** – Farmer's walk, Suitcase carry, KB rack carry, Bottoms up KB carry



Goal: Muscular endurance, strength, power, stability, balance, coordination, muscle control.

Lifts: Multi-joint movements that transfer to the field of play and reduce injury risk.