

## 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 4th - 11th - MAKE SURE YOU WARM UP BEFORE ALL THESE EXERCISES**

| <b>Arm Care - MON - TUE - THU - FRI</b>                               |                                      |                          | <b>CORE</b>   |                   |
|---|--------------------------------------|--------------------------|---|-------------------|
|   | 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             |   |                   |
| <b>Throwing Plan - BUILDING UP - progressively move back distance</b> |                                      |                          | <b>HIPS</b>   |                   |
| MON   | Regular arm path/slot toss (45'-90') | 10-15 min.               | 3 - 4 times per week this week  |                   |
| TUE   | Light toss - path arm (40'-60')      | 5-10 min.                | Knees T-Spine reach up and unders                                       |                   |
| WED   | Regular arm path/slot toss (45'-90') | 10-15 min.               | 90/90 sways or Shin box x 6   |                   |
| THU   | Light toss - path arm (40'-60')      |                          | Adductor rock backs ea leg x 5  |                   |
| FRI   | Regular arm path/slot toss (45'-90') | 10-15 min.               | Figure 4 flows each leg x 3   |                   |
| SAT   | OFF                                  |                          | Roll and reach through x 5  |                   |
| SUN   | Regular arm path/slot toss (45'-90') | 10-15 min. 60% intent    | Split legs T-Spine reach ups  |                   |
| <b>Upper Body work - Weight needs to be appropriate med to heavy</b>  |                                      |                          | <b>CONDITIONING</b>   |                   |
| 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 |
| <b>Lower Body work - Weight needs to be appropriate med to heavy</b>  |                                      |                          | <b>POWER - MED BALL</b>   |                   |
| 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             | <a href="#">Staggered-Stance Med Ball Diagonal Chop</a>                 |                   |
|   | Calf Raises - Plate                  | 2 sets of 10 ea          | <a href="#">Staggered-Stance Recoiled Rotational Med Ball Slam</a>      |                   |
|   | 2 DB - Split squat                   | 2 sets of 10 ea          | <a href="#">1-Leg Overhead MB Stomp</a>                                 |                   |
|   | 1 - Leg hip thrust off bench         | 2 sets of 8              | <a href="#">Knee-to-Knee Rollover Medicine Ball Stomp</a>               |                   |
|   | 1 - Leg barbell RDL                  | 2 sets of 10             | <a href="#">Half-Kneeling Med Ball Stand up Stomp</a>                   |                   |