

This Workout will breakdown the related skeletal (joint) movements and target the relevant muscle groups involved.

**Baseball requires these basic skeletal or joint movements:**

Shoulder movements: Rotation, abduction, adduction, flexion, extension and Rotator cuff (rotation)

Arm movements: Extension, flexion and rotation (elbow) and accompanying forearm rotation, flexion, extension (wrist) and grip.

Back movements: Shoulder blade (Scapula) abduction and upward rotation, extension (lower), rotation and flexion.

Hip movements: Flexion, extension and rotation.

Leg movements: Flexion and extension of knee and ankle joints.

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**CHEST**

EXERCISE	SETS	REPS	REST TIME	LOAD
PUSH UPS	2 - 3	8 – 10	90 SEC	BODY WEIGHT + RESISTANCE BANDS (CHOOSE A VARIATION)
STANDING CHEST FLY	2 - 3	8 - 10	90 SEC	RESISTANCE BANDS
CHEST PULL-OVERS	2 - 3	8 - 10	90 SEC	RESISTANCE BANDS

**BACK**

SEATED BACK ROWS	2 – 3	8 – 10	90 SEC	RESISTANCE BANDS
HYPER EXTENSIONS	2 - 3	8 - 10	90 SEC	BODY WEIGHT + FITNESS BALL
PLANKS (LOWER CORE)	2	HOLD	90 SEC	BODY WEIGHT (HOLD POSITION FOR 60 – 90 SECONDS)

## LEGS

SQUATS	2 – 3	8 – 10	90 SEC	BODY WEIGHT
LUNGES	2 – 3	8 – 10	90 SEC	BODY WEIGHT
LEG CURLS	2 – 3	8 – 10	90 SEC	RESISTANCE BANDS
CALF RAISES	2 – 3	15 - 20	90 SEC	BODY WEIGHT

## SHOULDERS

SINGLE ARM FRONT RAISE	2 – 3	8 – 10	90 SEC	RESISTANCE BANDS
SIDE LATERAL RAISES	2 – 3	8 – 10	90 SEC	RESISTANCE BANDS
ROTATOR CUFF SIDE PULLS	2 - 3	8 – 10	90 SEC	RESISTANCE BANDS

## ARMS

STANDING BICEP CURLS	2 – 3	8 – 10	90 SEC	RESISTANCE BANDS
TRICEP OVER HEAD EXTENSIONS	2 – 3	8 – 10	90 SEC	RESISTANCE BANDS
TRICEP PUSH DOWNS	2 - 3	8 - 10	90 SEC	RESISTANCE BANDS
WRIST CURLS	2 - 3	8 – 10	90 SEC	RESISTANCE BANDS

## ABS

CRUNCHES	2 – 3	15 - 20	90 SEC	BODY WEIGHT
OBLIQUE CRUNCHES	2 – 3	15 – 20	90 SEC	BODY WEIGHT
EXERCISE BALL OBLIQUE TWISTS	2 - 3	15 - 20	90 SEC	BODY WEIGHT + FITNESS BALL

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### YOUR WORKOUT ESSENTIALS:

Please include a Warm up and Cool down into this Workout.

These are basic Workouts that cover the fundamental movements and muscles involved.

Specific team positions will dictate relevant skills and strengths required.

This Workout assumes a base level of strength. Please adjust to suit your personal abilities.

Reduce the Sets and Reps to suit your needs and gradually increase from that level.

You can alternate to other Workouts as you progress and become accustomed to each.

Always ensure a strong firm posture and position throughout your movements.

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