



# Jefferson Baseball Strength Program #1



<b>5 minute jog &amp; Static Stretch</b>	
1/2 Kneeling Hip Flexor	
Lying Hamstring w/Band	
Wall Pec	
<b>Activation</b>	
No-Money Drill w/Thera Band (15)	
Plank Pushups (30 sec)	
Static Bridge (30 sec)	
<b>Mobility</b>	
Squat Matrix (8/8/8)	
Cook Squat #1 (10)	
Spiderman	
<b>Dynamic Warm-up</b>	
Knee to Chest	Heel Ups
Leg Cradle	Straight Leg Skips
Heel to Butt	High Knee Runs
Forward SLDL	Backpedal
High Knee Skips	Backwards run
<b>Speed/Agility</b>	
Ball Drops x 6/8/10	
Lead-Off Sprints	
<b>Medicine Ball/Core</b>	
MB Rotational Press	
Gopher U Abs	
<b>Plyometrics</b>	
Box Jumps 3 x 5	
90 Degree Box Jumps 3 x 5	

<b>Indicator Tests</b>								
BW	VJ	Chin-ups	Hex					
<b>A1) Plate Swings</b>								
Week	Sets	Reps	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
1	3	10						
2	3	10						
3	3	10						
<b>B1) DB Goblet Squats</b>								
Week	Sets	Reps	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
1	3	8						
2	3	10						
3	3	12						
<b>B2) Chin-Ups</b>								
Week	Sets	Reps	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
1	3	AMAP						
2	3	6 - 12						
3	3	6 - 12						
<b>C1) Split Squats</b>								
Week	Sets	Reps	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
1	3	8						
2	3	10						
3	3	12						
<b>C2) Pushups (3 second lowering &amp; explode)</b>								
Week	Sets	Reps	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
1	3	8						
2	3	10						
3	3	12						
<b>C3) DB SLDL</b>								
Week	Sets	Reps	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
1	3	8						
2	3	10						
3	3	12						