

**Georgia Highlands Baseball Performance Training -Extensive Phase Week 5**

**Monday & Thursday Record Reps and wts of each**

**Warm-up (Core Activation) Note: Each exercise should be done for 20 yards**

- Jumping jacks 15x's
- Pogo jumps 20x's
- Step behind lunge (corkscrew lunge) 10x's
- Inverted hamstring 10x's each leg
- Forward lunge w/reach 5x's each leg
- Side lunge 10x's each leg
- Inch worm 7x's
- Spiderman walks (knee hug lunge, elbow to instep) 5x's each leg
- Leg swings 10x's
- Any other stretches needed & Foam roll (if you have tight spots or knots)

**Movement/Power**

|                                 |  |  |  |  |
|---------------------------------|--|--|--|--|
| Fast feet 2 x 10 sec.           |  |  |  |  |
| Tuck jumps 2 x 5                |  |  |  |  |
| Hip turns 2 x 10 each way       |  |  |  |  |
| L. Bounds 2 x 10                |  |  |  |  |
| Standing long jump 3 x 30 yards |  |  |  |  |
| Hitch hiker pulls 2 x 10        |  |  |  |  |

**STRENGTH-- Perform tempo 3-0-1 (Take short breaks between sets)**

|                                |  |  |  |             |
|--------------------------------|--|--|--|-------------|
| Plyo pushup                    |  |  |  | 3 x 10      |
| Push slam -- Med ball          |  |  |  | 3 x 10      |
| TRX -- Chest flies             |  |  |  | 3 x 10      |
| Dips                           |  |  |  | 3 x 10      |
| Renegade row -- Kettlebell     |  |  |  | 3 x 10      |
| Incline Alt DB -- Bench press  |  |  |  | 3 x 10      |
| Upright row -- Olym. bar       |  |  |  | 3 x 10      |
| Band lateral walk (Green)      |  |  |  | 4 x 7       |
| Kettlebell squat press         |  |  |  | 2 x 10      |
| Alt. lunge hop W/med ball slam |  |  |  | 2 x 20      |
| Pull-ups W/band if needed      |  |  |  | 2 x fatigue |
| Heel touches -- Box            |  |  |  | 4 x 10      |
| Landmind rotations             |  |  |  | 3 x 10      |
| TRX -- Biceps curl             |  |  |  | 3 x 10      |
| Overhead tricep ext -- Rope    |  |  |  | 3 x 10      |
| TRX-pike up/ Knee tuck 2x's    |  |  |  | 4 x 15      |

**Conditioning-- Grand Finale**

|               |  |  |  |                         |
|---------------|--|--|--|-------------------------|
| Cardio 8 sets |  |  |  | 30sec-100% -- 30sec-20% |
| Jump rope     |  |  |  | 2 x's 30 seconds        |

**Rest, Re-Fuel, Recover**

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### Joint integrity

|                                    |  |  |  |  |
|------------------------------------|--|--|--|--|
| Hitch hiker pulls 2 x 10           |  |  |  |  |
| Dirty dog 2 x 10 each leg          |  |  |  |  |
| Internal shoulder rotations 2 x 10 |  |  |  |  |
| External shoulder rotations 2 x 10 |  |  |  |  |
| Glute bridge on bosu 2 x 10        |  |  |  |  |
| Cone touches 2 x 10                |  |  |  |  |

### STRENGTH-- Perform tempo 3-0-1 (Take short breaks between sets)

|                                |  |  |  |                |
|--------------------------------|--|--|--|----------------|
| TRX --Chest press              |  |  |  | 2 x 10         |
| Freemotion --X-pulldown        |  |  |  | 2 x 10         |
| Physoball -- Roll out          |  |  |  | 4 x 10         |
| Bosu -- Bulgarian Lunge Hop    |  |  |  | 4 x 15         |
| Kettlebell --Swings            |  |  |  | 4 x 10         |
| Kettlebell --Snatch            |  |  |  | 4 x 10         |
| Pushpress --Dumbbells (Heavy)  |  |  |  | 3 x 7          |
| Verti-max --Squat jumps        |  |  |  | 2 x 30 seconds |
| Verti-max --L.Slides           |  |  |  | 2 x 20 seconds |
| Skater plyo                    |  |  |  | 2 x 30 seconds |
| Kettlebell --Triple threat     |  |  |  | 2 x 10         |
| Kettlebell --High pull/squat   |  |  |  | 2 x 10         |
| Med-ball rope slams rotational |  |  |  | 2 x 10         |
| TRX -- Atomic push-up          |  |  |  | 2 x 10         |
| Glute ham raise                |  |  |  | 2 x 7          |
| Skiers jumps                   |  |  |  | 2 x 30 seconds |

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|               |  |  |  |                         |
|---------------|--|--|--|-------------------------|
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| Jump rope     |  |  |  | 2 x's 30 seconds        |

**Rest, Re-Fuel, Recover**