



Name:												
Charger Baseball	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6						
Upper/ Lower												
Day 1												
Warm Up Routine	1 RM		1 RM		1 RM		1 RM		1 RM		1 RM	
Walking Lunge	2 X 10		3 X 10		3 X 10		3 X 10		3 X 10		3 X 10	
DB Bench Press	2 X 10		3 X 10		3 X 10		3 X 10		3 X 10		3 X 10	
Standing Low Pull	2 X 10		3 X 10		3 X 10		3 X 10		3 X 10		3 X 10	
DB RDL	2 X 10		3 X 10		3 X 10		3 X 10		3 X 10		3 X 10	
Bent Over Raise	2 X 10		3 X 10		3 X 10		3 X 10		3 X 10		3 X 10	
Barbell Row	2 X 10		3 X 10		3 X 10		3 X 10		3 X 10		3 X 10	
Leg Curl	2 X 10		3 X 10		3 X 10		3 X 10		3 X 10		3 X 10	
Tricep Push Down	2 X 10		3 X 10		3 X 10		3 X 10		3 X 10		3 X 10	
DB Hammer Curl	2 X 10		3 X 10		3 X 10		3 X 10		3 X 10		3 X 10	
3-Way Static Abs												
Day 2												
Warm Up Routine	1 RM		1 RM		1 RM		1 RM		1 RM		1 RM	
Walking Lunge	2 X 10		3 X 10		3 X 10		3 X 10		3 X 10		3 X 10	
DB Bench Press	2 X 10		3 X 10		3 X 10		3 X 10		3 X 10		3 X 10	
Standing Low Pull	2 X 10		3 X 10		3 X 10		3 X 10		3 X 10		3 X 10	
DB RDL	2 X 10		3 X 10		3 X 10		3 X 10		3 X 10		3 X 10	
Bent Over Raise	2 X 10		3 X 10		3 X 10		3 X 10		3 X 10		3 X 10	
Barbell Row	2 X 10		3 X 10		3 X 10		3 X 10		3 X 10		3 X 10	
Leg Curl	2 X 10		3 X 10		3 X 10		3 X 10		3 X 10		3 X 10	
Tricep Push Down	2 X 10		3 X 10		3 X 10		3 X 10		3 X 10		3 X 10	
DB Hammer Curl	2 X 10		3 X 10		3 X 10		3 X 10		3 X 10		3 X 10	