

MONARCH KNIGHTS BASEBALL SUMMER WEIGHT TRAINING AND CONDITIONING

- Exercises should be performed powerfully. Move the weight as quickly as you can while maintaining **proper form** and **balance**. Decrease the weight if you need more than 1-2 seconds to perform each rep.
- Always lift with a spotter for heavy sets, but only for safety in case you fail on a lift. Do **NOT** perform forced reps.
- Perform each exercise through a **complete** range of motion.
- **Boldfaced** exercises must be performed as prescribed.
- *Italics* mean that you should select one exercise of that type (Power, rotate, bridge...) and perform the prescribed numbers of sets and reps for that type of exercise.
- Each training session should require no more than **50 minutes** to complete. Rest no more than 60-90 seconds between each set.
- Supplement your weight training by performing at least 2-3 sprint workouts each week. Sprints should be between 30-90 yards, with minimal rest between sprints.
- Light rotator cuff exercises may be performed 3-5 times per week as a supplement. Make sure to train the rear of your shoulder slightly more than the front or side.

4-Day Training Split

	Day 1 – Pushes	Day 2 – Pulls	Day 3 – Pushes	Day 4 – Pulls
1	<i>Power</i>	<i>Power</i>	<i>Power</i>	<i>Power</i>
2	Front Squat	Romanian Deadlift	Bulgarian Split Squat	Romanian Deadlift
3	1-arm DB Bench Press	1-arm DB Row	Dumbbell Bench Press	Bent Over Row
4	Push Press	Chinup/Pullup	1-arm DB Push Press	Chinup/Pullup
5	<i>Rotate</i>	<i>Rotate</i>	<i>Rotate</i>	<i>Rotate</i>
6	<i>Bridge</i>	<i>Bridge</i>	<i>Bridge</i>	<i>Bridge</i>

Exercise Menu

Power (USE THE HOOK GRIP)	Rotate	Bridge
<ul style="list-style-type: none"> • Snatch High Pull • Clean High Pull • Snatch Shrug • Squat Jump • Dumbbell Snatch 	<ul style="list-style-type: none"> • Barbell Torque • Cable Swing • Russian Twist • Windshield Wiper • Medicine Ball Pass • Turtle Roll • Cable Backhand 	<ul style="list-style-type: none"> • Bar rollout • Bridge • Side bridge • Superman • Back bridge

	Phase 1: Weeks 1-4	Phase 2: Weeks 5-8
Power	4 sets of 6 reps	4 sets of 5 reps
Rotate	4 sets of 10 reps	4 sets of 6-8 reps
Bridge	At least 1 minute total	At least 2 minutes total
Other	4 sets of 8 reps	4 sets of 6 reps

Exercise Demonstrations

- Video demonstrations of a number of these exercises, as well as the hook grip, can be found at: <http://www.nscs-lift.org/videos/displayvideos.asp>
- For other exercises not included in the above website, a quick Google search of the exercise name will yield descriptions and demonstrations. Crossfit.com also contains a number of video demonstrations.