

OHS Baseball: 4 Day Workout + ONE



Name: _____

Day 1 (M) and 3 (TH): Legs, Back, and Biceps. Choose 3 lifts for legs and back. Choose 2 lifts for biceps. 15 Minute AB / Wrists and Forearms / Cardio.

Day 2 (Tue) and 4 (F): Chest, shoulders and triceps. Choose 3 lifts for chest and shoulders. Choose 2 lifts for triceps. 15 Minute Cardio.

Wednesday: Speed/Agility and core workout. Workouts will be posted weekly.

Week 1: 3 Sets / 12 Reps

Week 2: 4 Sets / 8 Reps

Week 3: 5 Sets / 5 Reps

Day 1 – Monday Type of Lift + Weight	Day 2 – Tuesday Type of Lift + Weight	Day 3 – Thursday Type of Lift + Weight	Day 4 – Friday Type of Lift + Weight
L: BACK SQUAT	C:	L: POWER CLEAN	C:
L:	C:	L:	C:
L:	C:	L:	C:
B:	S:	B:	S:
B:	S:	B:	S:
B:	S:	B:	S:
Biceps:	Triceps:	Biceps:	Triceps:
Biceps:	Triceps:	Biceps:	Triceps:

K

A

I

Z

E

N

<u>LEGS</u>	<u>BACK</u>	<u>CHEST</u>	<u>SHOULDERS</u>	<u>BICEPS</u>	<u>TRICEPS</u>
Back Squat	Pull Ups	Bench	Clean and Jerk	Curl Dumb Bell	Dips
Power Clean	Lat Pull Down	Incline	Shoulder Press	Curl Straight Bar	Extension
Dead Lift	Upright Row	Decline	Arnold's	Cable Crossover	Skull Crushers
Leg Extensions Leg Curl	Back Press	Chest Press	Plate Raises	Reverse Curl Dumb Bell	Bench Inside Grip
Lunges	Lawnmowers	Butterfly	Lateral Raise Dumb Bell	Build Up + 10 lb	Diamond Pushups
Leg Press	Back Extension	Core Ball Dumb Bell	Core Ball Shoulder Press	Curl Hammer	
		Core Ball Butterfly		Core Ball Hammer DB	
				Core Ball Curl DB	

OHS Baseball: Max Out Date _____



Name: _____

K

Bench Press: _____

Back Squat: _____

A

Clean: _____

Up Right Row: _____ + _____

I

of Reps

Z

Incline Press: _____

Situps (1" – 2nd Clip): _____

E

N