

UCSD BASEBALL

Day 1

WC PHASE I

| | | 20-Jun | | 27-Jun | | 4-Jul | | 11-Jul | | | | | | | | |
|-------|------|--|--|--------|-----------|-------|-------------|-----------|---|-------------|-----------|---|-------------|-----------|---|-------------|
| Order | Max | Exercise | | Set | Week 1 wt | x | Week 1 reps | Week 2 wt | x | Week 2 reps | Week 3 wt | x | Week 3 reps | Week 4 wt | x | Week 4 reps |
| 1 | #N/A | DB Snatch Pair with: 1. SB Roll outs x 8/10/12/15 2. Pec Stretch/Lat Stretch x 15sec ea | | 1 | | | | | | | | | | | | |
| | | | | 2 | | x 5ea | | x 5ea | | x 3ea | | | | x 5ea | | |
| | | | | 3 | | x 5ea | | x 5ea | | x 3ea | | | | x 5ea | | |
| 2 | #N/A | DB Goblet Squat Hold one DB in front of your chest | | 1 | | | | | | | | | | | | |
| | | | | 2 | | x 12 | | x 10 | | x 10 | | | | x 8 | | |
| | | | | 3 | | x 12 | | x 10 | | x 10 | | | | x 8 | | |
| | | | | 4 | | | | x 10 | | | | | | x 8 | | |
| 3 | #N/A | DL Lateral Hurdle Jumps # = number of hurdles You go over and back-stick landing between each | | 1 | | | | | | | | | | | | |
| | | | | 2 | | x 3 | | x 4 | | x 3 | | | | x 5 | | |
| | | | | 3 | | x 3 | | x 4 | | x 3 | | | | x 5 | | |
| | | | | 4 | | | | x 4 | | x 3 | | | | x 5 | | |
| 4 | #N/A | Y-T-W-V Use a bench & 2.5-5lb weight plates | | 1 | | | | | | | | | | | | |
| | | | | 2 | | x 4ea | | x 5ea | | x 6ea | | | | x 7ea | | |
| | | | | 3 | | x 4ea | | x 5ea | | x 6ea | | | | x 7ea | | |
| 5 | #N/A | Isometric Chin-Ups Hold for 5sec at top | | 1 | | | | | | | | | | | | |
| | | | | 2 | | x 6 | | x 8 | | x 10 | | | | x 12 | | |
| | | | | 3 | | x 6 | | x 8 | | x 10 | | | | x 12 | | |
| 6 | #N/A | SL DB RDL Pair with: 1. Side Plank Row x 8/10/12/15 | | 1 | | | | | | | | | | | | |
| | | | | 2 | | x 5e | | x 6e | | x 7e | | | | x 8e | | |
| | | | | 3 | | x 5e | | x 6e | | x 7e | | | | x 8e | | |

Day 2

WC PHASE I

| | | 20-Jun | | 27-Jun | | 4-Jul | | 11-Jul | | | | | | | | |
|-------|------|--|--|--------|-----------|-------|-------------|-----------|---|-------------|-----------|---|-------------|-----------|---|-------------|
| Order | Max | Exercise | | Set | Week 1 wt | x | Week 1 reps | Week 2 wt | x | Week 2 reps | Week 3 wt | x | Week 3 reps | Week 4 wt | x | Week 4 reps |
| 1 | #N/A | BB COMPLEX Jump Squats Pair with: 1. DB Pushup Row (no pushup)x6e 2. Cook Hip Bridge x 10e PERFORM AFTER EVERY SET OF JUMP SQUAT | | | | | | | | | | | | | | |
| | | | | 1 | | x 5 | | x 5 | | x 3 | | | | x 5 | | |
| | | | | 2 | | x 5 | | x 5 | | x 3 | | | | x 5 | | |
| | | | | 3 | | | | x 5 | | x 3 | | | | x 5 | | |
| 2 | #N/A | DB Alt Bench Press Alt at the top (hold db's at the top) | | 1 | | | | | | | | | | | | |
| | | | | 2 | | x 6e | | x 8e | | x 5e | | | | x 10e | | |
| | | | | 3 | | x 6e | | x 8e | | x 5e | | | | x 10e | | |
| 3 | #N/A | MB Slam Downs | | 1 | | | | | | | | | | | | |
| | | | | 2 | | x 6 | | x 8 | | x 10 | | | | x 12 | | |
| | | | | 3 | | x 6 | | x 8 | | x 10 | | | | x 12 | | |
| 4 | #N/A | Tall Kneeling Alt DB Shoulder Press On both knees, hold db's at the top | | 1 | | | | | | | | | | | | |
| | | | | 2 | | x 6e | | x 8e | | x 5e | | | | x 10e | | |
| | | | | 3 | | x 6e | | x 8e | | x 5e | | | | x 10e | | |
| 5 | #N/A | Inverted Row Pull your chest to the bar | | 1 | | | | | | | | | | | | |
| | | | | 2 | | x 6 | | x 8 | | x 10 | | | | x 12 | | |
| | | | | 3 | | x 6 | | x 8 | | x 10 | | | | x 12 | | |
| 6 | #N/A | DB Lateral Lunge Reps = each side | | 1 | | | | | | | | | | | | |
| | | | | 2 | | x 5 | | x 6 | | x 7 | | | | x 8 | | |
| | | | | 3 | | x 5 | | x 6 | | x 7 | | | | x 8 | | |

UCSD BASEBALL

Day 3

STR Phase I

20-Jun

27-Jun

4-Jul

11-Jul

| Order | Max | Exercise |
|-------|------|--|
| 1 | #N/A | Side MB Throws Throw off of a wall |

| | | |
|---|------|--|
| 2 | #N/A | DB Step-ups |
| 3 | #N/A | SL Lateral Box Jumps Jump both medial & lateral Medial/Lateral = clockwise/counter clock wise reps = both legs and both ways |
| 4 | #N/A | Face Pulls Use cable machine & rope. Pull rope to your face |

| | | |
|---|------|---|
| 5 | #N/A | SA DB Row Reps=each arm |
| 6 | #N/A | DB Suit Case Carry 1 DB in one hand Like the sand bucket carry |

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|-----|-----------|-------------|-----------|-------------|-----------|-------------|-----------|-------------|
| | Week 1 wt | Week 1 reps | Week 2 wt | Week 2 reps | Week 3 wt | Week 3 reps | Week 4 wt | Week 4 reps |
| 1 | x 6e | | x 6e | | x 5e | | x 8e | |
| 2 | x 6e | | x 6e | | x 5e | | x 8e | |
| 3 | | | x 6e | | | | x 8e | |
| 1 | x 6e | | x 8e | | x 5e | | x 10e | |
| 2 | x 6e | | x 8e | | x 5e | | x 10e | |
| 3 | x 6e | | x 8e | | | | x 10e | |
| 1 | x 2e | | x 3e | | x 2e | | x 4e | |
| 2 | x 2e | | x 3e | | x 2e | | x 4e | |
| 3 | x 2e | | x 3e | | | | x 4e | |
| 1 | x 8 | | x 10 | | x 6 | | x 12 | |
| 2 | x 8 | | x 10 | | x 6 | | x 12 | |
| 3 | x 8 | | x 10 | | | | x 12 | |
| 1 | x 6 | | x 8 | | x 5 | | x 10 | |
| 2 | x 6 | | x 8 | | x 5 | | x 10 | |
| 3 | x 6 | | x 8 | | x 5 | | x 10 | |
| 1 | x 3 | | x 4 | | x 5 | | x 6 | |
| 2 | x 3 | | x 4 | | x 5 | | x 6 | |
| 3 | x 3 | | x 4 | | x 5 | | x 6 | |