

UCSD BASEBALL SUMMER CORE DEVELOPMENT											
GROUP A	set	x	rep	GROUP B	set	x	rep	GROUP C	set	x	rep
Hanging Leg Raise	3	x	10	Hanging Oblique Crunch	3	x	10	Reverse Hypers	3	x	12
Plate Toe Touches	3	x	20	Plate Twists	3	x	20	Bench Bridge	3	x	45 sec
Feet Flat Sit Ups	3	x	20	Bench Oblique Crunch	3	x	15	Prone Bridge	3	x	60 sec
V-Ups	3	x	10	SB Plate Twists	3	x	20	Marching Bridge	3	x	60 sec
Bar Rollouts	3	x	10	DB Lateral Flexion	3	x	10	Lateral Bridge	3	x	30 sec
MB Sit Up & Throw	3	x	20	MB Twists	3	x	20	Diagonal Arm Lift	3	x	10

UCSD BASEBALL EXTRA PREHAB WORK											
A - HIP	set	x	rep	B - SHOULDER	set	x	rep	C - TORSO	set	x	rep
KNEELING HIP STRETCH	2 EA	x	1 MIN	BAND INT/EXT ROTATION	2	x	10	T-SPINE MOBILITY	2	x	5 EA
SL GLUTE BRIDGE (10 SEC)	2 EA	x	6	I-Y-T-W-H	2	x	10	UP DOG/DOWN DOG	2	x	5 EA

CALL RUDY THOMAS AT 319-321-5882 WITH QUESTIONS.