

Summer Workouts

Summer Hypertrophy Workout 2014

Summer Conditioning



Hello Baseball Team,

Welcome to 1st annual summer conditioning program for Ram Baseball. As you know the sport of Baseball is a very explosive. Every year players are becoming stronger, and faster. With faster and stronger athletes as your competition you as an athlete must be prepared. The importance of coming into the pre-season in the best shape possible is a plus. By coming back pre-season out of shape you are already behind your competition that has been training for the whole summer. This is what separates the good players from the mediocre ones. Championship teams and players come into pre-season in shape and only improve from then on. Mediocre players come into the pre-season out of shape and are always trying to catch up with the winning teams the whole season. Remember you cannot play yourself into shape. You must prepare before you win a championship not prepare as you are trying to win a championship.

The importance of employing a summer conditioning program for baseball is critical for the prevention of injuries. Scientifically based programs will get you into the best shape possible for the upcoming season. The following program will help you get into shape for the fall and spring seasons, and with a little luck will keep you injury free. Remember you do not help the team if you are on the sidelines nursing an injury that could have been prevented. Enjoy the program and enjoy your upcoming fall season.

Good Luck and Have Fun,

Coach McCormick
Head Strength & Conditioning Coach
512-799-6472

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Monday

Chest/Back--Shoulders/Traps--Abs

Torso: Bridge series/ 3 x 20 V- Up Sit up

Superset the following:

BB Bench Press 4x 10
DB Bent over row 4 x 10

Incline DB 3 x 10
Lat Pull Down 3x 10

Bar Military Press 3 x 10
Bar Shrug (wide grip) 3 x10

DB Shoulder Press 3 x 10
DB Shrug 3 x 10
YTW 4x 10/w 2.5lbs

Tuesday

Quads/Hamstrings—Biceps/Triceps—Calves

Torso: Bridge series/ 3 x 20 Leg Pull-In

Superset the following:

Squat 4x 10
RDL 4x 10

Hamstring Leg Curls 3x 10
Straight Bar Curls 3x 10
Triceps ext. 3x 10

DB Front Raises 3x 10

Bench dips 3x 15, feet on strength ball
Lying External Rotation 3x 10

Calf Raise 3-4 x 15

Thursday

Chest/Back--Shoulders/Traps—Abs

Superset the following:

Incline Press 4 x 10
Barbell Row 4 x 10

DB Flat Bench 3 x 10
Lat Pull Down 3 x 10

Standing DB military Press 3 x 10
DB upright row 3 x10

DB Side or Back Raise 3 x 10
DB Shrug 3 x 10

Torso: Bridge series/ 3 x 20 V-Up Sit up
YTW 4x 10/w 2.5lbs

Friday

Quads/Hamstrings—Biceps/Triceps—Calves

Torso: Bridge series/ 3 x 20 Leg Pull-In

Superset the following:

Front Squat 4 x 10
Good mornings 4 x 10

Barbell step ups each leg 3 x 10

DB Curl 3 x 10
1 Arm Overhead Triceps Extension 3 x 10

Straight bar bicep Curl 3 x 10
Bent-Over Two Arm Tricep Extension 3 x 10

Lying External Rotation 3x 10

Linear Speed (Monday)

Light Jogging 5 minutes
Lower Body Stretch
Dynamic Flex Warm-up 2x 20yds.
(High knees, A-skip, B-skip, Lunge, Back Pedal)
10 yard starts x 5
20 yard sprints x 5
60 yard sprints x 5

Lateral Speed (Thursday)

Jump Rope 1:00 increments
For 5 minutes total- :30 break ea. minute
Lower Body Stretch
Dynamic Warm-up 2x 20yds.
Spring and Cut x 5 (r/l)
Pro-agility x 5 (r/l)
L-drill x 5 (r/l)

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Bench Press Barbell



Military Press Barbell



Incline Press with Dumbbells



Barbell Upright Row

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Dumbbell Shrugs



Barbell Bent Over Row



Barbell Goodmornings



Full Range Squat



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Dumbbell Lunge



Barbell RDL



One Arm Dumbbell Overhead Tricep Extension

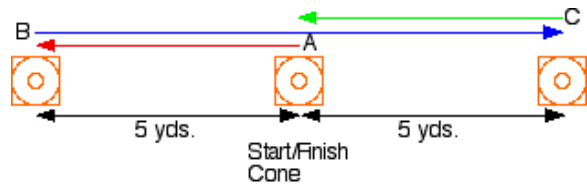


Dumbbell Hammer Curl

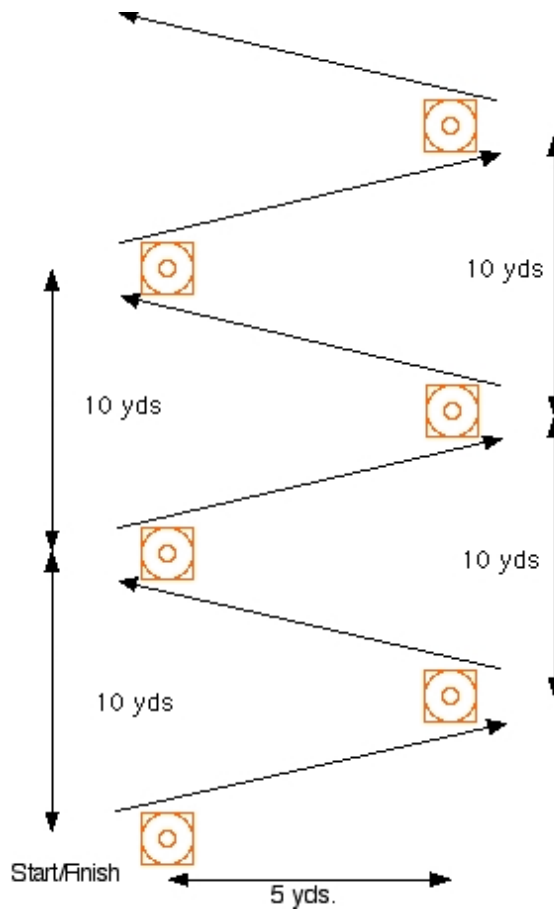
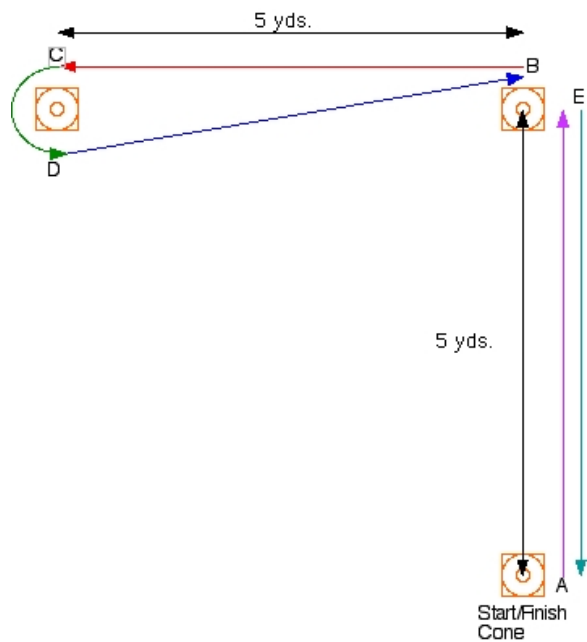


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Pro Agility



L- Drills



Sprint and Cut

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Lat Pull Down



Cable Tricep Press Down
Start of Hamstring Flutter Kicks



Alternate Each Leg Until End of Set



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Barbell Step Ups



Bent-Over Two Arm Tricep Extension

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Abdominals



Abdominal Bridge Series



V Up Sit-up



Leg Pull-Ins

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Lifting Notes:

1. **Super Set:** Performing an assigned workout at a set number of repetitions followed by the next exercise prescribed and doing the assigned number of repetitions. Example: Super set bench press 3 x 10 w/ D.B. RDL 3 x 10. You perform your first set of bench press after your last repetition on bench press (without a break) perform your first set of D.B. RDL. That is your first set of your super set.
2. Your program is designed to give you an introduction to Indiana State University Strength and Conditioning philosophy. We generally work with free weight and keep the lift as sports specific as possible to develop the athlete into the finest performer they can become. The first three weeks of your program is considered the hypertrophy stage. We are looking to improve muscularity and strength and get the body and central nervous system prepared for increase of intensity and volume that you will be performing over the next couple of weeks. Generally our repetition will be between 8-10. Week

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Huston-Tillotson University Strength and Conditioning Nutrition Guidelines

- 1) Always eat breakfast.
- 2) Eat 4 – 7 meals per day, counting snacks.
- 3) Protein should be included in each meal, this should come from low fat sources such as chicken, fish, turkey, eggs, low-fat or fat free dairy, and lean beef.
- 4) A fruit and/or vegetable should be eaten each meal.
- 5) Eat every 2-3 hours.
- 6) Avoid high sugar products food or drink. This includes drinks such as Sunny-D or Kool-Aid and soda/pop. As well as foods like cookies, candy and ice cream.
- 7) Water should be your main drink of choice.
- 8) Try to stay away from pre-prepared food whenever possible (fast food, pizza, frozen dinners)
- 9) Prepare food ahead of time is possible, this will help with last minute choices and settling for whatever is available. Understand that you are an athlete and not the average person.
- 10) Get color onto your plate – in the form of vegetables and fruits.
- 11) Bookend your workouts – pre and post! Your workout is not complete until you eat!