

# \*CONDITIONING\*

## Sword's BASEBALL TRAINING PROGRAM

### DAY ONE

Flexibility & Light Stomach Work-out for 10 mins.

- 1.) Power Pulls 2 Sets of 8 Rep's, 4 Sets of 5 Rep's
- 2.) Up Right Rows 3 Sets of 8 Rep's
- 3.) Back Squats (refer to Squat Work-Out Program)
- 4.) Push Press 8 Sets of 1 Rep., 4 Sets of 5 Rep's
- 5.) Incline Dumb Bell Press 3 Sets of 10 Rep's
- 6.) Straight Arm Raises 3 Sets of 8 Rep's
- 7.) Hyper Extensions 3 Sets of 10 Rep's
- 8.) Dumb Bell & Reverse Curls 3 Sets of Each (flexibility)

### DAY TWO

Flexibility & Light Stomach Work-out for 10 mins.

- 1.) Squats (refer to Squat Work-Out Program)
- 2.) Bench Press Narrow Grip 6 Sets of 6 Rep's, 2 Sets of 3 Rep's
- 3.) Stiff Legged Deadlift (light) 3 Sets of 10 Rep's
- 4.) One Arm Bent Rows 3 Sets of 10 Rep's (Each Arm)
- 5.) Lateral Raise Dumb Bell 3 Sets of 10 Rep's
- 6.) Curls (Cheat) Barbell 3 Sets of 10 Rep's, 2 Sets of 6 Rep's
- 7.) Tricep Extensions 3 Sets of 8 Rep's (Flexibility)

### DAY THREE

Flexibility & Light Stomach Work-out for 10 mins.

- 1.) Hang Cleans 2 Sets of 8 Rep's, 3 Sets of 6 Rep's, 4 Sets of 3 Rep's
- 2.) Push Press 2 Sets of 10 Rep's, 3 Sets of 6 Rep's
- 3.) Squat (refer to Squat Work-out Program)
- 4.) Hamstring Curls 3 Sets of 10 Rep's
- 5.) Shrugs 5 Sets of 10 Rep's
- 6.) Pull-Ups or Lat Pull Downs 4 Sets of 10 Rep's
- 7.) Curls 4 Sets of 8 Rep's Reverse (Flexibility)

NOTE: You can also do wrist curls or wrist roll ups at the end of each work-out

**WARNING !!!**

Distribution or copying of this information is prohibited unless approved by Tim Swords.