

BALL STATE UNIVERSITY

NAME:	
SPORT:	BASEBALL
LEVEL:	COLLEGE

MACROCYCLE:	OFF-SEASON 1
PHASE:	GPP
WEEK:	1

EXERCISE	MODE	TEM	RI	VOL	INTENSITY
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DAY 1	DAY / DATE:	LOWER
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1. DB BULGARIAN SQUAT	NARROW	211		4X5E	
2. BAND HIP EXTENSION		131	2 MIN	3X8E	
3. SIDE LYING EXTERNAL ROTATION		212		3X8E	
1. REVERSE HYPER	DL HOLD			3X30S	
2. FLOOR GLUTE HAM RAISE	ECCENTRIC ONLY	300	90S	3X5	
3. BAND SIDE INTERNAL ROTATION		222		3X8E	
1. DB SL SLDL		201		3X6E	
2. BAND HIP FLEXION		131	90S	3X8E	
3. BAND SIDE EXTERNAL ROTATION		222		3X8E	

DAY 2	DAY / DATE:	UPPER
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1. DB BENCH		313, 101		4X8	
2. CHOP - STANDING	CABLE/BANDS	211	90S	3X8E	
3. PRONE T RAISE	THUMBS UP	131		3X8	
1. ROW		311		4X8	
2. BAND PUSHDOWN - FWD/REV	CHEST	212	90S	4X8	
3. PRONE BOX		131		3X8	
1. DB INCLINE ROW	WIDE HAMMER GRIP	211		3X8	
2. WRIST PRONATE/SUPINATE	DB / BAT	111	90S	3X8E	
3. DL CALF RAISE		222		3X10	

DAY 3	DAY / DATE:	FULL
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1. ROW ISO	6-1 COUNT			4X12	
2. SPLIT SQUAT		211	2-3 MIN	4X5E	
3. PRONE Y RAISE	THUMBS UP	131		3X8	
1. DB ALT BENCH		313, 101		4X8E	
2. LIFT - STANDING	CABLE/BANDS	211	90S	3X8E	
3. SEATED EXTERNAL ROTATION	PLATE	212		3X8E	
1. REVERSE HYPER	SL HOLD			3X30S E	
2. SEATED BAND CURL	SINGLE LEG	212	90S	3X12E	
3. PRONE WMW RAISE	THUMBS UP	131		3X8	