



Dave Abraham's
Strength & Conditioning Notes
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First a few notes about training and conditioning and preparing yourself for the upcoming baseball season. These may not be in any specific order of importance but none the less all make up the complete athlete.

- 1-remember always perfect form
- 2-workouts should be challenging but safe
- 3-what you eat is what you will become-don't forget about how important good nutrition is
- 4-warm up, get the body ready to workout
- 5-mobility in your thoracic spine and hips and ankles
- 6-stability in your low back and core
- 7-don't forget the small stuff—the rotator cuff
- 8-train what you can't see- the importance of glute and upper back strength
- 9-train the body and the mind
- 10-posture posture posture
- 11-sleep tight—become stronger with a good nights sleep
- 12- train to prevent injury-never get injured while you train

I can probably go on and bore you to death but I hope you get the picture.. Now for the workout. Never train the same body part 2 days in a row, if you can 2 days of training a week should be your goal but if you are not participating in any winter sport, 3 or 4 workouts a week may work for you. I am suggesting a total body workout training upper and lower on the same day. Remember this is only a guide. Use safe weight and rest between sets. Have fun and be safe. Foam roll, active warm up and core exercise should come before strength training

Warm up exercises

Foam rolling—hip mobility—ankle mobility—thoracic mobility-wall angels
Examples of Movement exercise—spiderman—inchworm—walking knee hugs—slow
form movement—back pedal—side shuffle--

Exercises for upper body

Push up variation—pull up variation—scap push ups—lat pulldowns--ball roll outs—single
arm standing push—standing pull—upright row—single arm,double arm—reverse flys—
rotator cuff—side lying straight arm and external rotation90-90 scap pull and push— with
bands or cable--

Exercises for lower body

lunge variation—split squat—reverses lunge—lunge rotations step ups forward and
sideward—sit squat—front squat—back squat—box jumps—single leg balance and reach
and/or dead lift movements—slideboard lunges--deadlifts

Exercises for and core and low back

front plank variation—side plank variation—band or cable holds- standing—double leg
bridge and single leg bridge—ball bridge—bird dog—physioball bridge—stir the pot—ball
roll outs—

Exercises for power

jump squat variation—hopping exercises—med ball throws—plyo push ups—

Exercise program

On the following page is a sample program, Remember to choose alternating push/pull or
upper/lower exercises. Foam roll, perform joint mobility, active warm up and then be ready
to train.

Workout one

Core-Glute raise x 12 / side plank x 5 each side/glute raise x 12/side plank x 5 each side/rotator cuff external rotation side lying and straight arm thumb to floor

Sit squat

Lat pull down

Sit squat

Lat pull down

Bird dog

Lunge variation

Pull up

Lunge variation

Push up

Bird dog

Pull up

Lunge variation

Push up

Hip flexor stretch/prone on elbows stretch

Reps will depend on weight and exercise. Choose a comfortable weight that you can max out at about 12 reps. Single leg or arm exercises can max out at 6-8 reps. Hold core exercise for 10 seconds and build to 20 -30 seconds

Hydrate and recover before moving on to next exercise.

Workout two

Step ups

Push ups

Step ups

Push ups

Cable holds

Dead lift

Flys

Cable holds

Scap push ups

Dead lift

Flys

Remember hips and core. It's not about how much weight you can lift, it's about HOW you lift that will improve your ability. Perfect form, technique and corrective movement are your keys to success in gaining strength and power.