**Reedy Baseball Summer Weight Training**

**Suggestions:**

1. **Do not lift on your game day**
2. **Make sure you give yourself a day rest in-between your lifts**
3. **Depending on your game schedules, try to get 3 lifts in a week**
4. **Eat something high in protein within 1 hour of lifting (Ex. Peanut butter sandwich)**
5. **Pitchers – run at least ten 60 yard sprints on your non-lifting days to aide in relieving the soreness you will have between lifts**
6. **Do your band routine and hanging stretches after your lift.**

**Day 1**

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**Dumbbell Step Ups**

5 sets of 5 reps
Rest: 60 seconds

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**Bent Over Barbell Row**

3 sets of 10 reps
Rest: 45 seconds

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**One Arm Dumbbell Bench Press**

3 sets of 15 reps
Rest: 30 seconds

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**Ball Leg Curl**

3 sets of 8 reps
Rest: 30 seconds

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**Double Kneeling Cable Chop****(Shown standing)**

3 sets of 10 reps
Rest: 30 seconds

**Day 2**

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**Dumbbell Rear Lunge**

3 sets of 8 reps
Rest: 60 seconds

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**Pullups**

3 sets to failure
Rest: 45 seconds

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**Bench Dips**

3 sets of 6 reps
Rest: 60 seconds

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**Kneeling Medicine Ball Chop****(Shown standing w/ cables)**

3 sets of 12 reps
Rest: 45 seconds

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**Plank**

3 sets to failure
Rest: 45 seconds

**Day 3**

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**One Leg Barbell Squat**

4 sets of 8 reps
Rest: 60 seconds

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**Seated Cable Rows**

4 sets of 10 reps
Rest: 45 seconds

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**Seated One-arm Cable Pulley Rows**

3 sets of 12 reps
Rest: 30 seconds

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**Half-Kneeling Low-to-High Cable Chop****(Shown standing)**

3 sets of 15 reps
Rest: 30 seconds

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**Russian Twist**

3 sets of 12 reps
Rest: 30 seconds