**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**

* [Dumbbell Step Ups](javascript:pop('dumbbell-step-ups')) [Dumbbell Step Ups](javascript:pop('dumbbell-step-ups'))

[**Dumbbell Step Ups**](javascript:pop('dumbbell-step-ups'))

5 sets of 5 reps   
Rest: 60 seconds

* [Bent Over Barbell Row](javascript:pop('bent-over-barbell-row')) [Bent Over Barbell Row](javascript:pop('bent-over-barbell-row'))

[**Bent Over Barbell Row**](javascript:pop('bent-over-barbell-row'))

3 sets of 10 reps   
Rest: 45 seconds

* [One Arm Dumbbell Bench Press](javascript:pop('one-arm-dumbbell-bench-press')) [One Arm Dumbbell Bench Press](javascript:pop('one-arm-dumbbell-bench-press'))

[**One Arm Dumbbell Bench Press**](javascript:pop('one-arm-dumbbell-bench-press'))

3 sets of 15 reps   
Rest: 30 seconds

* [Ball Leg Curl](javascript:pop('ball-leg-curl')) [Ball Leg Curl](javascript:pop('ball-leg-curl'))

[**Ball Leg Curl**](javascript:pop('ball-leg-curl'))

3 sets of 8 reps   
Rest: 30 seconds

* [Standing Cable Wood Chop](javascript:pop('standing-cable-wood-chop')) [Standing Cable Wood Chop](javascript:pop('standing-cable-wood-chop'))

[**Double Kneeling Cable Chop**](javascript:pop('standing-cable-wood-chop'))**(Shown standing)**

3 sets of 10 reps   
Rest: 30 seconds

**Day 2**

* [Dumbbell Rear Lunge](javascript:pop('dumbbell-rear-lunge')) [Dumbbell Rear Lunge](javascript:pop('dumbbell-rear-lunge'))

[**Dumbbell Rear Lunge**](javascript:pop('dumbbell-rear-lunge'))

3 sets of 8 reps   
Rest: 60 seconds

* [Pullups](javascript:pop('pullups')) [Pullups](javascript:pop('pullups'))

[**Pullups**](javascript:pop('pullups'))

3 sets to failure   
Rest: 45 seconds

* [Bench Dips](javascript:pop('bench-dips')) [Bench Dips](javascript:pop('bench-dips'))

[**Bench Dips**](javascript:pop('bench-dips'))

3 sets of 6 reps   
Rest: 60 seconds

* [Standing Cable Wood Chop](javascript:pop('standing-cable-wood-chop')) [Standing Cable Wood Chop](javascript:pop('standing-cable-wood-chop'))

[**Kneeling Medicine Ball Chop**](javascript:pop('standing-cable-wood-chop'))**(Shown standing w/ cables)**

3 sets of 12 reps   
Rest: 45 seconds

* [Plank](javascript:pop('plank')) [Plank](javascript:pop('plank'))

[**Plank**](javascript:pop('plank'))

3 sets to failure   
Rest: 45 seconds

**Day 3**

* [One Leg Barbell Squat](javascript:pop('one-leg-barbell-squat')) [One Leg Barbell Squat](javascript:pop('one-leg-barbell-squat'))

[**One Leg Barbell Squat**](javascript:pop('one-leg-barbell-squat'))

4 sets of 8 reps   
Rest: 60 seconds

* [Seated Cable Rows](javascript:pop('seated-cable-rows')) [Seated Cable Rows](javascript:pop('seated-cable-rows'))

[**Seated Cable Rows**](javascript:pop('seated-cable-rows'))

4 sets of 10 reps   
Rest: 45 seconds

* [Seated One-arm Cable Pulley Rows](javascript:pop('seated-one-arm-cable-pulley-rows')) [Seated One-arm Cable Pulley Rows](javascript:pop('seated-one-arm-cable-pulley-rows'))

[**Seated One-arm Cable Pulley Rows**](javascript:pop('seated-one-arm-cable-pulley-rows'))

3 sets of 12 reps   
Rest: 30 seconds

* [Standing Cable Wood Chop](javascript:pop('standing-cable-wood-chop')) [Standing Cable Wood Chop](javascript:pop('standing-cable-wood-chop'))

[**Half-Kneeling Low-to-High Cable Chop**](javascript:pop('standing-cable-wood-chop'))**(Shown standing)**

3 sets of 15 reps   
Rest: 30 seconds

* [Russian Twist](javascript:pop('russian-twist')) [Russian Twist](javascript:pop('russian-twist'))

[**Russian Twist**](javascript:pop('russian-twist'))

3 sets of 12 reps   
Rest: 30 seconds