

NAME: Blast
DATE: 10/27/14

Phase: Stabilization training
Sport: Baseball



WARM-UP		BALANCE	
WARM-UP			
<p>Daily speed work: Arms: (90 degrees @ elbow, midline, hips to chin) Arm exchange x 30 each with 2 second delay Arm swings x 30 each (slow to fast) ½ cycle legs: (90 degrees @ hips, ankle dorsiflexed until foot strike) Knee drops x 20 each Paw drops x 20 each (opposite arm/leg)</p> <p>Hurdles: 10 hurdles One in Two in One in lateral Two in lateral</p>		X 3 each foot leads	
MOVEMENT PREPARATION / PREHABILITATION (Daily)		SHOULDER STABILITY	
<p>Lateral sumo walks Drop step sumo walks Crossover sumo walks Carioca sumo walks Spiderman with calf pump</p>		<p>20 yards each</p> <p>sprint return first step knee drive back foot push</p>	<p>Day 1-3 scap stab @ ATI JC band single hand row retract to 45 x 20 each Seated single straight arm wall roofs (3 grips) x 10 each</p>
CORE – JC band standing		RESISTANCE TRAINING	
<p>Crunch Bent knee reverse crunch Single straight leg crunch right and left Straight leg crunch Partner sit-up</p>		<p>20 each</p>	<p>(10 rep max resistance) DB supine press x 5 TRX skull crushers x 5 50 count pushup 50 count straight pressdown</p>
<p>(PB Daily) PB: Jackknife Forearm rollouts Pikes Reverse rollouts</p>		<p>X 20 X 20 X 20 X 20</p>	
MOBILITY (Daily)		SPEED / AGILITY / QUICKNESS / REACTION	
<p>DB Quad Alt. Opp. Arm/ leg sprinklers</p>		<p>10 each</p>	
DECELERATION/ACCELERATION			