

Baseball Summer AB Routine

Exercise #1-

Crunches x 25

Exercise #2

Toe Touches (V bends, take hands to toes above your head) x 25

Exercise #3

Obliques (Rt leg straight on ground, Lt Knee bent then take Rt elbow to Lt knee)

2 sets of 25 (make sure you switch sides)

Exercise #4

Bicycles x 15 (Elbows to opposite knees, feet are off the ground during the entire set)

Exercise #5

Legs Raises x 25 (with straight legs bring feet above head and back down, do not let your feet touch the floor)

Exercise #6

Windmill Crunches x 25 (touch both elbows to opposite knees before going down)

Exercise #7

Climb the Rope x 25 sec (simulate climbing a rope with hands reaching above head and holding the crunch position the entire time, make sure your shoulders are always off the ground)

Exercise # 8

Front Planks x 1 minute (elbows under shoulders in a bridge position, keep butt down and back flat)

Side Planks x 30 seconds each side (rt/Lt elbow and opposite hand on hip while lifting body to straight position under elbow)

Exercise # 9

Crunches x 25

June 2010 Madison Baseball Summer Workout

Monday	Tuesday	Wednesday	Thursday	Friday	NOTES
31 In School	1 In School	2 In School	3 In School	4 In School	
7 (DAY 1) -Core Lifts 5 x 10 -Running- 400's x 2 200's x 4 100's x 6 -AB Routine (see attachment)	8 (DAY 2) -8 minute Jog -Bent over rows- 4 x 12 -Upright rows- 4 x 12 -Curls- 3 x 12 -Lateral Dumbell Raises Front Dumbell Raises Dips (all 3 x 12)	9 (DAY 3) -Long Toss (10 min) Max 160 ft -Poles (10)	10 (DAY 4) -Core Lifts 5 x 10 -Running- 400's x 2 200's x 4 100's x 6 -AB Routine (see attachment)	11 (DAY 5) -8 minute Jog -Bent over rows- 4 x 12 -Upright rows- 4 x 12 -Curls- 3 x 12 -Lateral Dumbell Raises Front Dumbell Raises Dips (all 3 x 12)	CORE LIFTS -BENCH -INCLINE -HANG CLEANS -FRONT SQUATS
14 (DAY 1) -Core Lifts 5 x 10 -Running- 400's x 2 200's x 4 100's x 6 -AB Routine (see attachment)	15 (DAY 2) -8 minute Jog -Bent over rows- 4 x 12 -Upright rows- 4 x 12 -Curls- 3 x 12 -Lateral Dumbell Raises Front Dumbell Raises Dips (all 3 x 12)	16 (DAY 3) -Long Toss (10 min) Max 160 ft -Poles (10)	17 (DAY 4) -Core Lifts 5 x 10 -Running- 400's x 2 200's x 4 100's x 6 -AB Routine (see attachment)	18 (DAY 5) -8 minute Jog -Bent over rows- 4 x 12 -Upright rows- 4 x 12 -Curls- 3 x 12 -Lateral Dumbell Raises Front Dumbell Raises Dips (all 3 x 12)	
21 (DAY 1) -Core Lifts 4 x 8 -Running- 400's x 2 200's x 4 100's x 6 -AB Routine (see attachment)	22 (DAY 2) -8 minute Jog -Bent over rows- 4 x 12 -Upright rows- 4 x 12 -Curls- 3 x 12 -Lateral Dumbell Raises Front Dumbell Raises Dips (all 3 x 12)	23 (DAY 3) -Long Toss (12 min) Max 180 ft -Poles (10)	24 (DAY 4) -Core Lifts 5 x 10 -Running- 400's x 2 200's x 4 100's x 6 -AB Routine (see attachment)	25 (DAY 5) -8 minute Jog -Bent over rows- 4 x 12 -Upright rows- 4 x 12 -Curls- 3 x 12 -Lateral Dumbell Raises Front Dumbell Raises Dips (all 3 x 12)	
28 (DAY 1) -Core Lifts 4 x 8 -Running- 400's x 2 200's x 4 100's x 6 -AB Routine (see attachment)	29 (DAY 2) -8 minute Jog -Bent over rows- 4 x 12 -Upright rows- 4 x 12 -Curls- 3 x 12 -Lateral Dumbell Raises Front Dumbell Raises Dips (all 3 x 12)	30 (DAY 3) -Long Toss (12 min) Max 180 ft -Poles (10)	1 (DAY 4) -Core Lifts 5 x 10 -Running- 400's x 2 200's x 4 100's x 6 -AB Routine (see attachment)	2 (DAY 5) -8 minute Jog -Bent over rows- 4 x 12 -Upright rows- 4 x 12 -Curls- 3 x 12 -Lateral Dumbell Raises Front Dumbell Raises Dips (all 3 x 12)	

July 2010 Madison Baseball Summer Workout

Monday	Tuesday	Wednesday	Thursday	Friday	NOTES
5 (Day 1) -Core Lifts 4 x 8 -Running- 400's x 1 200's x 3 100's x 8 -AB Routine (see attachment)	6 (Day 2) -10 minute Jog -Wrist Curls Reverse Wrist Curls (all 3x25) -Dips 3 x 10 - Barbell Military Press (3x 10) -Leg Curls 3 x 12 - Leg Extensions 3 x 12 -Dumbell Lunges 4 x 10	7 (Day 3) -Long Toss (12 min) Max 180 ft -Poles (10)	8 (Day 4) -Core Lifts 4 x 8 -Running- 400's x 1 200's x 3 100's x 8 -AB Routine (see attachment)	9 (Day 5) -10 minute Jog -Wrist Curls Reverse Wrist Curls (all 3x25) -Dips 3 x 10 - Barbell Military Press (3x 10) -Leg Curls 3 x 12 - Leg Extensions 3 x 12 -Dumbell Lunges 4 x 10	CORE LIFTS -BENCH -INCLINE -HANG CLEANS -FULL SQUATS * make sure you get to parallel *
12 (DAY 1) -Core Lifts 4 x 8 -Running- 400's x 1 200's x 3 100's x 8 -AB Routine (see attachment)	13 (DAY 2) -10 minute Jog -Wrist Curls Reverse Wrist Curls (all 3x25) -Dips 3 x 10 - Barbell Military Press (3x 10) -Leg Curls 3 x 12 - Leg Extensions 3 x 12 -Dumbell Lunges 4 x 10	14 (DAY 3) -Long Toss (12 min) Max 180 ft -Poles (10)	15 (DAY 4) -Core Lifts 4 x 8 -Running- 400's x 1 200's x 3 100's x 8 -AB Routine (see attachment)	16 (DAY 5) -10 minute Jog -Wrist Curls Reverse Wrist Curls (all 3x25) -Dips 3 x 10 - Barbell Military Press (3x 10) -Leg Curls 3 x 12 - Leg Extensions 3 x 12 -Dumbell Lunges 4 x 10	
19 (DAY 1) -Core Lifts 4 x 8 -Running- 400's x 1 200's x 3 100's x 8 -AB Routine (see attachment)	20 (DAY 2) -10 minute Jog -Wrist Curls Reverse Wrist Curls (all 3x25) -Dips 3 x 10 - Barbell Military Press (3x 10) -Leg Curls 3 x 12 - Leg Extensions 3 x 12 -Dumbell Lunges 4 x 10	21 (DAY 3) -Long Toss (14 min) Max 180 ft -Poles (10)	22 (DAY 4) -Core Lifts 4 x 5 -Running- 400's x 1 200's x 3 100's x 8 -AB Routine (see attachment)	23 (DAY 5) -10 minute Jog -Wrist Curls Reverse Wrist Curls (all 3x25) -Dips 3 x 10 - Barbell Military Press (3x 10) -Leg Curls 3 x 12 - Leg Extensions 3 x 12 -Dumbell Lunges 4 x 10	
26 (DAY 1) -Core Lifts 4 x 5 -Running- 400's x 1 200's x 3 100's x 8 -AB Routine (see attachment)	27 (DAY 2) -10 minute Jog -Wrist Curls Reverse Wrist Curls (all 3x25) -Dips 3 x 10 - Barbell Military Press (3x 10) -Leg Curls 3 x 12 - Leg Extensions 3 x 12 -Dumbell Lunges 4 x 10	28 (DAY 3) -Long Toss (14 min) Max 180 ft -Poles (10)	29 (DAY 4) -Core Lifts 4 x 5 -Running- 400's x 1 200's x 3 100's x 8 -AB Routine (see attachment)	30 (DAY 5) -10 minute Jog -Wrist Curls Reverse Wrist Curls (all 3x25) -Dips 3 x 10 - Barbell Military Press (3x 10) -Leg Curls 3 x 12 - Leg Extensions 3 x 12 -Dumbell Lunges 4 x 10	* GO HEAVY ON CORE LIFTS* (4 x 5)

August 2010 Madison Baseball Summer Workout

Monday	Tuesday	Wednesday	Thursday	Friday	NOTES
2 (Day 1) -Core Lifts 4 x 5 -Running- 200's x 4 100's x 10 -AB Routine (see attachment)	3 (Day 2) -12 minute Jog - Dips 3x 12 - Behind the neck press (3 x 8) -Bent over rows 3 x 8 - Standing row 3 x 8 - Front squats 3 x 12 - Leg Curls 4 x 8 - Calf Raises 3 x 25 - Dumbell Lunges 4 x 10	4 (Day 3) -Long Toss (10 min) Max 200 ft -Poles (10)	5 (Day 4) -Core Lifts 4 x 5 -Running- 200's x 4 100's x 10 -AB Routine (see attachment)	6 (Day 5) -12 minute Jog - Dips 3x 12 - Behind the neck press (3 x 8) -Bent over rows 3 x 8 - Standing row 3 x 8 - Front squats 3 x 12 - Leg Curls 4 x 8 - Calf Raises 3 x 25 - Dumbell Lunges 4 x 10	* GO HEAVY ON CORE LIFTS* (4 x 5)
9 (DAY 1) -Core Lifts 4 x 5 -Running- 200's x 4 100's x 10 -AB Routine (see attachment)	10 (DAY 2) -12 minute Jog - Dips 3x 12 - Behind the neck press (3 x 8) -Bent over rows 3 x 8 - Standing row 3 x 8 - Front squats 3 x 12 - Leg Curls 4 x 8 - Calf Raises 3 x 25 - Dumbell Lunges 4 x 10	11 (DAY 3) -Long Toss (10 min) Max 200 ft -Poles (10)	12 (DAY 4) -Core Lifts 4 x 5 -Running- 200's x 4 100's x 10 -AB Routine (see attachment)	13 (DAY 5) -12 minute Jog - Dips 3x 12 - Behind the neck press (3 x 8) -Bent over rows 3 x 8 - Standing row 3 x 8 - Front squats 3 x 12 - Leg Curls 4 x 8 - Calf Raises 3 x 25 -Dumbell Lunges 4 x 10	CORE LIFTS -BENCH -INCLINE -HANG CLEANS -FULL SQUATS * make sure you get to parallel *
16 (DAY 1) -Core Lifts 4 x 3 -Running- 200's x 4 100's x 10 -AB Routine (see attachment)	17 (DAY 2) -12 minute Jog - Dips 3x 12 - Behind the neck press (3 x 8) -Bent over rows 3 x 8 - Standing row 3 x 8 - Front squats 3 x 12 - Leg Curls 4 x 8 - Calf Raises 3 x 25 - Dumbell Lunges 4 x 10	18 (DAY 3) -Long Toss (10 min) Max 200 ft -Poles (10)	19 (DAY 4) -Core Lifts 4 x 3 -Running- 200's x 4 100's x 10 -AB Routine (see attachment)	20 (DAY 5) -12 minute Jog - Dips 3x 12 - Behind the neck press (3 x 8) -Bent over rows 3 x 8 - Standing row 3 x 8 - Front squats 3 x 12 - Leg Curls 4 x 8 - Calf Raises 3 x 25 -Dumbell Lunges 4 x 10	*Heavy on Core Lifts* (Last set should be a 1 Rep Max)
23 (DAY 1) BACK TO SCHOOL	24 (DAY 2) BACK TO SCHOOL	25 (DAY 3) BACK TO SCHOOL	26 (DAY 4) BACK TO SCHOOL	27 (DAY 5) BACK TO SCHOOL	