

Week 1

Exercise	Sets/Reps/Rest
Half Moon Stepping With Football	1 set each side/45-sec. rest
Half Moon Fielding With Baseball	1 set each side/45-sec. rest
Overhead Med Ball Throws	1x10
Backhand/Forehand Med Ball Toss	1x10 each side/45-sec. rest
Six-Pack Scap Routine	6x6 sec.
Split-Squat on 2x4	2x10
Squat	4x10
DB Walking Lunge	3x10 each leg
Single-Leg Squat	none
Hamstring Curls on Ball	3x10
Physioball Reverse Glute/Hyperextension	3x10
Barbell or DB Straight-Leg Deadlift	3x10
Flamingos and Single-Leg Straight-Leg Deadlift Combo	none

Week 2

Exercise	Sets/Reps/Rest
Half Moon Stepping With Football	2 sets each side/45-sec. rest
Half Moon Fielding With Baseball	2 sets each side/45-sec. rest
Overhead Med Ball Throws	2x10
Backhand/Forehand Med Ball Toss	2x10 each side/45-sec. rest
Six-Pack Scap Routine	6x6 sec.
Split-Squat on 2x4	2x10
Squat	2x10, 3x8
DB Walking Lunge	3x10 each leg
Single-Leg Squat	none
Hamstring Curls on Ball	3x10
Physioball Reverse Glute/Hyperextension	3x10
Barbell or DB Straight-Leg Deadlift	3x10
Flamingos and Single-Leg Straight-Leg Deadlift Combo	none

Week 3

Exercise	Sets/Reps/Rest
Half Moon Stepping With Football	3 sets each side/45-sec. rest
Half Moon Fielding With Baseball	3 sets each side/45-sec. rest
Overhead Med Ball Throws	2x10
Backhand/Forehand Med Ball Toss	2x10 each side/45-sec. rest
Six-Pack Scap Routine	4x6 sec.
Split-Squat on 2x4	2x8
Squat	2x10, 3x8
DB Walking Lunge	3x8 each leg
Single-Leg Squat	3x6
Hamstring Curls on Ball	3x10
Physioball Reverse Glute/Hyperextension	3x10
Barbell or DB Straight-Leg Deadlift	3x10
Flamingos and Single-Leg Straight-Leg Deadlift Combo	1x15+8

Week 4

Exercise	Sets/Reps/Rest
Half Moon Stepping With Football	3 sets each side/45-sec. rest
Half Moon Fielding With Baseball	3 sets each side/45-sec. rest
Overhead Med Ball Throws	3x10
Backhand/Forehand Med Ball Toss	3x10 each side/45-sec. rest
Six-Pack Scap Routine	3x6 sec.
Split-Squat on 2x4	2x8
Squat	1x10, 2x8, 2x6
DB Walking Lunge	3x8 each leg
Single-Leg Squat	3x6
Hamstring Curls on Ball	3x10 add partner resistance
Physioball Reverse Glute/Hyperextension	3x10
Barbell or DB Straight-Leg Deadlift	2x10
Flamingos and Single-Leg Straight-Leg Deadlift Combo	2x15+8

Week 5

Exercise	Sets/Reps/Rest
Half Moon Stepping With Football	3 sets each side/45-sec. rest
Half Moon Fielding With Baseball	3 sets each side/45-sec. rest
Overhead Med Ball Throws	3x10
Backhand/Forehand Med Ball Toss	3x10 each side/45-sec. rest
Six-Pack Scap Routine	3x6 sec.
Split-Squat on 2x4	2x6
Squat	1x10, 1x8, 3x6
DB Walking Lunge	3x6 each leg
Single-Leg Squat	3x8
Hamstring Curls on Ball	2x10, add partner resistance
Physioball Reverse Glute/Hyperextension	2x10
Barbell or DB Straight-Leg Deadlift	2x10
Flamingos and Single-Leg Straight-Leg Deadlift Combo	2x10+6

Week 6

Exercise	Sets/Reps/Rest
Half Moon Stepping With Football	2 sets each side/45-sec. rest
Half Moon Fielding With Baseball	2 sets each side/45-sec. rest
Overhead Med Ball Throws	2x10
Backhand/Forehand Med Ball Toss	2x10 each side/45-sec. rest
Six-Pack Scap Routine	3x6 sec.
Split-Squat on 2x4	2x6
Squat	1x10, 4x6
DB Walking Lunge	3x6 each leg
Single-Leg Squat	3x10
Hamstring Curls on Ball	2x10, add partner resistance
Physioball Reverse Glute/Hyperextension	2x10
Barbell or DB Straight-Leg Deadlift	2x10
Flamingos and Single-Leg Straight-Leg Deadlift Combo	3x10+6

YOUR WORKOUT

Week 6, Day 1 / /08

Agility										
Exercise	Set 1		Set 2		Set 3		Set 4		Set 5	
Hip Poppers	10 sec./		10 sec./		10 sec./					
Half Moon Stepping With Football	Full Drill/		45-sec. rest		Full Drill/		45-sec. rest			
Half Moon Fielding With Baseball	Full Drill/		45-sec. rest		Full Drill/		45-sec. rest			
Power										
Exercise	Set 1		Set 2		Set 3		Set 4		Set 5	
Overhead Med Ball Throws	10/		10/							
Backhand/Forehand Med Ball Toss	10/		45-sec. rest		10/		45-sec. rest			
Strength										
Exercise	Set 1		Set 2		Set 3		Set 4		Set 5	
Six-Pack Scap Routine	3x6 sec.									
Split-Squat on 2x4	6/ lbs.		6/ lbs.							
Squat	10/ lbs.		6/ lbs.		6/ lbs.		6/ lbs.		6/ lbs.	
DB Walking Lunge	6/ lbs.		6/ lbs.		6/ lbs.					
Single-Leg Squat	10/ lbs.		10/ lbs.		10/ lbs.					
Hamstring Curls on Ball (add partner resistance)	10/ lbs.		10/ lbs.							
Physioball Reverse Glute/Hyperextension	10/ lbs.		10/ lbs.							
Barbell or DB Straight-Leg Deadlift	10/ lbs.		10/ lbs.							
Flamingos and Single-Leg Straight-Leg Deadlift Combo	10+6/ lbs.		10+6/ lbs.		10+6/ lbs.					

Week 6, Day 2 / /08

Conditioning						
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Dynamic Warm-Up/Movement Drills	1x25 yards each drill					
100-Yard Sprint	60% with 60-sec. rest					
150-Yard Sprint	75% with 60-sec. rest					
200-Yard Sprint (under 30 sec. or at 15 MPH)	90% with 60-sec. rest					