

SUMMER PHASE July 18th-Aug 22nd

4 Days a Week

Goal = hammer each Body Part (Get a pump!!!)

Each set should be 8-12+ reps

Keep rest periods under 1 minute

Record weight and # of reps each exercise

Make your own copies

NAME _____

DATE _____

WEIGHT _____

LEGS ---- Day 1	set 1	set 2	set 3	set 4	set 5	set 6
Leg Press						
Dumbbell Lunges						
DB step ups						
Adduction						
Abduction						
Standing Calf						
Seated Calf						

CHEST & TRICEPS ----- Day 2	set 1	set 2	set 3	set 4	set 5	set 6
Bench Press (block on chest)				drop set		
Flys						
Pull-overs						
Push-ups (set of 30)						
Tricep Extensions						
Tricep Kickbacks						
Close grip push-ups (As many as possible)						

BACK & BICEPS ----- Day 3	set 1	set 2	set 3	set 4	set 5	set 6
Lat Pulldowns						
Seated Rows						
DB Rows						
Straight Bar Curls						
DB Hammer Curls						
Pulley Curls				drop set		

LIGHT LEGS & SHOULDERS ----- Day 4	set 1	set 2	set 3	set 4	set 5	set 6
Single Leg Leg Press						
DB Lunges						
Shoulder Press (pitchers only 15lbs.)						
Lateral Raises (pitchers only 15lbs.)						
Shrugs						
Front Raises (pitchers only 15lbs.)						