Baseball By The Yard

OFF-SEASON WEIGHT TRAINING
PROGRESSION CHART

BEGINNERS WORKOUT:

	Day 1		**Day 2**		**Day 3**		**Day 4**		**Day 5**	
Bench Press	/	/	/	/	/	/	/	/	/	/
Shoulder Press	/	/	/	/	/	/	/	/	/	/
Lat Pulls	/	/	/	/	/	/	/	/	/	/
Tricep Extension	/	/	/	/	/	/	/	/	/	/
Bicep Curls	/	/	/	/	/	/	/	/	/	/
Wrist Curls	/	/	/	/	/	/	/	/	/	/
Lunges	/	/	/	/	/	/	/	/	/	/
Squats	/	/	/	/	/	/	/	/	/	/
Bands - Rotator Cuff	/	/	/	/	/	/	/	/	/	/

	Day 6		**Day 7**		**Day 8**		**Day 9**		**Day 10**	
Bench Press	/	/	/	/	/	/	/	/	/	/
Shoulder Press	/	/	/	/	/	/	/	/	/	/
Lat Pulls	/	/	/	/	/	/	/	/	/	/
Tricep Extension	/	/	/	/	/	/	/	/	/	/
Bicep Curls	/	/	/	/	/	/	/	/	/	/
Wrist Curls	/	/	/	/	/	/	/	/	/	/
Lunges	/	/	/	/	/	/	/	/	/	/
Squats	/	/	/	/	/	/	/	/	/	/
Bands - Rotator Cuff	/	/	/	/	/	/	/	/	/	/