



BASEBALL – OFF SEASON

21-15-9 (3x/week)

In a **21-15-9** workout the athlete choose one movement from each group (Strength, Cardio, and Core) and performs **21** reps of each movement, then **15** of each, then **9** of each. The descending repetitions allow an athlete to push equally hard in each round under fatigue.

Strength

Thrusters		https://www.youtube.com/watch?v=u3wKkZjE8QM
Overhead Squat		https://www.youtube.com/watch?v=pn8mqIG0nkE
Push Press		https://www.youtube.com/watch?v=iaBVSJm78ko
*Cleans (if comfortable)		https://www.youtube.com/watch?v=KwYJTpQ_x5A



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Cardio

Burpees		https://www.youtube.com/watch?v=auBLPXO8Fww
Box Jumps		https://www.youtube.com/watch?v=NB9Y-kTuHEk
Alternating Jumping Lunges (each leg)		https://www.youtube.com/watch?v=clkkHg8YZQU
Jump Rope/ Double Unders		Double unders demo: https://www.youtube.com/watch?v=82jNjDS19lg

Core

Sit Ups		https://www.youtube.com/watch?v= HDZODOx7Zw
V ups		https://www.youtube.com/watch?v=7UVgs18Y1P4
Russian Twists (each side)		https://www.youtube.com/watch?v=JyUqwkVpsi8