



STRENGTH PROGRAM

BASEBALL

4. FÁZE - IN-SEASON



KAIZEN ATHLETE TRAINING - STRENGTH					
Excercise	Reps	Tempo	RPE / %	Rest	Comment
A1: Tall Kneeling Hip Mobility A2: Prone Y Swimmer CARs A3: Bent over KB Rotational Swing	2x5+5 2x 8-10 2x alt. 20				
B1: Deep Tier Split Squat Jumps	2-3x 15+15		2-4kg MB		
B2: Side to Side MB Frontal Scoop Toss	2-3x atl. 20-30		2-4kg MB	Full	Rytmika
C1: Back Squat / TrapBar DL	4x3	20X1	7.5-8.5 RPE		
C2: Seated Broad Jump	4x3			2-3min	
D1: Bench Press	4x3	20X1	7.5-8.5 RPE		
D2: Single Arm MB Chest Pass - do země	3x4+4		2-4kg MB	1-2min	
E1: Chin Up / Neutral Grip Pull Up	2-3x4-6	20X1			
E2: Nordic Curl	2-3x3-5	pomalů dolů		1-2min	Případně zatížit
KAIZEN ATHLETE TRAINING - POWER					
Excercise	Reps	Tempo	RPE / %	Rest	Comment
A1: Y Drop and Catch	3x15		6-7 RPE		
A2: High Pogo Jumps - různé směry	3x15			1min	
B1: Weighted CMJ - TrapBar / DB's	3-4x 5		7.5 RPE		
B2: Half Kneeling Lateral Jump + Triple Broad Jump	3-4x 1+1			2min	
C1: Landmine Split Jerk	3-4x 3+3		7.5 - 8.5		
C2: Single Arm MB Chest Pass	3-4x3+3		2-4kg MB	2min	
D1: Landmine Rotations	3-4x alt. 6	10X1	7-8RPE		
D2: Rotational Ball Slam	3-4x alt. 6		2-4kg MB	2min	
E: Band Pull Apart - různé směry	Accumulate 150 reps			1min	
KAIZEN ATHLETE TRAINING - MOBILITY + ACCESSORIES + RECOVERY					
Excercise	Reps	Tempo	RPE / %	Rest	Comment
A: Run / Bike / Row	Easy 5 min				
B1: Side Lying Open Book B2: 90/90 Hip Mobility B3: Seated Bear Hug Thoracic Rotations	B1: 2-3x 8+8 B2: 2-3x 6+6 B3: 2-3x 20				
C1: Single Arm DB Pullover ISO	3-4x 30-45s/each arm		7-8 RPE		
C2: Full ROM Lateral Lunge	3-4x 8+8	2111	6-7 RPE	1-2min	
D1: Bent over DB Rotational Row	3x alt. 14-16	2011	8 RPE		Full ROM
D2: Half Kneeling Cable Core Rotations	3x10+10	2011	8 RPE		Full ROM
D3: Copenhagen Side Plank Raises	3x10+10	2011	8 RPE	1-2min	Full ROM
E: Run / Bike / Row	Easy 15-30 min				

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B1: Deep Tier Split Squat Jumps	2-3x 15+15	
B2: Side to Side MB Frontal Scoop Toss	2-3x atl. 20-30	
C1: Back Squat / TrapBar DL	4x3	
C2: Seated Broad Jump	4x3	
D1: Bench Press	4x3	
D2: Single Arm MB Chest Pass - do země	3x4+4	
E1: Chin Up / Neutral Grip Pull Up	2-3x4-6	
E2: Nordic Curl	2-3x3-5	
KAIZEN ATHLETE TRAINING - POWER		
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A2: High Pogo Jumps - různé směry	3x15	
B1: Weighted CMJ - TrapBar / DB's	3-4x 5	
B2: Half Kneeling Lateral Jump + Triple Broad Jump	3-4x 1+1	
C1: Landmine Split Jerk	3-4x 3+3	
C2: Single Arm MB Chest Pass	3-4x3+3	
D1: Landmine Rotations	3-4x alt. 6	
D2: Rotational Ball Slam	3-4x alt. 6	
E: Band Pull Apart - různé směry	Accumulate 150 reps	
KAIZEN ATHLETE TRAINING - MOBILITY + ACCESSORIES + RECOVERY		
Excercise	Reps	Výsledky
A: Run / Bike / Row	Easy 5 min	
B1: Side Lying Open Book B2: 90/90 Hip Mobility B3: Seated Bear Hug Thoracic Rotations	B1: 2-3x 8+8 B2: 2-3x 6+6 B3: 2-3x 20	
C1: Single Arm DB Pullover ISO	3-4x 30-45s/each arm	
C2: Full ROM Lateral Lunge	3-4x 8+8	
D1: Bent over DB Rotational Row	3x alt. 14-16	
D2: Half Kneeling Cable Core Rotations	3x10+10	
D3: Copenhagen Side Plank Raises	3x10+10	
E: Run / Bike / Row	Easy 15-30 min	