**CORNING HAWKS BASEBALL OFF SEASON WORKOUT**

* **Workout Frequency:** You can do this workout 3 days on followed by one day off. Monday/Tuesday/Thursday/ Friday workout with weekends off is another option.
* **Use Perfect Form:** Make sure that you use perfect form on all exercises for maximum stimulation and injury prevention. Never sacrifice form in order to add more weight.
* **Keep It Fast Paced:** Rest 60 seconds in between sets. 45-60 minutes total for each workout- NO more! Get in and get out, no socializing. Longer is NOT better, BE EFFICIENT
* **WARM-UP AND COOL DOWN PROPERLY-FOAM ROLL!!! LISTEN TO YOUR BODY!!!**
* **MAKE SURE YOU GET IN YOUR AGILITY AND CARDIO!!! (BEFORE OR AFTER)**
* **ITS UP TO YOU HOW GOOD YOU WANT TO BE!!!**

**Workout (A): Chest/Biceps/Triceps**  
**Chest**  
Flat Dumbbell Press (alt with Bench Press) 3 sets of 10-12 reps

Incline Bench Press (alternate with Incline Dumbbell Press) 3 sets of 12, 10, 8 reps  
Incline Flyes 2 sets of 12-15 reps (alternate with Flat Flyes every other workout)

**Biceps**  
Concentration Curls (alternate with Preacher Curls) 2 sets of 8-10 reps  
Hammer Curls 3 sets of 12-15 reps  
   
**Triceps**   
Triceps Pushdowns 3 sets of 12, 10, 8 reps   
Overhead Dumbbell Extension 3 sets each of 12-15

**Workout (B): Thighs/Hamstrings/Forearms/Abs**  
**Quads**  
Squats 3 sets of 12, 10, 8 reps   
Leg Press 3 sets of 10-12 reps   
Leg Extensions 3 sets of 12-15 reps   
  
**Hamstrings**  
Seated Leg Curls 3 sets of 12-15 reps **Forearms**Lunges 3 sets of 12-15 reps Barbell Curl 3 sets 12-15  
(Note: Press with your heels on lunges and step ups) Reverse Curls 3 sets 12-15  
 Wrist Flips 2 sets to failure  
**Abs**  
Ab Machine 3 sets of 10-15 reps  
Crunches 4 sets to failure

**Workout (C): Back/Shoulders/Calves**  
**Back**

Wide Grip Pull-ups to Front (alternate with Wide Grip Pull-ups to Back) 3 sets of 8-12 reps  
Lateral Pulldowns 3 sets of 12-15 reps

Low Pulley Rows 3 sets of 12-15 reps   
  
**Shoulders**  
Dumbbell Shoulder Press 3 sets of 12-15 reps  
Shrugs 3 sets of 10-12 reps  
Shoulder Raises 4 sets of 12-15 reps (2 side, 2 front)  
  
**Calves**  
Standing Calf Raises 3 sets of 15-18 reps  
Seated Calf Raises with Toes In (alternate with Seated Calf Raises with Toes Out) 3 sets of 15-20 reps

**\*Cardio of your choice 2 days/week of at least 20 minutes in your target heart rate zone (Treadmill, Track, Elliptical, Sprint/Jog/Sprint/Jog)**

\***Speed Agility 2 days/week (jump rope, hurdles, cones, ladder, box jumps…)**