



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



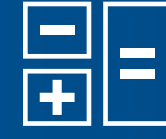
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OFF-SEASON BASEBALL STRENGTH WORKOUT

Increase your strength (esp. upper body strength) in the baseball off-season. This is a full body workout hitting all major muscle groups every workout, 3 times per week.

Link to Workout: <https://www.muscleandstrength.com/workouts/off-season-baseball-strength-workout.html>

Main Goal: Increase Strength

Training Level: Intermediate

Program Duration: 8 Weeks

Days Per Week: 3 Days

Time Per Workout: 60-75 Mins

Equipment: Barbell, Bodyweight, EZ Bar, Machines

Author: Team Muscle & Strength

Full Body Routine

Exercise	Sets	Reps
Legs		
Squat	3	12, 10, 10
Leg Curl	3	15, 12, 12
Leg Extension	3	15, 12, 12
Chest		
Barbell Bench Press	4	12, 10, 8, 6
Triceps		
Lying Tricep Extension	3	10, 8, 8
Back		
Bent Over Barbell Row	4	15, 12, 10, 8
Traps		
Dumbbell Shrugs	3	12, 10, 6
Biceps		
Standing Barbell Curl	3	10, 8, 8
Forearms		
Barbell Wrist Curl	2	15
Abs		
Decline Sit Ups	3	20 - 25

This workout should be completed 3 times per week with a minimum of 1 day in between workouts.