

Franklin Towne Baseball Off-Season Workouts

You are highly encouraged to stay in shape, through working-out in the gym, and at the batting cages. This is just a guide to help anyone who is unclear. At the beginning of the season you will turn in a report of your weightages throughout the off-season. Stay focused and come back better than last year.

Warm Up/Stretch:

- These workouts should be done every day, but especially before a workout:
 - Walking knee raises
 - Pull knee into chest, with opposite leg fully extended on the ground
 - Continue for 10 yards, alternating legs
 - Walking heel ups
 - Pull heel into lower back, with opposite leg fully extended on the ground
 - Continue for 10 yards, alternating legs
 - Forward lunges with twist
 - Step forward with your right foot, rotating your left elbow to touch your right knee
 - Push off with your right foot, so the left leg can step forward and you can touch the left knee with right elbow
 - Repeat for 10 yards
 - Side lunge
 - Step laterally with the right foot, and bend right knee while keeping left leg fully extended and straight
 - Push off with right foot, so the left leg can swing to the front and land facing the opposite direction
 - Repeat for 10 yards
 - Arm swings
 - Stretch arms straight in opposite sides
 - Rotate forward in small circles
 - Gradually increase the size of circles, then rotate backwards
 - Arms front cross
 - Keep arms at shoulder level, with elbows straight
 - Cross arms in front, alternating top and bottom hands

Workouts

Workout 1

- These workouts use mostly free weights, but can be supplemented for body weight or machine workouts- if you complete your own workout regimen, you must still submit your weightages at the start of the season
 - Cardio
 - 30 minutes on bike, elliptical, or jog - timed with mileage
 - Dumbbell bench press
 - Keep lower back flat by placing feet on the bench and raise hips slightly. **Keep lower back on bench during the entire exercise movement.**
 - Start with dumbbells at side of chest, with palms facing each other. Keep arms close in to the sides.
 - Press dumbbells off chest as you turn the ends of the dumbbells toward each other.
 - Exhale as you lock the dumbbells out to full arm's length.
 - Inhale and lower the dumbbells slowly and under control
 - Dumbbell dead lift
 - Keep the knees slightly bent as you lower the dumbbells to just past your knees.
 - Move hips back.
 - Do not let shoulders move in front of feet.
 - Feel a stretch in hamstrings.
 - Keep the shoulders pulled back throughout the entire movement.
 - Keep the abs tight.
 - Bent dumbbell raises
 - Hold dumbbells with arms straight down, palms facing each other. Torso parallel with floor.
 - Raise dumbbells to shoulder level with arms straight. Try to hold momentarily.
 - **Do not swing dumbbells up.**
 - Lower and repeat.
 - Barbell Row
 - Place barbell on floor in front of you.

- Keep feet hip width apart.
- Use overhand grip about shoulder width apart.
- Unlock the knees, torso parallel with floor.
- Pull barbell to lower part of chest. Feel the shoulder blades pulling together.
- Lower and repeat. Do not jerk barbell up, do slowly and under control.
- Triceps Push-Down
 - Keep abs tight.
 - Do not let the shoulders come up, keep down.
 - Keep elbows at side.
 - Let hands come up until the arms are parallel with ground and extend downward.
- Dumbbell Hammer Curl
 - Keep abs tight.
 - Do not let the shoulders come up, keep down.
 - Keep elbows at side.
 - Keep thumbs pointed up.
- Static Abs
 - Place right elbow on ground with left hand behind the head and left elbow pointed up. (see Fig. 43)
 - Place top leg forward and raise the hips as high as possible.
 - Hold for 15 to 30 seconds.
 - Then place both elbows on ground. (see Fig. 44)
 - Keep abs tight and hips up.
 - Hold for 30 to 60 seconds.
 - Place right elbow on ground with left hand behind the head and left elbow pointed up. (see Fig. 45)
 - Place top leg back and raise the hips as high as possible.
 - Hold for 15 to 30 seconds.
 - Repeat sequence with left elbow on ground.

Workout 2

- Cardio
 - 30 minutes on bike, elliptical, or jog - timed with mileage
- Walking lunges with dumbbells (can be done in place, without walking)

- Step forward with left foot and lower dumbbells until they barely touch the ground.
- You do not need to take a long step.
- Lower right knee until it almost touches the ground.
- Extend with the left leg and step all the way through into the next step with the right leg.
- Take ten steps and then turn around. Take ten steps back to where you started.
- Ten steps each direction constitutes one set of ten repetitions.
- Leg Curls
 - Keep abs tight, do not let back arch.
 - Pull pads up to hips and lower slowly.
- Static Abs
 - Place right elbow on ground with left hand behind the head and left elbow pointed up. (see Fig. 43)
 - Place top leg forward and raise the hips as high as possible.
 - Hold for 15 to 30 seconds.
 - Then place both elbows on ground. (see Fig. 44)
 - Keep abs tight and hips up.
 - Hold for 30 to 60 seconds.
 - Place right elbow on ground with left hand behind the head and left elbow pointed up. (see Fig. 45)
 - Place top leg back and raise the hips as high as possible.
 - Hold for 15 to 30 seconds.
 - Repeat sequence with left elbow on ground.