

NAME:

GIANTS BASEBALL - STRENGTH & CONDITIONING

FALL

LEGS & BACK

WEEK 1 & 2 **DAY 1** **DATE:** / /

WARM UP

EXERCISE	SET 1	SET 2	SET 3	SET 4	COMMENTS
STRETCH	SEE WARM-UP PAGE				5 SEC. HOLD TIME
JOBE WORK	SEE WARM-UP PAGE				USE 2.5-5lbs. WEIGHTS
ABS CIRCUIT	25/	25/	25/	25/	PICK 4

STRENGTH

EXERCISE	SET 1	SET 2	SET 3	SET 4	COMMENTS
SQUAT	8/ lbs.	10/ lbs.	10/ lbs.	10/ lbs.	PIC - EXPLOSIVE
LEG CIRCUIT	20/	20/	20/	20/	SEE WARM-UP PAGE
LAT PULL DOWNS	10/ lbs.	10/ lbs.	10/ lbs.	-	PIC - WIDE GRIP
LEG CURL	10/ lbs.	10/ lbs.	10/ lbs.	-	
PULL UPS	10 reps.	10 reps.	10 reps.	10 reps.	ASSIST IF NECESSARY
SINGLE LEG RDL	10/ lbs.	10/ lbs.	-	-	PIC - BALANCE
DB LATERAL LUNGE	10/ lbs.	10/ lbs.	-	-	PIC
LAT PULL DOWNS	10/ lbs.	10/ lbs.	-	-	CLOSE GRIP & REVERSED
3 WAY WRISTS	25/ lbs.	25/ lbs.	25/ lbs.	-	PIC

AGILITY / CONDITIONING

EXERCISE	DISTANCE	REPS	TIME	RECOVERY	COMMENTS
PLYOMETRICS	SEE WARM-UP PAGE				
STARTER SPRINTS	15 YARDS	15	FULL SPEED	JOG BACK	CROSS OVER FOOTWORK

UPPER BODY & SHOULDERS

WEEK 1 & 2 **DAY 2** **DATE:** / /

WARM UP

EXERCISE	SET 1	SET 2	SET 3	SET 4	COMMENTS
STRETCH	SEE WARM-UP PAGE				5 SEC. HOLD TIME
JOBE WORK	SEE WARM-UP PAGE				USE 2.5-5lbs. WEIGHTS
ABS CIRCUIT	25/	25/	25/	25/	PICK 4

STRENGTH

EXERCISE	SET 1	SET 2	SET 3	SET 4	COMMENTS
BENCH	8/ lbs.	10/ lbs.	10/ lbs.	10/ lbs.	PITCHERS USE DB
4 WAY SHOULDERS	10/ lbs.	10/ lbs.	10/ lbs.	10/ lbs.	PIC - 10lb MAX WEIGHT
DB INCLINE	10/ lbs.	10/ lbs.	10/ lbs.	-	
3 WAY SHOULDERS	10/ lbs.	10/ lbs.	10/ lbs.	-	PIC - 10lb MAX WEIGHT
DB PULL OVER	10/ lbs.	10/ lbs.	10/ lbs.	-	
DB SHOULDER PRESS	10/ lbs.	10/ lbs.	10/ lbs.	-	PIC - LIGHT WEIGHT
TRICEP EXTENSIONS	10/ lbs.	10/ lbs.	10/ lbs.	10/ lbs.	PIC
REVERSE CURLS	10/ lbs.	10/ lbs.	-	-	
3 WAY WRISTS	25/ lbs.	25/ lbs.	25/ lbs.	-	PIC

AGILITY / CONDITIONING

EXERCISE	DISTANCE	REPS	TIME	RECOVERY	COMMENTS
PLYOMETRICS	SEE WARM-UP PAGE				
TRYOUT SPRINTS	60 YARDS	8	FULL SPEED	JOG BACK	

NAME:

GIANTS BASEBALL - STRENGTH & CONDITIONING

FALL

LEGS & BACK

WEEK 3 & 4 **DAY 1** **DATE:** / /

WARM UP

EXERCISE	SET 1	SET 2	SET 3	SET 4	COMMENTS
STRETCH	SEE WARM-UP PAGE				5 SEC. HOLD TIME
JOBE WORK	SEE WARM-UP PAGE				USE 2.5-5lbs. WEIGHTS
ABS CIRCUIT	25/	25/	25/	25/	PICK 4

STRENGTH

EXERCISE	SET 1	SET 2	SET 3	SET 4	COMMENTS
SQUAT	8/ lbs.	8/ lbs.	8/ lbs.	8/ lbs.	PIC - EXPLOSIVE
LEG CIRCUIT	20/	20/	20/	20/	SEE WARM-UP PAGE
LAT PULL DOWNS	8/ lbs.	8/ lbs.	8/ lbs.	-	PIC - WIDE GRIP
LEG CURL	8/ lbs.	8/ lbs.	8/ lbs.	-	
PULL UPS	10 reps.	10 reps.	10 reps.	10 reps.	ASSIST IF NECESSARY
SINGLE LEG RDL	8/ lbs.	8/ lbs.	-	-	PIC - BALANCE
DB LATERAL LUNGE	8/ lbs.	8/ lbs.	-	-	PIC
LAT PULL DOWNS	8/ lbs.	8/ lbs.	-	-	CLOSE GRIP & REVERSED
3 WAY WRISTS	25/ lbs.	25/ lbs.	25/ lbs.	-	PIC

AGILITY / CONDITIONING

EXERCISE	DISTANCE	REPS	TIME	RECOVERY	COMMENTS
PLYOMETRICS	SEE WARM-UP PAGE				
STARTER SPRINTS	20 YARDS	12	FULL SPEED	JOG BACK	CROSS OVER FOOTWORK

UPPER BODY & SHOULDERS

WEEK 3 & 4 **DAY 2** **DATE:** / /

WARM UP

EXERCISE	SET 1	SET 2	SET 3	SET 4	COMMENTS
STRETCH	SEE WARM-UP PAGE				5 SEC. HOLD TIME
JOBE WORK	SEE WARM-UP PAGE				USE 2.5-5lbs. WEIGHTS
ABS CIRCUIT	25/	25/	25/	25/	PICK 4

STRENGTH

EXERCISE	SET 1	SET 2	SET 3	SET 4	COMMENTS
BENCH	8/ lbs.	8/ lbs.	8/ lbs.	8/ lbs.	PITCHERS USE DB
4 WAY SHOULDERS	8/ lbs.	8/ lbs.	8/ lbs.	8/ lbs.	PIC - 10lb MAX WEIGHT
DB INCLINE	8/ lbs.	8/ lbs.	8/ lbs.	-	
3 WAY SHOULDERS	8/ lbs.	8/ lbs.	8/ lbs.	-	PIC - 10lb MAX WEIGHT
DB PULL OVER	8/ lbs.	8/ lbs.	8/ lbs.	-	
DB SHOULDER PRESS	8/ lbs.	8/ lbs.	8/ lbs.	-	PIC - LIGHT WEIGHT
TRICEP EXTENSIONS	8/ lbs.	8/ lbs.	8/ lbs.	8/ lbs.	PIC
REVERSE CURLS	8/ lbs.	8/ lbs.	-	-	
3 WAY WRISTS	25/ lbs.	25/ lbs.	25/ lbs.	-	PIC

AGILITY / CONDITIONING

EXERCISE	DISTANCE	REPS	TIME	RECOVERY	COMMENTS
PLYOMETRICS	SEE WARM-UP PAGE				
LONG SPRINTS	100 YARDS	6	FULL SPEED	JOG BACK	

NAME:

GIANTS BASEBALL - STRENGTH & CONDITIONING

FALL

LEGS & BACK

WEEK 5 & 6 **DAY 1** **DATE:** / /

WARM UP

EXERCISE	SET 1	SET 2	SET 3	SET 4	COMMENTS
STRETCH	SEE WARM-UP PAGE				5 SEC. HOLD TIME
JOBE WORK	SEE WARM-UP PAGE				USE 2.5-5lbs. WEIGHTS
ABS CIRCUIT	25/	25/	25/	25/	PICK 4

STRENGTH

EXERCISE	SET 1	SET 2	SET 3	SET 4	COMMENTS
SQUAT	8/ lbs.	6/ lbs.	6/ lbs.	6/ lbs.	PIC - EXPLOSIVE
LEG CIRCUIT	20/	20/	20/	20/	SEE WARM-UP PAGE
LAT PULL DOWNS	6/ lbs.	6/ lbs.	6/ lbs.	-	PIC - WIDE GRIP
LEG CURL	6/ lbs.	6/ lbs.	6/ lbs.	-	
PULL UPS	10 reps.	10 reps.	10 reps.	10 reps.	ASSIST IF NECESSARY
SINGLE LEG RDL	6/ lbs.	6/ lbs.	-	-	PIC - BALANCE
DB LATERAL LUNGE	6/ lbs.	6/ lbs.	-	-	PIC
LAT PULL DOWNS	6/ lbs.	6/ lbs.	-	-	CLOSE GRIP & REVERSED
3 WAY WRISTS	25/ lbs.	25/ lbs.	25/ lbs.	-	PIC

AGILITY / CONDITIONING

EXERCISE	DISTANCE	REPS	TIME	RECOVERY	COMMENTS
PLYOMETRICS	SEE WARM-UP PAGE				
BASE-STEALERS	30 YARDS	10	FULL SPEED	JOG BACK	CROSS OVER FOOTWORK

UPPER BODY & SHOULDERS

WEEK 5 & 6 **DAY 2** **DATE:** / /

WARM UP

EXERCISE	SET 1	SET 2	SET 3	SET 4	COMMENTS
STRETCH	SEE WARM-UP PAGE				5 SEC. HOLD TIME
JOBE WORK	SEE WARM-UP PAGE				USE 2.5-5lbs. WEIGHTS
ABS CIRCUIT	25/	25/	25/	25/	PICK 4

STRENGTH

EXERCISE	SET 1	SET 2	SET 3	SET 4	COMMENTS
BENCH	8/ lbs.	6/ lbs.	6/ lbs.	6/ lbs.	PITCHERS USE DB
4 WAY SHOULDERS	8/ lbs.	8/ lbs.	8/ lbs.	8/ lbs.	PIC - 10lb MAX WEIGHT
DB INCLINE	6/ lbs.	6/ lbs.	6/ lbs.	-	
3 WAY SHOULDERS	8/ lbs.	8/ lbs.	8/ lbs.	-	PIC - 10lb MAX WEIGHT
DB PULL OVER	6/ lbs.	6/ lbs.	6/ lbs.	-	
DB SHOULDER PRESS	6/ lbs.	6/ lbs.	6/ lbs.	-	PIC - LIGHT WEIGHT
TRICEP EXTENSIONS	6/ lbs.	6/ lbs.	6/ lbs.	6/ lbs.	PIC
REVERSE CURLS	6/ lbs.	6/ lbs.	-	-	
3 WAY WRISTS	25/ lbs.	25/ lbs.	25/ lbs.	-	PIC

AGILITY / CONDITIONING

EXERCISE	DISTANCE	REPS	TIME	RECOVERY	COMMENTS
PLYOMETRICS	SEE WARM-UP PAGE				
TRYOUT SPRINTS	60 YARDS	8	FULL SPEED	JOG BACK	

NAME:

GIANTS BASEBALL - STRENGTH & CONDITIONING

FALL

LEGS & BACK

WEEK 7 & 8 DAY 1 DATE: / /

WARM UP

EXERCISE	SET 1	SET 2	SET 3	SET 4	COMMENTS
STRETCH	SEE WARM-UP PAGE				5 SEC. HOLD TIME
JOBE WORK	SEE WARM-UP PAGE				USE 2.5-5lbs. WEIGHTS
ABS CIRCUIT	25/	25/	25/	25/	PICK 4

STRENGTH

EXERCISE	SET 1	SET 2	SET 3	SET 4	COMMENTS
SQUAT	8/ lbs.	8/ lbs.	8/ lbs.	8/ lbs.	PIC - EXPLOSIVE
LEG CIRCUIT	20/	20/	20/	20/	SEE WARM-UP PAGE
LAT PULL DOWNS	8/ lbs.	8/ lbs.	8/ lbs.	-	PIC - WIDE GRIP
LEG CURL	8/ lbs.	8/ lbs.	8/ lbs.	-	
PULL UPS	10 reps.	10 reps.	10 reps.	10 reps.	ASSIST IF NECESSARY
SINGLE LEG RDL	8/ lbs.	8/ lbs.	-	-	PIC - BALANCE
DB LATERAL LUNGE	8/ lbs.	8/ lbs.	-	-	PIC
LAT PULL DOWNS	8/ lbs.	8/ lbs.	-	-	CLOSE GRIP & REVERSED
3 WAY WRISTS	25/ lbs.	25/ lbs.	25/ lbs.	-	PIC

AGILITY / CONDITIONING

EXERCISE	DISTANCE	REPS	TIME	RECOVERY	COMMENTS
PLYOMETRICS	SEE WARM-UP PAGE				
STARTER SPRINTS	20 YARDS	12	FULL SPEED	JOG BACK	CROSS OVER FOOTWORK

UPPER BODY & SHOULDERS

WEEK 7 & 8 DAY 2 DATE: / /

WARM UP

EXERCISE	SET 1	SET 2	SET 3	SET 4	COMMENTS
STRETCH	SEE WARM-UP PAGE				5 SEC. HOLD TIME
JOBE WORK	SEE WARM-UP PAGE				USE 2.5-5lbs. WEIGHTS
ABS CIRCUIT	25/	25/	25/	25/	PICK 4

STRENGTH

EXERCISE	SET 1	SET 2	SET 3	SET 4	COMMENTS
BENCH	8/ lbs.	8/ lbs.	8/ lbs.	8/ lbs.	PITCHERS USE DB
4 WAY SHOULDERS	8/ lbs.	8/ lbs.	8/ lbs.	8/ lbs.	PIC - 10lb MAX WEIGHT
DB INCLINE	8/ lbs.	8/ lbs.	8/ lbs.	-	
3 WAY SHOULDERS	8/ lbs.	8/ lbs.	8/ lbs.	-	PIC - 10lb MAX WEIGHT
DB PULL OVER	8/ lbs.	8/ lbs.	8/ lbs.	-	
DB SHOULDER PRESS	8/ lbs.	8/ lbs.	8/ lbs.	-	PIC - LIGHT WEIGHT
TRICEP EXTENSIONS	8/ lbs.	8/ lbs.	8/ lbs.	8/ lbs.	PIC
REVERSE CURLS	8/ lbs.	8/ lbs.	-	-	
3 WAY WRISTS	25/ lbs.	25/ lbs.	25/ lbs.	-	PIC

AGILITY / CONDITIONING

EXERCISE	DISTANCE	REPS	TIME	RECOVERY	COMMENTS
PLYOMETRICS	SEE WARM-UP PAGE				
LONG SPRINTS	100 YARDS	6	FULL SPEED	JOG BACK	

GIANTS BASEBALL - STRENGTH & CONDITIONING

FALL

LEGS & BACK

WEEK 9 & 10 DAY 1 DATE: / /

WARM UP						
EXERCISE	SET 1	SET 2	SET 3	SET 4	COMMENTS	
STRETCH	SEE WARM-UP PAGE					5 SEC. HOLD TIME
JOBE WORK	SEE WARM-UP PAGE					USE 2.5-5lbs. WEIGHTS
ABS CIRCUIT	25/	25/	25/	25/		PICK 4
STRENGTH						
EXERCISE	SET 1	SET 2	SET 3	SET 4	COMMENTS	
SQUAT	8/ lbs.	10/ lbs.	10/ lbs.	10/ lbs.		PIC - EXPLOSIVE
LEG CIRCUIT	20/	20/	20/	20/		SEE WARM-UP PAGE
LAT PULL DOWNS	10/ lbs.	10/ lbs.	10/ lbs.	-		PIC - WIDE GRIP
LEG CURL	10/ lbs.	10/ lbs.	10/ lbs.	-		
PULL UPS	10 reps.	10 reps.	10 reps.	10 reps.		ASSIST IF NECESSARY
SINGLE LEG RDL	10/ lbs.	10/ lbs.	-	-		PIC - BALANCE
DB LATERAL LUNGE	10/ lbs.	10/ lbs.	-	-		PIC
LAT PULL DOWNS	10/ lbs.	10/ lbs.	-	-		CLOSE GRIP & REVERSED
3 WAY WRISTS	25/ lbs.	25/ lbs.	25/ lbs.	-		PIC
AGILITY / CONDITIONING						
EXERCISE	DISTANCE	REPS	TIME	RECOVERY	COMMENTS	
PLYOMETRICS	SEE WARM-UP PAGE					
STARTER SPRINTS	15 YARDS	15	FULL SPEED	JOG BACK	CROSS OVER FOOTWORK	

UPPER BODY & SHOULDERS

WEEK 9 & 10 DAY 2 DATE: / /

WARM UP						
EXERCISE	SET 1	SET 2	SET 3	SET 4	COMMENTS	
STRETCH	SEE WARM-UP PAGE					5 SEC. HOLD TIME
JOBE WORK	SEE WARM-UP PAGE					USE 2.5-5lbs. WEIGHTS
ABS CIRCUIT	25/	25/	25/	25/		PICK 4
STRENGTH						
EXERCISE	SET 1	SET 2	SET 3	SET 4	COMMENTS	
BENCH	8/ lbs.	10/ lbs.	10/ lbs.	10/ lbs.		PITCHERS USE DB
4 WAY SHOULDERS	10/ lbs.	10/ lbs.	10/ lbs.	10/ lbs.		PIC - 10lb MAX WEIGHT
DB INCLINE	10/ lbs.	10/ lbs.	10/ lbs.	-		
3 WAY SHOULDERS	10/ lbs.	10/ lbs.	10/ lbs.	-		PIC - 10lb MAX WEIGHT
DB PULL OVER	10/ lbs.	10/ lbs.	10/ lbs.	-		
DB SHOULDER PRESS	10/ lbs.	10/ lbs.	10/ lbs.	-		PIC - LIGHT WEIGHT
TRICEP EXTENSIONS	10/ lbs.	10/ lbs.	10/ lbs.	10/ lbs.		PIC
REVERSE CURLS	10/ lbs.	10/ lbs.	-	-		
3 WAY WRISTS	25/ lbs.	25/ lbs.	25/ lbs.	-		PIC
AGILITY / CONDITIONING						
EXERCISE	DISTANCE	REPS	TIME	RECOVERY	COMMENTS	
PLYOMETRICS	SEE WARM-UP PAGE					
TRYOUT SPRINTS	60 YARDS	8	FULL SPEED	JOG BACK		