

GIANTS BASEBALL - STRENGTH & CONDITIONING

WINTER

LEGS

WEEK 1 & 2	DAY 1	DATE 1: / /	DATE 2: / /		
WARM UP					
EXERCISE	SET 1	SET 2	SET 3	SET 4	COMMENTS
STRETCH					5 SEC. HOLD TIME
JOBE WORK					USE 2.5-5lbs. WEIGHTS
ABS CIRCUIT	25/	25/	25/	25/	PICK 4
STRENGTH					
EXERCISE	SET 1	SET 2	SET 3	SET 4	COMMENTS
SQUATS	8/ warm up	8/	8/	8/	PIC - EXPLOSIVE
DB LUNGE	10/	10/	10/	-	SEE WORKOUT PAGE
LEG CURL	10/	10/	10/	-	PIC - WIDE GRIP
LEG EXTENSION	10/	10/	10/	-	
SQUAT WAVE	10/	10/	10/	-	ASSIST IF NECESSARY
SINGLE LEG RDL	10/	10/	-	-	PIC - BALANCE
3 WAY WRISTS	25/	25/	25/	-	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

WEEK 1 & 2	DAY 2	DATE 1: / /	DATE 2: / /		
WARM UP					
EXERCISE	SET 1	SET 2	SET 3	SET 4	COMMENTS
STRETCH					5 SEC. HOLD TIME
JOBE WORK					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 or DB BENCH	8/ warm up	8/	8/	8/	P's option DB floor press
DB INCLINE	10/	10/	10/	-	
DB PULL OVER	10/	10/	10/	-	
TRICEP EXTENSIONS	10/	10/	10/	10/	PIC
REVERSE CURLS	10/	10/	10/	-	
3 WAY WRISTS	25/	25/	25/	-	PIC
AGILITY / CONDITIONING					
EXERCISE	DISTANCE	REPS	TIME	RECOVERY	COMMENTS
LADDER DRILLS (pick 4)					
CONE DRILLS (pick 2)					

BACK & SHOULDERS

WEEK 1 & 2	DAY 3	DATE 1: / /	DATE 2: / /		
WARM UP					
EXERCISE	SET 1	SET 2	SET 3	SET 4	COMMENTS
STRETCH					5 SEC. HOLD TIME
JOBE WORK					USE 2.5-5lbs. WEIGHTS
ABS CIRCUIT	25/	25/	25/	25/	PICK 4
STRENGTH					
EXERCISE	SET 1	SET 2	SET 3	SET 4	COMMENTS
CLEANS	8/ warm up	8/	8/	8/	
DB ROW	10/	10/	-	-	PIC - 10lb MAX WEIGHT
4 WAY SHOULDERS	10/	10/	10/	10/	PIC - 10lb MAX WEIGHT
LAT PULL DOWNS	10/ wide	10/ wide	10/ close	10/ close	PIC - 2 WIDE & 2 CLOSE
DB SHOULDER PRESS	10/	10/	-	-	PIC - LIGHT WEIGHT
PULL UPS & CHIN UPS	10 pull/	10 pull/	10 chin/	10 chin/	ASSIST IF NECESSARY
CHEST SUPPORTED ROW	10/	10/	-	-	PIC
3 WAY WRISTS	25/	25/	25/	-	PIC
AGILITY / CONDITIONING					
EXERCISE	DISTANCE	REPS	TIME	RECOVERY	COMMENTS
SPRINT LAPS	1 lap	6	1 min.	30 sec.	pick 1
BASE-STEALERS	30 YARDS	10	FULL SPEED	JOG BACK	Alternate each week
GENERAL CARDIO					Alternate each week

GIANTS BASEBALL - STRENGTH & CONDITIONING

WINTER

LEGS

WEEK 3 & 4	DAY 1	DATE 1: / /	DATE 2: / /		
WARM UP					
EXERCISE	SET 1	SET 2	SET 3	SET 4	COMMENTS
STRETCH					5 SEC. HOLD TIME
JOBE WORK					USE 2.5-5lbs. WEIGHTS
ABS CIRCUIT	25/	25/	25/	25/	PICK 4
STRENGTH					
EXERCISE	SET 1	SET 2	SET 3	SET 4	COMMENTS
SQUATS	8/ warm up	6/	6/	6/	PIC - EXPLOSIVE
DB LUNGE	8/	8/	8/	-	SEE WORKOUT PAGE
LEG CURL	8/	8/	8/	-	PIC - WIDE GRIP
LEG EXTENSION	8/	8/	8/	-	
SQUAT WAVE	8/	8/	8/	-	ASSIST IF NECESSARY
SINGLE LEG RDL	8/	8/	-	-	PIC - BALANCE
3 WAY WRISTS	25/	25/	25/	-	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

WEEK 3 & 4	DAY 2	DATE 1: / /	DATE 2: / /		
WARM UP					
EXERCISE	SET 1	SET 2	SET 3	SET 4	COMMENTS
STRETCH					5 SEC. HOLD TIME
JOBE WORK					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 or DB BENCH	8/ warm up	6/	6/	6/	P's option DB floor press
DB INCLINE	8/	8/	8/	-	
DB PULL OVER	8/	8/	8/	-	
TRICEP EXTENSIONS	8/	8/	8/	8/	PIC
REVERSE CURLS	8/	8/	8/	-	
3 WAY WRISTS	25/ lbs.	25/ lbs.	25/ lbs.	-	PIC
AGILITY / CONDITIONING					
EXERCISE	DISTANCE	REPS	TIME	RECOVERY	COMMENTS
LADDER DRILLS (pick 4)					
CONE DRILLS (pick 2)					

BACK & SHOULDERS

WEEK 3 & 4	DAY 3	DATE 1: / /	DATE 2: / /		
WARM UP					
EXERCISE	SET 1	SET 2	SET 3	SET 4	COMMENTS
STRETCH					5 SEC. HOLD TIME
JOBE WORK					USE 2.5-5lbs. WEIGHTS
ABS CIRCUIT	25/	25/	25/	25/	PICK 4
STRENGTH					
EXERCISE	SET 1	SET 2	SET 3	SET 4	COMMENTS
CLEANS	8/ warm up	6/	6/	6/	
DB ROW	8/	8/	-	-	PIC - 10lb MAX WEIGHT
4 WAY SHOULDERS	8/	8/	8/	8/	PIC - 10lb MAX WEIGHT
LAT PULL DOWNS	8/ wide	8/ wide	8/ close	8/ close	PIC - 2 WIDE & 2 CLOSE
DB SHOULDER PRESS	8/	8/	-	-	PIC - LIGHT WEIGHT
PULL UPS & CHIN UPS	10 pull/	10 pull/	10 chin/	10 chin/	ASSIST IF NECESSARY
CHEST SUPPORTED ROW	8/	8/	-	-	PIC
3 WAY WRISTS	25/	25/	25/		PIC
AGILITY / CONDITIONING					
EXERCISE	DISTANCE	REPS	TIME	RECOVERY	COMMENTS
SPRINT LAPS	1 lap	6	1 min.	30 sec.	pick 1
BASE-STEALERS	30 YARDS	10	FULL SPEED	JOG BACK	Alternate each week
GENERAL CARDIO					Alternate each week

GIANTS BASEBALL - STRENGTH & CONDITIONING

WINTER

LEGS

WEEK 5 & 6	DAY 1	DATE 1: / /	DATE 2: / /		
WARM UP					
EXERCISE	SET 1	SET 2	SET 3	SET 4	COMMENTS
STRETCH					5 SEC. HOLD TIME
JOBE WORK					USE 2.5-5lbs. WEIGHTS
ABS CIRCUIT	25/	25/	25/	25/	PICK 4
STRENGTH					
EXERCISE	SET 1	SET 2	SET 3	SET 4	COMMENTS
SQUATS	8/ warm up	4/	4/	4/	PIC - EXPLOSIVE
DB LUNGE	6/	6/	6/	-	SEE WORKOUT PAGE
LEG CURL	6/	6/	6/	-	PIC - WIDE GRIP
LEG EXTENSION	6/	6/	6/	-	
SQUAT WAVE	6/	6/	6/	-	ASSIST IF NECESSARY
SINGLE LEG RDL	6/	6/	-	-	PIC - BALANCE
3 WAY WRISTS	25/	25/	25/	-	PIC
AGILITY / CONDITIONING					
EXERCISE	DISTANCE	REPS	TIME	RECOVERY	COMMENTS
PLYOMETRICS	SEE WARM-UP PAGE				
LONG SPRINTS	60-80 YARDS	6	FULL SPEED	JOG BACK	

UPPER BODY

WEEK 5 & 6	DAY 2	DATE 1: / /	DATE 2: / /		
WARM UP					
EXERCISE	SET 1	SET 2	SET 3	SET 4	COMMENTS
STRETCH					5 SEC. HOLD TIME
JOBE WORK					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 or DB BENCH	8/ warm up	4/	4/	4/	P's option DB floor press
DB INCLINE	6/	6/	6/	-	
DB PULL OVER	6/	6/	6/	-	
TRICEP EXTENSIONS	6/	6/	6/	6/	PIC
REVERSE CURLS	6/	6/	6/	-	
3 WAY WRISTS	25/ lbs.	25/ lbs.	25/ lbs.	-	PIC
AGILITY / CONDITIONING					
EXERCISE	DISTANCE	REPS	TIME	RECOVERY	COMMENTS
LADDER DRILLS (pick 4)					
CONE DRILLS (pick 2)					

BACK & SHOULDERS

WEEK 5 & 6	DAY 3	DATE 1: / /	DATE 2: / /		
WARM UP					
EXERCISE	SET 1	SET 2	SET 3	SET 4	COMMENTS
STRETCH					5 SEC. HOLD TIME
JOBE WORK					USE 2.5-5lbs. WEIGHTS
ABS CIRCUIT	25/	25/	25/	25/	PICK 4
STRENGTH					
EXERCISE	SET 1	SET 2	SET 3	SET 4	COMMENTS
CLEANS	8/ warm up	4/	4/	4/	
DB ROW	6/	6/	-	-	PIC - 10lb MAX WEIGHT
4 WAY SHOULDERS	6/	6/	6/	6/	PIC - 10lb MAX WEIGHT
LAT PULL DOWNS	6/ wide	6/ wide	6/ close	6/ close	PIC - 2 WIDE & 2 CLOSE
DB SHOULDER PRESS	6/	6/	-	-	PIC - LIGHT WEIGHT
PULL UPS & CHIN UPS	10 pull/	10 pull/	10 chin/	10 chin/	ASSIST IF NECESSARY
CHEST SUPPORTED ROW	6/	6/	-	-	PIC
3 WAY WRISTS	25/	25/	25/		PIC
AGILITY / CONDITIONING					
EXERCISE	DISTANCE	REPS	TIME	RECOVERY	COMMENTS
SPRINT LAPS	1 lap	6	1 min.	30 sec.	pick 1
BASE-STEALERS	30 YARDS	10	FULL SPEED	JOG BACK	Alternate each week
GENERAL CARDIO					Alternate each week

GIANTS BASEBALL - STRENGTH & CONDITIONING

WINTER

LEGS

WEEK 7 & 8	DAY 1	DATE 1: / /	DATE 2: / /		
WARM UP					
EXERCISE	SET 1	SET 2	SET 3	SET 4	COMMENTS
STRETCH					5 SEC. HOLD TIME
JOBE WORK					USE 2.5-5lbs. WEIGHTS
ABS CIRCUIT	25/	25/	25/	25/	PICK 4
STRENGTH					
EXERCISE	SET 1	SET 2	SET 3	SET 4	COMMENTS
SQUATS	8/ warm up	6/	6/	6/	PIC - EXPLOSIVE
DB LUNGE	8/	8/	8/	-	SEE WORKOUT PAGE
LEG CURL	8/	8/	8/	-	PIC - WIDE GRIP
LEG EXTENSION	8/	8/	8/	-	
SQUAT WAVE	8/	8/	8/	-	ASSIST IF NECESSARY
SINGLE LEG RDL	8/	8/	-	-	PIC - BALANCE
3 WAY WRISTS	25/	25/	25/	-	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

WEEK 7 & 8	DAY 2	DATE 1: / /	DATE 2: / /		
WARM UP					
EXERCISE	SET 1	SET 2	SET 3	SET 4	COMMENTS
STRETCH					5 SEC. HOLD TIME
JOBE WORK					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 or DB BENCH	8/ warm up	6/	6/	6/	P's option DB floor press
DB INCLINE	8/	8/	8/	-	
DB PULL OVER	8/	8/	8/	-	
TRICEP EXTENSIONS	8/	8/	8/	8/	PIC
REVERSE CURLS	8/	8/	8/	-	
3 WAY WRISTS	25/ lbs.	25/ lbs.	25/ lbs.	-	PIC
AGILITY / CONDITIONING					
EXERCISE	DISTANCE	REPS	TIME	RECOVERY	COMMENTS
LADDER DRILLS (pick 4)					
CONE DRILLS (pick 2)					

BACK & SHOULDERS

WEEK 7 & 8	DAY 3	DATE 1: / /	DATE 2: / /		
WARM UP					
EXERCISE	SET 1	SET 2	SET 3	SET 4	COMMENTS
STRETCH					5 SEC. HOLD TIME
JOBE WORK					USE 2.5-5lbs. WEIGHTS
ABS CIRCUIT	25/	25/	25/	25/	PICK 4
STRENGTH					
EXERCISE	SET 1	SET 2	SET 3	SET 4	COMMENTS
CLEANS	8/ warm up	6/	6/	6/	
DB ROW	8/	8/	-	-	PIC - 10lb MAX WEIGHT
4 WAY SHOULDERS	8/	8/	8/	8/	PIC - 10lb MAX WEIGHT
LAT PULL DOWNS	8/ wide	8/ wide	8/ close	8/ close	PIC - 2 WIDE & 2 CLOSE
DB SHOULDER PRESS	8/	8/	-	-	PIC - LIGHT WEIGHT
PULL UPS & CHIN UPS	10 pull/	10 pull/	10 chin/	10 chin/	ASSIST IF NECESSARY
CHEST SUPPORTED ROW	8/	8/	-	-	PIC
3 WAY WRISTS	25/	25/	25/		PIC
AGILITY / CONDITIONING					
EXERCISE	DISTANCE	REPS	TIME	RECOVERY	COMMENTS
SPRINT LAPS	1 lap	6	1 min.	30 sec.	pick 1
BASE-STEALERS	30 YARDS	10	FULL SPEED	JOG BACK	Alternate each week
GENERAL CARDIO					Alternate each week

GIANTS BASEBALL - STRENGTH & CONDITIONING

WINTER

LEGS

WEEK 9 & 10	DAY 1	DATE 1: / /	DATE 2: / /		
WARM UP					
EXERCISE	SET 1	SET 2	SET 3	SET 4	COMMENTS
STRETCH					5 SEC. HOLD TIME
JOBE WORK					USE 2.5-5lbs. WEIGHTS
ABS CIRCUIT	25/	25/	25/	25/	PICK 4
STRENGTH					
EXERCISE	SET 1	SET 2	SET 3	SET 4	COMMENTS
SQUATS	8/ warm up	8/	8/	8/	PIC - EXPLOSIVE
DB LUNGE	10/	10/	10/	-	SEE WORKOUT PAGE
LEG CURL	10/	10/	10/	-	PIC - WIDE GRIP
LEG EXTENSION	10/	10/	10/	-	
SQUAT WAVE	10/	10/	10/	-	ASSIST IF NECESSARY
SINGLE LEG RDL	10/	10/	-	-	PIC - BALANCE
3 WAY WRISTS	25/	25/	25/	-	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

WEEK 9 & 10	DAY 2	DATE 1: / /	DATE 2: / /		
WARM UP					
EXERCISE	SET 1	SET 2	SET 3	SET 4	COMMENTS
STRETCH					5 SEC. HOLD TIME
JOBE WORK					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 or DB BENCH	8/ warm up	8/	8/	8/	P's option DB floor press
DB INCLINE	10/	10/	10/	-	
DB PULL OVER	10/	10/	10/	-	
TRICEP EXTENSIONS	10/	10/	10/	10/	PIC
REVERSE CURLS	10/	10/	10/	-	
3 WAY WRISTS	25/	25/	25/	-	PIC
AGILITY / CONDITIONING					
EXERCISE	DISTANCE	REPS	TIME	RECOVERY	COMMENTS
LADDER DRILLS (pick 4)					
CONE DRILLS (pick 2)					

BACK & SHOULDERS

WEEK 9 & 10	DAY 3	DATE 1: / /	DATE 2: / /		
WARM UP					
EXERCISE	SET 1	SET 2	SET 3	SET 4	COMMENTS
STRETCH					5 SEC. HOLD TIME
JOBE WORK					USE 2.5-5lbs. WEIGHTS
ABS CIRCUIT	25/	25/	25/	25/	PICK 4
STRENGTH					
EXERCISE	SET 1	SET 2	SET 3	SET 4	COMMENTS
CLEANS	8/ warm up	8/	8/	8/	
DB ROW	10/	10/	-	-	PIC - 10lb MAX WEIGHT
4 WAY SHOULDERS	10/	10/	10/	10/	PIC - 10lb MAX WEIGHT
LAT PULL DOWNS	10/ wide	10/ wide	10/ close	10/ close	PIC - 2 WIDE & 2 CLOSE
DB SHOULDER PRESS	10/	10/	-	-	PIC - LIGHT WEIGHT
PULL UPS & CHIN UPS	10 pull/	10 pull/	10 chin/	10 chin/	ASSIST IF NECESSARY
CHEST SUPPORTED ROW	10/	10/	-	-	PIC
3 WAY WRISTS	25/	25/	25/	-	PIC
AGILITY / CONDITIONING					
EXERCISE	DISTANCE	REPS	TIME	RECOVERY	COMMENTS
SPRINT LAPS	1 lap	6	1 min.	30 sec.	pick 1
BASE-STEALERS	30 YARDS	10	FULL SPEED	JOG BACK	Alternate each week
GENERAL CARDIO					Alternate each week