

Baseball Strength Training  
**Summer Training Guide: Baseball**  
 By Andy Haley Published On: 2022-03-22



**The Workout**

You're probably playing summer ball right now, so you need to do in-season training. Greg Robins, a trainer who specializes in working with baseball players, views summer as a critical time. High school baseball players are still developing, and summer is the perfect time to improve your game. The workouts in this three-day-per-week plan build full-body strength and focus on two areas crucial for baseball players—rotational power, which helps you put more force into your throws and swings, and shoulder stability, a key for staying healthy. Perform these workouts throughout the summer, and your throwing, hitting and fielding skills will improve. You'll play better this season and next.

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**Workout Guidelines**

- Start each workout with a 10-minute dynamic warm-up and finish with a 10-minute cooldown.
- Perform the exercises consecutively in supersets, with no rest between them. Rest for one minute after each set of supersets 1, 2, 5 and 6. Rest for two minutes after each set of supersets 3 and 4.
- Quality is always better than quantity. Focus on good, clean reps rather than heavy weight.
- Do not overlook the mobility and shoulder work in this program. The moves do not require heavy weights, but that doesn't mean they are not important.

**Scheduling Your Workouts**

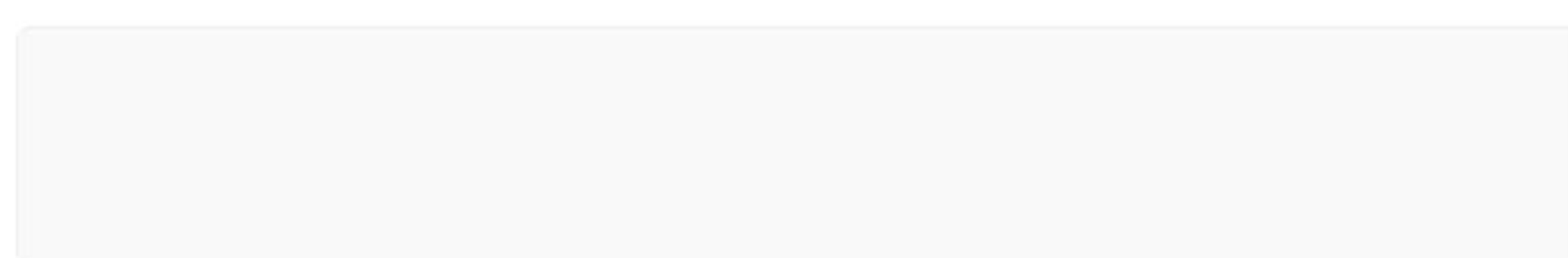
Follow the sample schedule below so your body has enough time to recover before you take the field.

- Monday – Day 1
- Tuesday – Rest
- Wednesday – Game Day
- Thursday – Day 2
- Friday – Rest
- Saturday – Game Day
- Sunday – Rest

**Featured Exercises**

**Rotational Med Ball Scoop Toss**

**Benefits:** Improves rotational power in skills such as throwing a ball and swinging a bat.



Step 1



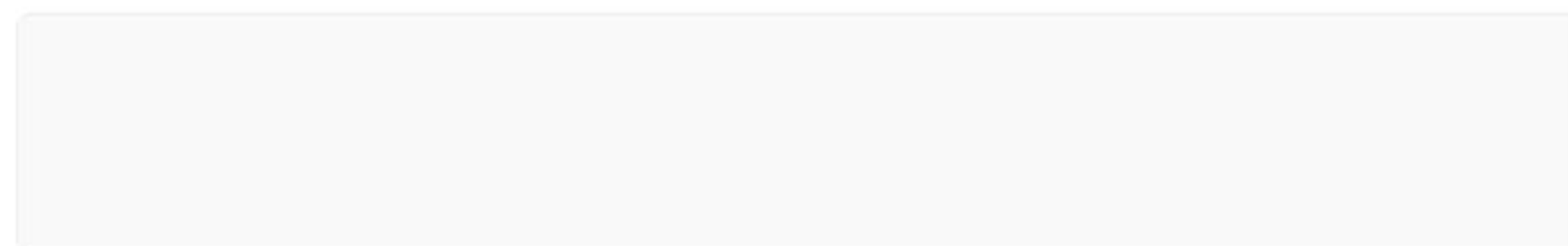
Step 2



**How to:** Holding a med ball in front of your waist, stand with your left side facing a wall about 5 feet away with your knees and hips bent. Shift your weight to your right foot and swing the med ball to your right hip. Drive through your hips, rotate through your core and throw the med ball against the wall with an underhand toss. Catch the ball off the wall and immediately repeat.

**Barbell Hip Thrust**

**Benefits:** One of the best exercises to build strong and powerful glutes.



Step 1



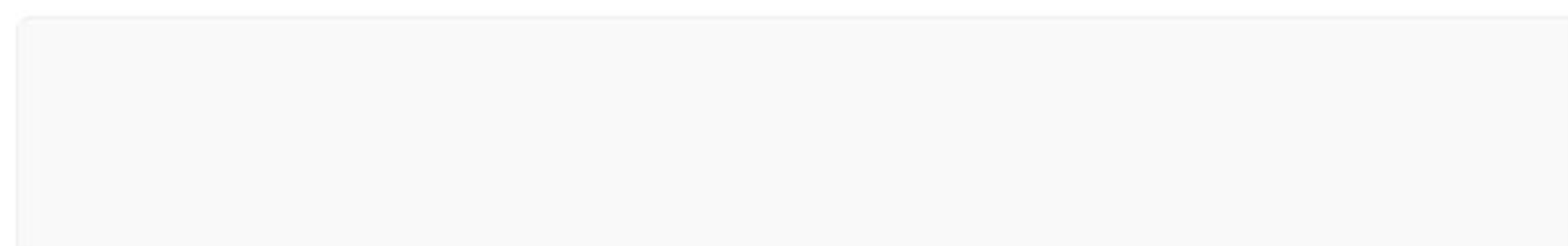
Step 2



**How to:** Lie on your back with your knees bent and your feet flat on the floor hip-width apart. Position a barbell across your hips and grasp the bar for support. Drive through your heels and extend your hips toward the ceiling. Slowly lower to the starting position.

**Physioball Rollout**

**Benefits:** Improves ab strength by teaching them to prevent extension of the spine.



Step 1



Step 2



**How to:** Kneel behind a physioball and place your forearms on the ball. Keeping your back flat and your arms straight, roll the ball forward as far as your core strength allows. Pull the ball back toward your body to return to the starting position.

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**Quiz**

The Pittsburgh Steelers drafted Ben Roethlisberger in what year?

- 2002
- 2004
- 2006
- 2008

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