



STRENGTH PROGRAM

BASEBALL

2. FÁZE - 6 TÝDNŮ



KAIZEN ATHLETE TRAINING - Training 1					
Excercise	Reps	Tempo	RPE / %	Rest	Comment
A1: Hip Airplane A2: Prone Y Swimmer CARs A3: Standing Thorax Rotations	2x8+8 2x 8-10 2x20				
B1: Deep Tier Split Squat Jumps	2-3x15+15		2-4kg MB		
B2: Gymball OH MB Throws	2-3x8		2-4kg MB	Full	Bomby
C1: Seated Box Jumps	4x5				
C2: Back Squat / Front Squat / SSB	1. týden - 4x 5 tempo 2. týden - 4x 3 tempo 3. týden - 4x 3 tempo 4. týden - 4x 5-5-3-3 bez tempa 5. týden - 4x 5-5-3-3 bez tempa 6. týden - 4x5-3-3-2-2 bez tempa	1.-3. týden tempo - 3011	7.5 RPE 8 RPE 8.5 RPE 7.5 RPE 8RPE 8.5 RPE	2-3min	
D1: Dual DB Romanian DL	3x 8	3011	8RPE		
D2: Half Kneeling Single Arm DB Press	3x6+6	20X1	8RPE	1-2min	
E1: Copenhagen Side Plank Raises	2-3x20s/20s				
E2: Jefferson Curls	2-3x10	3030	5-6RPE	1-2min	
KAIZEN ATHLETE TRAINING - Training 2					
Excercise	Reps	Tempo	RPE / %	Rest	Comment
A1: Y ISO Hold	3x30-60s				
A2: Pogo Jumps	3x10-15m			1min	
B1: TrapBar Power Shrugs	3-4x 3	Dynamicky	7.5 - 8.5RPE		
B2: Vertical to Horizontal Jump	3-4x 3			2min	
C1: Bench Press	3-4x3	20X1	7.5 - 8.5RPE		
C2: Banded Plyo Push Up	3-4x6-8			2min	
D1: Landmine Rotations	3-4xalt. 6	10X1	7-8RPE		
D1: Rotational Ball Slam	3-4xalt. 6-8		2-4kg MB	2min	
E: TRX Row	Accumulate 150 reps		7RPE	1min	
KAIZEN ATHLETE TRAINING - Training 3					
Excercise	Reps	Tempo	RPE / %	Rest	Comment
A1: KB Windmill	3x8+8	2011	6-7 RPE		
A2: Deep Tier Lateral Jumps	3x16-20		2-4kg MB	1-2min	
B1: Chin Up	4x 10-8-6-6		Up to 8-9 RPE		
B2: Contralateral Bulgarian Split Squat	4x 6+6	30X1	7 RPE	2min	
C1: Single Arm Incline DB Bench	3x8+8	30X1	7-8 RPE		
C2: Nordic Curl	3x3-5	co nejpomaleji dolů		1-2min	
D1: Half Kneeling Rotational Cable Row	3x10+10	20X1	8 RPE		
D2: Single Leg Squatted Calf Raises	3x8-10/each	1011	8-9 RPE	1-2min	
E: Half Kneeling Cable Core Rotations	3x6+6	1011	8-9 RPE	1min	

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Excercise	Reps	Výsledky
A1: Hip Airplane A2: Prone Y Swimmer CARs A3: Standing Thorax Rotations	2x8+8 2x 8-10 2x20	
B1: Deep Tier Split Squat Jumps	2-3x15+15	
B2: Gymball OH MB Throws	2-3x8	
C1: Seated Box Jumps	4x5	
C2: Back Squat / Front Squat / SSB	1. týden - 4x 5 tempo 2. týden - 4x 3 tempo 3. týden - 4x 3 tempo 4. týden - 4x 5-5-3-3 bez tempa 5. týden - 4x 5-5-3-3 bez tempa 6. týden - 4x5-3-3-2-2 bez tempa	
D1: Dual DB Romanian DL	3x 8	
D2: Half Kneeling Single Arm DB Press	3x6+6	
E1: Copenhagen Side Plank Raises	2-3x20s/20s	
E2: Jefferson Curls	2-3x10	
KAIZEN ATHLETE TRAINING - Training 2		
Excercise	Reps	Výsledky
A1: Y ISO Hold	3x30-60s	
A2: Pogo Jumps	3x10-15m	
B1: TrapBar Power Shrugs	3-4x 3	
B2: Vertical to Horizontal Jump	3-4x 3	
C1: Bench Press	3-4x3	
C2: Banded Plyo Push Up	3-4x6-8	
D1: Landmine Rotations	3-4xalt. 6	
D1: Rotational Ball Slam	3-4xalt. 6-8	
E: TRX Row	Accumulate 150 reps	
KAIZEN ATHLETE TRAINING - Training 3		
Excercise	Reps	Výsledky
A1: KB Windmill	3x8+8	
A2: Deep Tier Lateral Jumps	3x16-20	
B1: Chin Up	4x 10-8-6-6	
B2: Contralateral Bulgarian Split Squat	4x 6+6	
C1: Single Arm Incline DB Bench	3x8+8	
C2: Nordic Curl	3x3-5	
D1: Half Kneeling Rotational Cable Row	3x10+10	
D2: Single Leg Squatted Calf Raises	3x8-10/each	
E: Half Kneeling Cable Core Rotations	3x6+6	