



The
Ultimate Guide to
**WEIGHT
TRAINING**
for
BASEBALL

fourth edition



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Part I



**Baseball
Specific
Training**

With Weight Training, Knowledge is the Key to Success

INTRODUCTION

Baseball is a sport where your overall level of strength and fitness is crucial to performing at the best of your abilities. Baseball requires strength, power, speed, quickness, agility, flexibility, balance, muscular endurance, and stamina— each of which can be enhanced through a proper weight-training program. This book focuses on how to develop your body in every area that is most important to baseball. It also provides you with daily baseball-specific programs designed for the off-season, pre-season, and in-season to maximize your playing potential.

There are two requirements needed to be a good baseball player: baseball-specific skills and proper conditioning. An important note must be made clear. Weight training will not directly improve your baseball skills. However, it will make your entire body stronger and more powerful, which will give you greater bat and arm speed. It will also decrease your vulnerability to injury and increase your muscular endurance. All of these factors will increase your baseball playing potential. If you train properly for baseball, you will experience all of these benefits without sacrificing your technique on the field. In fact, proper weight training can enhance your technique by improving your flexibility and increasing your range of motion. This book not only contains a year-round baseball-specific training program, but also includes over 50 additional 4-week programs so you can find exactly what you need.

Improper Training Training improperly increases the risk of an injury occurring, and it can also set you further away from your goals. The goal of strength training for baseball is not to build stiff, bulky muscles; it is to improve your game by increasing your speed, quickness, power, flexibility, muscular endurance, and balance. You want to build your muscles and improve flexibility in areas that are important to improving your performance on the diamond.

VITAL BODY PARTS

Throwing a baseball and swinging a bat may not seem complex, but they are both multifaceted processes that involve muscles and joints from all parts of the body. Performing these activities as hard as your potential allows requires perfect technique and a maximum of strength, flexibility, and power. The most vital areas of the body for baseball are the calves, thighs, hips, mid-section, lats, shoulders, and wrists. By improving aspects of one of these areas, you will improve your performance. By improving all of them, you will experience the benefits of weight training for baseball. This book has you training most of the muscles of your body, with special emphasis on the areas listed above.

CALVES

Throwing: The source of your throwing power comes from the lower body, initiating in the calves. The process of throwing begins when your toes push against the ground. The calves supply this initial “push,” and the stronger they are, the better.

Running: The calves are the main source for the body’s quickness and agility. Well-trained calves lead to faster acceleration and quicker side-to-side movements.

Exercises: Calf raises and seated calf raises.

THIGHS AND HIPS

Throwing: Your throw gains a substantial amount of power from the thighs and hips. Just as you are about to release the ball, the back leg bends at the knee, which supplies power and momentum from the thighs and hips. The hips also help initiate the twisting motion in your body during a throw. Your total arm speed will benefit as the range of motion increases in the hips.