

Off-Season Strength Card

Day 1: Full Body

Partner:				
Date:				
	wt. / rep / %	wt. / rep / %	wt. / rep / %	wt. / rep / %
Full BB Snatch	4 @ 80%	3 @ 85%	2 @ 90 %	1 @ 95 %
	4 @ 80%	3 @ 85%	2 @ 90 %	1 @ 95 %
	4 @ 80%	3 @ 85%	2 @ 90 %	1 @ 95 %
	4 @ 80%	3 @ 85%	2 @ 90 %	1 @ 95 %
1 Leg Bench Squat (Pitcher Squat)	6e	6e	5e	4e
	6e	6e	5e	4e
	6e	5e	4e	3e
ss/ Kneeling Band Pull Aparts: Hands Supinated	8	8	7	7
	8	8	7	7
	8	8	7	7
Alternating DB Floor Press	8	7	6	5
	8	7	6	5
	8	7	6	5
ss/ Weighted Dips	8	8	6	6
	8	8	6	6
	8	8	6	6
Alternating DB Shoulder Press	6ea	5ea	4ea	4ea
	6ea	5ea	4ea	4ea
	6ea	5ea	4ea	4ea
ss/ Chin Ups	8	8	8	8
	8	8	8	8
	8	8	8	8
MB wall Throws	6ea	6ea	5ea	5ea
	6ea	6ea	5ea	5ea
	6ea	6ea	5ea	5ea

Off-Season Strength Card

ss/ Iso holds	45 sec	50 sec	55 sec	60 sec
Side Plank	45 sec	50 sec	55 sec	60 sec
Feet elevated	45 sec	50 Sec	55 sec	60 sec

Off-Season Strength Card

