



rip:60™

BASEBALL




DURATION: APPROXIMATELY 45 MINUTES

DETAILS: Baseball players are very skilled athletes that require strong rotational power and the ability to move in any direction quickly. Using the power of the Rip:60 suspension system, this workout will focus on rotational strength, power movements, rear shoulder strengthening exercises and grip strength.






PROGRAM: This workout will take you through two small strength circuits broken up by 2 minutes of cardiovascular exercises. Make sure to complete three full rounds of each group of exercises, before moving on to the cardio exercise and next exercise group.

WARM-UP: Start with foam rolling and dynamic warm-up.

ROUND 1

		REPS/TIME	EQUIPMENT	% INCLINE	SPEED
Lat Pull Rotations		1:00	Rip:60 Suspension System		
Squat Jumps		20	Rip:60 Suspension System		
Push-Up Rotations		1:00	Rip:60 Suspension System		
Forward Jump Lunges		20	Rip:60 Suspension System		
Incline Side Shuffle		2:00 (1:00/Side)	Incline Trainer	21	2.0 to 2.5

ROUND 2

Single Arm Rotations		1:00 (:30/Side)	Rip:60 Suspension System		
Prone Grip Curls		20	Rip:60 Suspension System		
Rhomboid Pull		20	Rip:60 Suspension System		
Single Leg Kettlebell Squat		10/Side	Rip:60 Suspension System		
Incline Side Shuffle		2:00 (1:00/Side)	Incline Trainer	21	2.0 to 2.5