

# Bears Baseball

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## Strength Training

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Exercise	Sets	Repetitions
Squats	3	8-10-8
Calf-Raises	3	8-10-8
Lunges	3	8-10-8
Bench Press	3	10-12-8
Upright Rows	1	15 to 20
Triceps Extensions	1	15 to 20
Bicep Curls	2	15 to 20
Fly's	2	15 to 20
Reverse Fly's	2	15 to 20
Wrist Curls	2	15 to 20
Decline Crunchers	4	35 to 50
Leg Raises	4	1 Minute
Full-Range Push Ups		50 to 100
Chin-Ups (palms facing you)		15 to 25
Dips		10-20
Behind-the-neck Pull Ups		5- to 10

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Do not increase weight during season. Lift approximately 80% of maximum weight during season. Do this program 3 days a week. Make sure you continue to throw the baseball. So muscles remain flexible.