Day 1 - Week of Nov 9th

| $\overline{\mathbf{w}}$ | Adam Blair Baseball Level 2 (3-Day) |
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| V | Baseball Level 2 (3-Day) |

Coach Note

Private Note

| | Grou | . р 1 | | |
|---|--|---|--|--|
| BW Seated Pause Box Jump (2 sec) | Load | Reps | Rest | |
| | 1 BW | 5 | 60 s | |
| | 2 BW | 4 | 60 s | |
| | 3 BW | 3 | 60 s | |
| | 4 BW | 3 | 60 s | |
| | 5 BW | 3 | 60 s | |
| | Grou | ıp 2 | | |
| A: BB Back Squat | Load | Reps | Rest | |
| 71. BB Baok Oquat | 1 65.0 % | 5 | 180 s | |
| | 2 72.5 % | 4 | 180 s | |
| | 3 80.0 % | 3 | 180 s | |
| | 4 85.0 % | 3 | 180 s | |
| | 5 87.5 % | 3 | 180 s | |
| B: Lat Pulldown [Over] | Load | Reps | Rest | |
| E. Lat i andown [Over] | 1 55.0 % | 12 | 60 s | |
| | 2 55.0 % | 12 | 60 s | |
| | 3 57.5 % | 12 | 60 s | |
| | 4 60.0 % | 12 | 60 s | |
| | 5 62.5 % | 12-15 | | |
| | Grou | лb 3 | | |
| A: DB Step-up | Load | Reps | Rest | |
| A. DB Step-up | I | | | |
| | 1 65.0 % | 8 | 90 s | |
| | 1 65.0 % 2 70.0 % | 8 8 | 90 s 90 s | |
| | | | | |
| | 2 70.0 % | 8 | 90 s [| |
| B: Cable 45-Degree Row [Over] | 2 70.0 % 3 72.5 % | 8 8 | 90 s [| |
| B: Cable 45-Degree Row [Over] | 2 70.0 % 3 72.5 % 4 75.0 % | 8 8 8-10 | 90 s 90 s 90 s | |
| B: Cable 45-Degree Row [Over] | 2 70.0 % 3 72.5 % 4 75.0 % Load | 8 8 8-10 Reps | 90 s [90 s [90 s [| |
| B: Cable 45-Degree Row [Over] | 2 70.0 % 3 72.5 % 4 75.0 % Load 1 55.0 % | 8 8 8-10 Reps 12 | 90 s | |
| B: Cable 45-Degree Row [Over] | 2 70.0 % 3 72.5 % 4 75.0 % Load 1 55.0 % 2 55.0 % | 8 8 8-10 Reps 12 12 | 90 s 90 | |
| B: Cable 45-Degree Row [Over] | 2 70.0 % 3 72.5 % 4 75.0 % Load 1 55.0 % 2 55.0 % 3 57.5 % | 8 8 8-10 Reps 12 12 | 90 s | |
| B: Cable 45-Degree Row [Over] | 2 70.0 % 3 72.5 % 4 75.0 % Load 1 55.0 % 2 55.0 % 3 57.5 % 4 60.0 % | 8 8 8-10 Reps 12 12 12 12 12 | 90 s | |
| | 2 70.0 % 3 72.5 % 4 75.0 % Load 1 55.0 % 2 55.0 % 3 57.5 % 4 60.0 % 5 62.5 % | 8 8 8-10 Reps 12 12 12 12 12 | 90 s | |
| | 2 70.0 % 3 72.5 % 4 75.0 % Load 1 55.0 % 2 55.0 % 3 57.5 % 4 60.0 % 5 62.5 % Grou | 8 8 8-10 Reps 12 12 12 12 12 12-15 | 90 s 90 s 90 s 90 s Rest 30 s 30 s 30 s 30 s | |
| | 2 70.0 % 3 72.5 % 4 75.0 % Load 1 55.0 % 2 55.0 % 3 57.5 % 4 60.0 % 5 62.5 % Grou | 8 8 8-10 Reps 12 12 12 12 12 12 14 15 | 90 s 90 s 90 s 90 s Rest 30 s 30 s 30 s 30 s | |
| | 2 70.0 % 3 72.5 % 4 75.0 % Load 1 55.0 % 2 55.0 % 3 57.5 % 4 60.0 % 5 62.5 % Ground Load 1 Band | 8 8 8-10 Reps 12 12 12 12 12 12-15 | 90 s 90 s 90 s 90 s Fest 30 s 30 s 30 s 30 s Fest 30 s | |
| A: Band Pull-Apart | 2 70.0 % 3 72.5 % 4 75.0 % Load 1 55.0 % 2 55.0 % 3 57.5 % 4 60.0 % 5 62.5 % Carot Load 1 Band 2 Band | 8 8 8-10 Reps 12 12 12 12 12 12-15 Up 4 Reps 15-20 | 90 s 90 s 90 s 90 s Fest 30 s 30 s 30 s 30 s Fest 30 s | |
| A: Band Pull-Apart | 2 70.0 % 3 72.5 % 4 75.0 % Load 1 55.0 % 2 55.0 % 3 57.5 % 4 60.0 % 5 62.5 % Ground 1 Band 2 Band 3 Band | 8 8 8-10 Reps 12 12 12 12 12 12-15 12-15 15-20 15-20 | 90 s 90 s 90 s 90 s 90 s Fest 30 s 30 s 30 s 30 s Fest 30 s 30 s | |
| B: Cable 45-Degree Row [Over] A: Band Pull-Apart B: Band Standing Anti-Rotation | 2 70.0 % 3 72.5 % 4 75.0 % Load 1 55.0 % 2 55.0 % 3 57.5 % 4 60.0 % 5 62.5 % CGround 1 Band 2 Band 3 Band Load | 8 8 8-10 Reps 12 12 12 12 12 12 14 15-15 Reps 15-20 15-20 Time | 90 s 90 s 90 s 90 s Fest 30 s 30 s 30 s 30 s Fest 30 s 30 s Fest 30 s Rest 30 s | |



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