Day 2 - Week of Nov 9th

V	Adam Blair Baseball Level 2 (3-Day)
	Baseball Level 2 (3-Day)

Coach Note

Private Note

	Group	1		
BB Hang Clean	Load	Reps	Rest	
3	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	
	Group	2		
A: BB Bench Press	Load	Reps	Rest	
A. DD Bellett 1633	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: Single-Leg Elevated Hip Extension	Load	Reps	Rest	
b. Single-Leg Elevated hip Extension	1 BW	10-15	60 s	
	2 BW	10-15	60 s	
	3 BW	10-15	60 s	
	4 BW	10-15	60 s	
	Group	3		
A: DB Incline Bench Press	Load	Reps	Rest	
7. BB Home Benon 1 1633	1 70.0 %	6	60 s	
	2 70.0 %	6	60 s	
	3 75.0 %	6	60 s	
	4 75.0 %	6	60 s	
	5 77.5 %	6-8	60 s	
B: DB Walking RDL	Load	Reps	Rest	
D. DD Walking Fib.	1 60.0 %	8	90 s	
	2 65.0 %	8	90 s	
	3 70.0 %	6	90 s	
	4 75.0 %	6	90 s	
	5 77.5 %	6-8	90 s	
	Group	4		
A: Plank with Shoulder Touch	Load	Reps	Rest	
7.1. Idilik Willi Gilodidor Todori	1 BW	15-20	30 s	
	2 BW	15-20	30 s	
	3 BW	15-20	30 s	
B: Flutter Kick	Load	Reps	Rest	
D. Franci Non	1 BW	20-30	30 s	
	2 BW	20-30	30 s	
	3 BW	20-30	30 s	



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