Day 2 - Week of Nov 16th

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

Coach Note

Private Note

	Group	0 1		
BB Hang Clean	Load	Reps	Rest	
	1 65.0 %	5	180 s	
	2 70.0 %	4	180 s	$\overline{\Box}$
	3 77.5 %	3	180 s	
	4 82.5 %	2	180 s	
	5 90.0 %	1-3	180 s	
	Group	0 2		
A: BB Bench Press	Load	Reps	Rest	
7.1. 33 30.16.1.1.1000	1 65.0 %	5	180 s	
	2 70.0 %	4	180 s	
	3 77.5 %	3	180 s	
	4 82.5 %	2	180 s	
	5 90.0 %	1-3	180 s	
B: SB Pause Hip Extension (2 sec)	Load	Reps	Rest	
(_ (_ 000)	1 BW	6-10	60 s	
	2 BW	6-10	60 s	
	3 BW	6-10	60 s	
	4 BW	6-10	60 s	
	Group	o 3		
A: DB High-Incline Bench Press	Load	Reps	Rest	
Ç .	1 70.0 %	6	60 s	
	2 70.0 %	6	60 s	
	3 70.0 %	6	60 s	
	4 75.0 %	6	60 s	
	5 75.0 %	6-8	60 s	
B: DB Single-Leg RDL	Load	Reps	Rest	
-	1 60.0 %	5	60 s	
	2 65.0 %	5	60 s	
	3 67.5 %	5	60 s	
	4 70.0 %	5	60 s	
			CO -	
	5 72.5 %	5	60 s	
	5 72.5 % Group		60 S	
A: Plank Up-Down			Rest	
A: Plank Up-Down	Group	o 4		
A: Plank Up-Down	Group Load	O 4 Reps	Rest	
A: Plank Up-Down	Group Load 1 BW	0 4 Reps 8-12	Rest 30 s	
	Load 1 BW 2 BW	Reps 8-12 8-12	Rest 30 s 30 s	
A: Plank Up-Down B: Supine Leg Raise	Load 1 BW 2 BW 3 BW	Reps 8-12 8-12 8-12	Rest 30 s 30 s 30 s	
	Load 1 BW 2 BW 3 BW Load	Reps 8-12 8-12 8-12 Reps	Rest 30 s 30 s 30 s Rest	



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