Best 12 Week Off Season Workout Plan For High School Baseball Players PDF

Week	Day 1 (Upper Body)	Day 2 (Lower Body)	Day 3 (Rest)	Day 4 (Core & Arm Care)	Day 5 (Upper Body)	Day 6 (Lower Body)	Day 7 (Rest)
1	Bench Press	Squats	Rest	Planks	Pull-ups	Deadlifts	Rest
	Bent Over Rows	Leg Press		Shoulder External Rotations	Overhead Press	Lunges	
	Overhead Press	Glute Bridges		Russian Twists	Bicep Curls	Leg Curls	
	Bicep Curls	Romanian Deadlifts		Leg Raises	Tricep Extensions	Glute Bridges	
	Pull-ups	Calf Raises		Band Pull-Aparts	Incline Bench Press	Bulgarian Split Squats	
2	Overhead Press	Bulgarian Split Squats	Rest	Planks	Pull-ups	Deadlifts	Rest
	Bent Over Rows	Leg Curls		Russian Twists	Bench Press	Lunges	
	Incline Bench Press	Glute Bridges		Leg Raises	Bicep Curls	Leg Press	
	Tricep Extensions	Romanian Deadlifts		Shoulder External Rotations	Dips	Calf Raises	
	Pull-ups	Calf Raises		Band Pull-Aparts	Overhead Press	Glute Bridges	
3	Bent Over Rows	Squats	Rest	Planks	Pull-ups	Deadlifts	Rest
	Bench Press	Lunges		Russian Twists	Incline Bench Press	Bulgarian Split Squats	
	Overhead Press	Glute Bridges		Leg Raises	Bicep Curls	Leg Curls	
	Bicep Curls	Romanian Deadlifts		Shoulder External Rotations	Tricep Extensions	Leg Press	
	Pull-ups	Calf Raises		Band Pull-Aparts	Dips	Glute Bridges	
4	Incline Bench Press	Leg Press	Rest	Planks	Pull-ups	Deadlifts	Rest
	Bent Over Rows	Lunges		Russian Twists	Bench Press	Bulgarian Split Squats	
	Overhead Press	Glute Bridges		Leg Raises	Bicep Curls	Leg Curls	
	Tricep Extensions	Romanian Deadlifts		Shoulder External Rotations	Dips	Glute Bridges	
	Pull-ups	Calf Raises		Band Pull-Aparts	Overhead Press	Glute Bridges	
5	Bench Press	Squats	Rest	Planks	Pull-ups	Deadlifts	Rest
	Bent Over Rows	Leg Press		Russian Twists	Incline Bench Press	Bulgarian Split Squats	
	Overhead Press	Glute Bridges		Leg Raises	Bicep Curls	Leg Curls	
	Bicep Curls	Romanian Deadlifts		Shoulder External Rotations	Tricep Extensions	Glute Bridges	
	Pull-ups	Calf Raises		Band Pull-Aparts	Dips	Glute Bridges	
6	Bench Press	Lunges	Rest	Planks	Pull-ups	Deadlifts	Rest
	Bent Over Rows	Leg Curls		Russian Twists	Incline Bench Press	Bulgarian Split Squats	
	Overhead Press	Glute Bridges		Leg Raises	Bicep Curls	Leg Curls	
	Tricep Extensions	Romanian Deadlifts		Shoulder External Rotations	Dips	Glute Bridges	
	Pull-ups	Calf Raises		Band Pull-Aparts	Overhead Press	Glute Bridges	
7	Bench Press	Squats	Rest	Planks	Pull-ups	Deadlifts	Rest
	Bent Over Rows	Leg Press		Russian Twists	Incline Bench Press	Bulgarian Split Squats	
	Overhead Press	Glute Bridges		Leg Raises	Bicep Curls	Leg Curls	
	Bicep Curls	Romanian Deadlifts		Shoulder External Rotations	Tricep Extensions	Glute Bridges	
	Pull-ups	Calf Raises		Band Pull-Aparts	Dips	Glute Bridges	
8	Bench Press	Lunges	Rest	Planks	Pull-ups	Deadlifts	Rest
	Bent Over Rows	Leg Curls		Russian Twists	Incline Bench Press	Bulgarian Split Squats	
	Overhead Press	Glute Bridges		Leg Raises	Bicep Curls	Leg Curls	
	Tricep Extensions	Romanian Deadlifts		Shoulder External Rotations	Dips	Glute Bridges	
	Pull-ups	Calf Raises		Band Pull-Aparts	Overhead Press	Glute Bridges	
9	Explosive Push-ups	Box Jumps	Rest	Hanging Leg Raises	Bench Press	Power Cleans	Rest
	Pull-ups	Power Cleans		Medicine Ball Rotational Throws	Explosive Push-ups	Squats	
	Incline Bench Press	Squats		Dumbbell Rows	Pull-ups	Deadlifts	
	Rows	Deadlifts		Band Pull-Aparts	Incline		
Week	**Day 1 (Upper Body)**	**Day 2 (Lower Body)**	**Day 3 (Rest)**	**Day 4 (Core & Arm Care)**	**Day 5 (Upper Body)**	**Day 6 (Lower Body)**	**Day 7 (Rest)**
9	Explosive Push-ups	Box Jumps	Rest	Hanging Leg Raises	Bench Press	Power Cleans	Rest
	Pull-ups	Power Cleans		Medicine Ball Rotational Throws	Explosive Push-ups	Squats	
	Incline Bench Press	Squats		Dumbbell Rows	Pull-ups	Deadlifts	
	Rows	Deadlifts		Band Pull-Aparts	Incline Bench Press	Bulgarian Split Squats	
	Shoulder Press	Plyometric Lunges		Russian Twists	Overhead Press	Lunges	
10	Pull-ups	Plyometric Lunges	Rest	Medicine Ball Rotational Throws	Dips	Leg Press	Rest
	Bench Press	Romanian Deadlifts		Leg Raises	Bench Press	Romanian Deadlifts	
	Overhead Press	Glute Bridges		Band Pull-Aparts	Bicep Curls	Leg Curls	
	Bicep Curls	Calf Raises		Shoulder External Rotations	Pull-ups	Glute Bridges	
	Pull-ups	Calf Raises		Russian Twists	Overhead Press	Glute Bridges	
11	Explosive Push-ups	Box Jumps	Rest	Hanging Leg Raises	Bench Press	Power Cleans	Rest
	Pull-ups	Power Cleans		Medicine Ball Rotational Throws	Explosive Push-ups	Squats	
	Incline Bench Press	Squats		Dumbbell Rows	Pull-ups	Deadlifts	
	Rows	Deadlifts		Band Pull-Aparts	Incline Bench Press	Bulgarian Split Squats	
	Shoulder Press	Plyometric Lunges		Russian Twists	Overhead Press	Lunges	
12	Medicine Ball Slams	Deadlifts	Rest	Hanging Leg Raises	Bench Press	Power Cleans	Rest
	Pull-ups	Squats		Medicine Ball Rotational Throws	Explosive Push-ups	Romanian Deadlifts	
	Incline Bench Press	Bulgarian Split Squats		Leg Raises	Pull-ups	Leg Curls	
	Tricep Extensions	Lunges		Band Pull-Aparts	Overhead Press	Glute Bridges	
	Pull-ups	Calf Raises		Russian Twists	Dips	Glute Bridges	