



3 Week Baseball Hitting Power Workout

Week 1: Monday-Wednesday-Friday

Squats	3 sets of 10 reps (add weight each set)
Medicine Ball Squat Jumps	3 sets of 10 reps
Rotational Medicine Ball Throws	3x15 each side

Week 2: Monday-Wednesday-Friday

Squats	3 sets of 8 reps (add weight each set)
Medicine Ball Squat Jumps	3 sets of 12 reps
Rotational Medicine Ball Throws	3x15 each side

Week 3: Monday-Wednesday-Friday

Squats	3 sets of 6 reps (add weight each set)
Medicine Ball Squat Jumps	3 sets of 15 reps
Rotational Medicine Ball Throws	3x15 each side