



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 |