



3 Week Baseball Batting Average Improvement Workout

Week 1: Monday-Wednesday-Friday

Cross-Reach 1 Leg Romanian Deadlift	3 sets of 10 reps (add weight each set)
Woodchoppers with Bands	3 sets of 10 reps

Week 2: Monday-Wednesday-Friday

Cross-Reach 1 Leg Romanian Deadlift	3 sets of 12 reps (add weight each set)
Woodchoppers with Bands	3 sets of 12 reps

Week 3: Monday-Wednesday-Friday

Cross-Reach 1 Leg Romanian Deadlift	3 sets of 15 reps (add weight each set)
Woodchoppers with Bands	3 sets of 15 reps