



BASEBALL PLAYER DEVELOPMENT & CONDITIONING

THE OFF-SEASON TRAINING PROGRAM

Where you stand. Where you're headed. An 8-week strength, power, and conditioning build built off the Western Michigan University Baseball Newcomer Summer Program.

STRENGTH STANDARDS · IDEAL WEIGHT FOR HEIGHT · WEEKS 1-4 · WEEKS 5-8



IDEAL WEIGHT FOR HEIGHT

Division 1 baseball requires physicality — power and mass. Lever length amplifies both, so the ideal bodyweight for your height also carries elite power production.

HEIGHT	TARGET BODYWEIGHT
5'7"	185 lb
5'8"	190 lb
5'9"	195 lb
5'10"	200 lb
5'11"	205 lb
6'0"	210 lb

HEIGHT	TARGET BODYWEIGHT
6'1"	215 lb
6'2"	220 lb
6'3"	225 lb
6'4"	230 lb
6'5"	235 lb
6'6"	240 lb

Formula: Ideal Bodyweight (lb) ≈ (Height in inches × 5) - 235 • Source: strength standards used across D1 recruiting benchmarks.



MAIN TESTING NUMBERS

The three lifts that anchor this program. Test at the start of the off-season and again at week 8 to measure the build.

DEADLIFT

2.5× Bodyweight

BACK SQUAT

2× Bodyweight

BENCH PRESS

1.5× Bodyweight

HEIGHT / BW	DEADLIFT	SQUAT	BENCH
5'7" / 185 lb	463 lb	370 lb	278 lb
5'8" / 190 lb	475 lb	380 lb	285 lb
5'9" / 195 lb	488 lb	390 lb	293 lb
5'10" / 200 lb	500 lb	400 lb	300 lb
5'11" / 205 lb	513 lb	410 lb	308 lb
6'0" / 210 lb	525 lb	420 lb	315 lb

HEIGHT / BW	DEADLIFT	SQUAT	BENCH
6'1" / 215 lb	538 lb	430 lb	323 lb
6'2" / 220 lb	550 lb	440 lb	330 lb
6'3" / 225 lb	563 lb	450 lb	338 lb
6'4" / 230 lb	575 lb	460 lb	345 lb
6'5" / 235 lb	588 lb	470 lb	353 lb
6'6" / 240 lb	600 lb	480 lb	360 lb



WARM-UP PROTOCOL

Run before every training session, in order: Dynamic → Static → Sport-Specific → Fast Feet.

DYNAMIC

- BW Squat x12
- Squat to Stand x12
- Squat to Reach x12
- Rotational Squat x12
- Kossack Squat x12
- Spiderman to Hamstring x8ea
- Lying Leg Kicks x10ea
- Bent Leg Rotations x12
- Sit and Reach Rollovers x12
- Scorpions x10ea
- Fwd/Bwd Hip Circles x10ea
- Four Point Hip Ext. x10ea
- Fire Hydrants x10ea
- Straight Leg Fire Hydrants x10ea

STATIC

All holds: 30 sec

- Feet hip width hamstring
- Toes in heels out hamstring
- Toes out heels in hamstring
- Legs wide to right / left
- Legs wide middle
- Right / Left Quad
- Right / Left hip flexor
- Catcher stretch
- Right / Left Calf
- Right / Left arm across
- Right / Left arm over
- Pec stretch
- Back and shoulder

SPORT-SPECIFIC

All: 2 × 20 yds — finish with Fast Feet drill sheet

- A Skips
- High Knee Run
- Straight Leg Skips
- Fast Slide
- Backwards Stride
- 50 percent sprint
- 75 percent sprint
- 100 percent sprint



FOUNDATION BLOCK — DAY 1

Rudimentary plyometrics, special-endurance conditioning, and bodyweight core. Weeks 1-2: 2 sets · Weeks 3-4: 3 sets.

RUDIMENTARY PLYOMETRIC CIRCUIT

75% max intensity · little rest between drills · 90 sec between circuits

EXERCISE	VOLUME
Forward to Backwards Hops	10 contacts
Side to Side Hops	10 contacts
180 Degree Hops	10 contacts
Split Squat Jumps	10 contacts

CONDITIONING — SPECIAL ENDURANCE

60-yd build-ups: 0-20 @70%, 20-40 @85%, 40-60 all-out · 8 reps, 1 min rest

DRILL	GOAL
120-Yd Shuttle (10/20/30 & back)	24 sec
Sets: Wk 1-4 = 2x4	90s / 2min rest

CORE — BODYWEIGHT

30 sec work / 30 sec rest · 2 sets

EXERCISE	VOLUME	EXERCISE	VOLUME
Sit-ups	30 sec	V-ups	30 sec
Toe Touch Crunch	30 sec	Supermans	30 sec
Russian Twist	30 sec	Alt. V-ups	30 sec
Knee Tucks	30 sec	Windshield Wipers	30 sec



FOUNDATION BLOCK — DAY 2

Work-capacity leg circuit, short sprints & agility, and plank-based core. Weeks 1-2: 2 sets · Weeks 3-4: 3 sets.

WORK CAPACITY LEG CIRCUIT

Bodyweight · squats ~1/sec · squat jumps max intensity · 90 sec between circuits

EXERCISE	VOLUME
BW Squat	x20
BW Lunge	x10 ea
BW Step-up	x10 ea
Squat Jumps	x10

CONDITIONING — SPRINTS & AGILITY

All-out effort from base-running stance · 45 sec rest between reps

DRILL	VOLUME
Sprints (20 yd, Wk 1-4)	2 × 4
Pro Agility 5-10-5	2 × all
Four Cone Drill	6 reps

CORE — PLANK CIRCUIT

2 sets of each

EXERCISE	VOLUME	EXERCISE	VOLUME
Front Plank	1 min	Glute Bridge	45 sec
Right Side Plank	30 sec	Palloy Press	x15 ea
Left Side Plank	30 sec	Waiters Walks	x20 steps



FOUNDATION BLOCK — DAY 3

Upper body & core circuit plus aerobic base work. Weeks 1-2: 2 sets · Weeks 3-4: 3 sets.

UPPER BODY & CORE CIRCUIT

Rest = time to move between exercises · full range of motion · 90 sec between rounds

EXERCISE	VOLUME	EXERCISE	VOLUME
Chin-ups	Max reps	Inverted Rows	Max reps
Contact Crunches	x30	Plate/MB Russian Twist	x40
Dips	Max reps	Push-up	Max reps
Super Mans	x30	Front Plank	1 min

CONDITIONING — 2-MILE PREP

Fall ball pass time: 13 min

WEEK	TARGET
Weeks 1-3	1-mile timed run
Week 4	13-min distance run

CORE — WEIGHTED

2 × 20-30 reps

EXERCISE	VOLUME
GHD Russian Twists	2 × 20
GHD Sit-ups	2 × 20
GHD Back Extension	2 × 20
MB Lateral Throw	2 × 20
MB Overhead Throw	2 × 15



STRENGTH BLOCK — DAY 1

Plyo/med-ball RFD, front squat strength, superset, and finisher tri-set. 1 min rest between jump sets, 30 sec between throws.

PLYO / MED BALL (RFD)

3 sets · 1 min rest between jump sets, 30 sec between throws

EXERCISE	VOLUME
Box Jumps	3 × 3
Scoop Throw	3 × 2

STRENGTH — FRONT SQUAT

3 sets · progressive load, week 8 light

WEEK	TARGET
Week 5	3 × 6-8
Week 6	3 × 5-7
Week 7	3 × 4-6
Week 8	5 × 5 (light)

SUPERSET

3 sets, progressing weekly

EXERCISE	VOLUME
Chin-ups	8-10 → max reps
DB Split Squat	6 ea × 3

FINISHER TRI-SET

3 rounds

EXERCISE	VOLUME
MB Handle Push-ups	Max reps
DB RDL	x10
Long Walking Plate Twist	x12

CORE CIRCUIT

EXERCISE	VOLUME
Front Plank	1 min
R / L Side Plank	30 sec ea



STRENGTH BLOCK — DAY 2

Plyo/med-ball RFD, back squat strength, superset, and finisher tri-set. 1 min rest between jump sets, 30 sec between throws.

PLYO / MED BALL (RFD)

3 sets · 1 min rest between jump sets, 30 sec between throws

EXERCISE	VOLUME
Multiple Broad Jumps	3 × 3
Squat Throw	3 × 2

STRENGTH — BACK SQUAT

3 sets · progressive load, week 8 light

WEEK	TARGET
Week 5	3 × 6-8
Week 6	3 × 5-7
Week 7	3 × 4-6
Week 8	5 × 5 (light)

SUPERSET

3 sets, progressing weekly

EXERCISE	VOLUME
Single Arm DB Row	8-10 → 5 ea
DB Step-ups	10 ea × 3

FINISHER TRI-SET

3 rounds

EXERCISE	VOLUME
DB Shoulder Press	6 ea
SB Hip Lift to Curl	x10
GHD/Bench Russian Twist	x12

CORE CIRCUIT

EXERCISE	VOLUME
Front Plank	1 min
R / L Side Plank	30 sec ea



STRENGTH BLOCK — DAY 3

Plyo/med-ball RFD, bench press strength, superset, and finisher tri-set. 1 min rest between jump sets, 30 sec between throws.

PLYO / MED BALL (RFD)

3 sets · 1 min rest between jump sets, 30 sec between throws

EXERCISE	VOLUME
Box Jumps	3 × 3
Scoop Throw	3 × 2

STRENGTH — BENCH PRESS

3 sets · progressive load, week 8 light

WEEK	TARGET
Week 5	3 × 6-8
Week 6	3 × 5-7
Week 7	3 × 4-6
Week 8	5 × 5 (light)

SUPERSET

3 sets

EXERCISE	VOLUME
Single Leg RDL	3 × 8-10
Shrugs	3 × 8-10

FINISHER TRI-SET

3 rounds

EXERCISE	VOLUME
Reverse Curls	3 × 8-10
Overhand Grip Pulldowns	3 × 8-10
Band Pull Apart	3 × max

CORE CIRCUIT

EXERCISE	VOLUME
Farmers Carry	3 × 20 yd
Banded Rotations (full speed)	3 × 20
Hanging Knee Raises	3 × 10



TRAIN FOR THE **NUMBER** YOU NEED

Two blocks. Eight weeks. Every session closes the gap between where you are and the numbers this program is built around — that's the standard we train to.

RIPD ATHLETICS

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