

Figure It Out Baseball

Joey Bergles Strength Program - Weeks 1 to 4 with Percentages

Abbreviations		
DB = Dumbbell	NG = Neutral Grip	SA = Single Arm
SL - Single Leg	SB = Stability Bal	Ea = Each Way

Insert Est. Back Sq Max >	0
Insert Est. Front Sq Max >	0

Day 1	Week 1			Week 2			Week 3			Week 4			
	%	wt	reps	%	wt	reps	%	wt	reps	%	wt	reps	
A1. Back Squat	100%	50%	0	5	53%	0	5	50%	0	5	52%	0	5
5 Second Lower		57%	0	3	63%	0	3	60%	0	5	62%	0	4
Rest 2 Minutes, Then Pair w/ A2 & A3 (Red Sets)		65%	0	3x5	71%	0	4x5	68%	0	3	71%	0	3
A2. Pair w/ Band Wall Slides: Wks 1-2: 4x8, Wks 3-4: 4x10								75%	0	4x4	79%	0	4x3
A3. Pair w/ Squat Jumps (Non-Consec): Wks 1-2: 4x3 Wks 3-4: 4x4													
	0												
B1. Front Foot Elevated Split Squats				4x4-6ea			4x4-6ea			4x5-7ea			4x5-7ea
3 Second Lower, 1 Second Pause In The Bottom													
Rest 75 Seconds, Then Pair w/ B2													
B2. DB NG Incline Rows				4x6-8			4x6-8			4x4-6			4x4-6
3 Second Lower, 2 Second Pause At The Top													
Rest 75 Seconds, Then Go Back To B1													
C1. SB Leg Curls				3x6-8			3x6-8			3x8-10			3x8-10
3 Second Lower (Make Sure Hamstrings Are Fully Stretched)													
Rest 60 Seconds, Then Pair w/ C2													
C2. Paloff Press (Athletic Stance)				3x6ea			3x8ea			3x8ea			3x10ea
3 Second Pause w/ Arm Outstretched				6 facing each way			8 facing each way			8 facing each way			10 facing each way
Rest 60 Seconds, Then Go Back To C1													

NOTES

Day 2	Week 1			Week 2			Week 3			Week 4		
	%	wt	reps	%	wt	reps	%	wt	reps	%	wt	reps
A1. Chin-Ups + Slow Lower *3 Second Lower On Each Rep, 10 Second Lower On Last Rep* Rest 2 Minutes, Then Pair w/ A2 & A3 A2. Shoulder CARs - 4x2ea Arm A3. MB Shot Put - 4x3ea Side			5x1-3 (+) 10 Sec Lower			5x1-3 (+) 10 Sec Lower			5x2-4 (+) 10 Sec Lower			5x2-4 (+) 10 Sec Lower
			*Add weight if possible			*Add weight if possible			*Add weight if possible			*Add weight if possible
B1. NG Push-Ups 5 Second Lower, 2 Second Pause In The Bottom <u>Rest 75 Seconds, Then Pair w/ B2 & B3</u>			4x6-8			4x6-8			4x8-10			4x8-10
B2. Cable External Rotation 3 Second Lower Into Your Side <u>Rest 75 Seconds, Then Pair w/ B3</u>			4x6-8ea			4x6-8ea			4x8-10ea			4x8-10ea
B3. Inverted Chin-Ups 4 Second Lower, 2 Second Pause At The Top <u>Rest 75 Seconds, Then Go Back To B1</u>			4x3-5			4x4-6			4x5-7			4x6-8
C1. DB Farmer's Walks <u>Rest 90-120 Seconds Between Sets</u>			3x20yds			3x20yds			3x20yds			3x20yds

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Day 3		Week 1			Week 2			Week 3			Week 4		
		%	wt	reps	%	wt	reps	%	wt	reps	%	wt	reps
A1. Front Squat	100%	50%	0	5	50%	0	5	50%	0	5	50%	0	5
2 Second Lower, 3 Second Pause In The Bottom		56%	0	3	58%	0	3	60%	0	3	60%	0	3
Rest 90 Seconds, Then Pair w/ A2 & A3 (Red Sets)		63%	0	4x5	68%	0	4x4	68%	0	3	68%	0	3
A2. Broad Jumps (Non-Consec) Wks 1-2: 4x3, Wks 3-4: 4x4								75%	0	4x3	75%	0	3
A3. Hip CARS - x2ea Leg								80%	0	3x2			
	0												
B1. Back Extensions				4x5-7			4x6-8			4x7-9			4x8-10
2 Second Lower, 3 Second Pause At The Top													
Rest 75 Seconds, Then Pair w/ B2 & B3													
B2. Rear Foot Elevated Split Squats				4x6ea			4x6ea			4x5ea			4x4ea
3 Second Lower, 1 Second Pause In The Bottom													
Rest 75 Seconds, Then Pair w/ B3													
B3. Cable Face Pulls				4x5-7			4x6-8			4x7-9			4x8-10
2 Second Lower, 3 Second Pause At Your Forehead													
Rest 75 Seconds, Then Go Back To B1													
C1. SB Rollouts				3x4-6			3x4-6			3x5-7			3x5-7
2 Second Pause In Front													
Rest 60 Seconds, Then Pair w/ C2													
C2. Incline Y Raise				3x4-6			3x4-6			3x5-7			3x6-8
3 Second Pause At The Top													
Rest 60 Seconds, Then Go Back To C1													

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