

**BELLVILLE TYGERS**  
**PRESEASON FITNESS PROGRAM**



DESIGNED BY:  
TYLER CHELSEA ENGLEDOE  
MIKE RANDALL

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# INTRODUCTION

The overall objectives of this fitness program are to help the athletes of Bellville baseball club to be well conditioned and increase their fitness levels for the up and coming 2020/2021 baseball season. This program is designed to help the athlete's bodies adapt to the movements and skills of baseball while being at home during the COVID19 pandemic.

This fitness program is a 6-week fitness program with workouts to be completed on the desired days as indicated below. The workouts will be explained thoroughly and clearly with demonstrations so the athletes can understand.

All of the workouts must be done in a meaningful manner by all athletes associated with Bellville Baseball Club. Due to the COVID19 pandemic coaches will not be monitoring the sessions, so each athlete must make sure to make down or inform the coaches or fitness trainer weather they have done the workouts or not.

Each athlete must ensure that they understand all aspects of the program.

Lastly make sure to have during this program and stay positive!

## PROGRAM LAYOUT

**WEEK 1 [14<sup>TH</sup> -18<sup>TH</sup>SEPTEMBER 2020]**

**WEEK 2 [21<sup>ST</sup> -25 SEPTEMBER 2020]**

**WEEK 3 [28<sup>TH</sup> SEPTEMBER - 2<sup>ND</sup> OCTOBER 2020]**

**WEEK 4 [5<sup>TH</sup> - 9<sup>TH</sup> OCTOBER 2020]**

**WEEK 5 [12<sup>TH</sup> – 16<sup>TH</sup> OCTOBER 2020]**

**WEEK 6 19<sup>TH</sup> – 23<sup>RD</sup> OCTORBER 2020]**

## WEEK 5 [12<sup>TH</sup> – 16<sup>TH</sup> OCTOBER 2020]

### **MONDAY UPPER BODY**

#### UPPER BODY WORKOUT

##### CIRCUIT OF 3 ROUNDS

1. Push ups x15
2. Chair Dips x12
3. Air punches x50
4. Bicep curl (light weight) x12
5. Overhead tricep extension x12

### **TUESDAY – LOWER BODY BODY WEIGHT**

##### WORKOUT: 4 rounds

1. Squats x20
2. Lunges (10 left,10 right)
3. Hip bridges x40
4. Sumo squats x15
5. Standing calve raises x20

##### LOWER BODY MOBILITY 30 SECONDS (PAGE 9 AND 10)

### **WEDNESDAY – CARDIO**

##### 3 KM JOG + 10 BASE DISTANCE SPRINTS

### **THURSDAY – HIIT**

##### 12 MIN HIIT 30 SECONDS ON AND 15 SECONDS OFF – 4 ROUNDS

1. SQUATS TO DOUBLE PRESS
2. MOUNTAIN CLIMBERS
3. REVERSE LUNGES TO A BICEP CURL
4. LEG RAISES

## FRIDAY – FULL BODY WORKOUT

### WARM UP 30 SECONDS X2

1. JUMPING JACKS
2. STANDING KNEE HUGS
3. SIDE SHUFFLES BETWEEN TWO CONES
4. ARM CIRCLES

### WORKOUT 4 SETS 40S ON 20S OFF

1. PLANK JACKS
2. REVERSE LUNGE TO KNEE DRIVE
3. SQUAT + JAB
4. RELEASE HAND PUSH UPS
5. BODYWEIGHT SKIERS / SLAMS

WARM DOWN:

STATIC STRETCHES FROM FMS

## WEEK 6 19<sup>TH</sup> – 23<sup>RD</sup> OCTOBER 2020]

### MONDAY UPPER BODY

WARM UP: 25 SECONDS X2

1. JOG ON THE SPOT
2. "OVER AND UNDER" OF THE ARMS
3. "UP AND DOWN" OF THE ARMS
4. ECCENTRIC PUSH UP (SLOW GOING DOWN FAST COMING UP)

### WORKOUT:

1. RESISTANCE BAND PUSH UPS 3X10
2. RESISTANCE BAND FRONT RAISES TO BANDED PULL APARTS 3X12
3. BANDED BENT OVER ROW 3X12
4. BANDED BICEP CURL TO SHOULDER PRESS 3X12

### TUESDAY- LOWER BODY

GLUTE ACTIVATION:30 SEC OF EACH EXERCISE X2

1. LATERAL BAND WALKS
2. BANDED KICK BACKS
3. SQUAT TO HIP ABDUCTION
4. BANDED HIP THRUSTS

### WORKOUT:

INTERVAL WORKOUT

30 SECONDS ON 10 SECOND OFF 4SETS

1. LYING REVERSE LEG LIFTS
2. WIDE STANCE HIP THRUSTS
3. 3 IN OUT JUMP SQUATS INTO 3 GOOD MORNINGS
4. SKI SQUATS

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**WEDNESDAY: REST**

**THURSDAY: CARDIO**

3 KM RUN

**FRIDAY- FULL BODY HIIT**

WORKOUT- 4 ROUNDS 30 SECONDS ON 15 SECONDS OFF

1. SUMO TO NARROW SQUAT JUMPS
2. PUSH UP ROTATIONS
3. WALL SIT
4. SWIMMER VARIATION
5. BICYCLE KICKS