



BEGINNER STRENGTH PROGRAM



Hi athletes! Thank you for purchasing the Beginner Package! Please read the following disclaimer before attempting any of the following exercises.

The material within this program, video content, and our website is provided solely as general educational and informational purposes. Use of this program, advice and information contained herein is at the sole choice and risk of the reader.

Always consult your physician or healthcare provider before beginning any nutrition or exercise program. If you choose to use this information without prior consent of your physician, you are agreeing to accept full responsibility for your decisions and agreeing to hold harmless Sargentsoftballtraining.com, its agents, employees, contractors and any affiliated companies from any liability with respect to injury or illness to you or your property arising out of or connected with your use of the information contained within this program, other programs, our email newsletter or our website.

The materials and content contained in this program, and our website are for general health information only and are not intended to be a substitute for professional medical advice, diagnosis or treatment. Users of this program should not rely exclusively on information provided in this program for their own health needs. All specific medical questions should be presented to your own health care provider and you should seek medical advice before starting any type of nutrition or weight loss or workout program.

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Thanks for reading! - Coach Emily

Testing: Complete all of the tests on "Week 0" before starting the 12 week training program.

Testing Category	Test	Week 0 Results	Week 13 Results	Testing Category	Test	Week 0 Results	Week 13 Results
Muscular Endurance	PUSHUPS IN 1 MINUTE			Agility	Pro Agility (5-10-5)		
	Notes:				Notes:		
Testing Category	Test	Week 0 Results	Week 13 Results	Testing Category	Test	Week 0 Results	Week 13 Results
Muscular Power	VERTICAL JUMP			Anaerobic Capacity	300 YARD SHUTTLE (25 yard turns x6)		
	Notes: Jump Up and Touch/Make a Mark on a Wall or Pole or Fence				Notes: 2 Reps. Take the Average Time.		
Testing Category	Test	Week 0 Results	Week 13 Results	Testing Category	Test	Week 0 Results	Week 13 Results
Speed	HOME TO FIRST (Record Time)			Aerobic Capacity	1 Mile Run (4 Laps Around Track)		
	HOME TO SECOND				Notes:		
	HOME TO THIRD						
	HOME TO HOME						





NAME: _____

BEGINNER PROGRAM : WEEKS 1-4

Day 1		Week 1	Week 2	Week 3	Week 4	Day 2		Week 1	Week 2	Week 3	Week 4
		Sets x Reps	Sets x Reps	Sets x Reps	Sets x Reps			Sets x Reps	Sets x Reps	Sets x Reps	Sets x Reps
FOAM ROLL		https://youtu.be/KelUdlaa10Y				FOAM ROLL		https://youtu.be/KelUdlaa10Y			
DYNAMIC WARM UP:		https://youtu.be/cvO53IU-bNI				DYNAMIC WARM UP:		https://youtu.be/cvO53IU-bNI			
A1	Max Effort Vertical Jump <i>Reset after each jump</i> <i>Stick the Landing</i>	3x5	3x5	4x5	4x5	A1	Max Effort Broad Jump <i>Reset after each jump</i> <i>Stick the Landing</i>	3x5	3x5	4x5	4x5
A2	Front Plank	3x30sec	3x30sec	4x30sec	4x30sec	A2	Side Plank	3x30sec	3x30sec	4x30sec e	4x30sec e
B1	Bodyweight Squats <i>Feet Shoulder Width Apart, Keep Chest Up</i>	3x10	3x10	4x10	4x10	B1	Pushups (On Knees If Necessary) <i>Hands Shoulder Width Apart, Elbows In, Core Tight</i>	3x10	3x10	4x10	4x10
B2	Lying Supermans	3x10	3x10	4x10	4x10	B2	Glute Bridge Hold	3x30sec	3x30sec	4x10	4x10
B3	Full Deadbug	3x10	3x10	4x10	4x10	B3	Alternating Deadbug	3x10e	3x10e	4x10e	4x10e
C1	Split Squat	3x8e	3x8e	3x10e	3x10e	C1	Scap Pushups	3x10	3x10	3x12	3x12
C2	Pushup Position Shoulder Taps	3x30sec	3x30sec	3x40sec	3x40sec	C2	SL Glute Bridge Hold	3x20sec e	3x20sec e	3x30sec e	3x30sec e
C3	Wall Shoulder Iso Series	3x10sec e	3x10sec e	3x15sec e	3x15sec e	C3	Leg Lower	3x30sec	3x30sec	3x40sec	3x40sec
Day 3		WEEK 1	WEEK 2	WEEK 3	WEEK 4	Day 4		WEEK 1	WEEK 2	WEEK 3	WEEK 4
		Sets x Reps	Sets x Reps	Sets x Reps	Sets x Reps			Sets x Reps	Sets x Reps	Sets x Reps	Sets x Reps
FOAM ROLL		https://youtu.be/KelUdlaa10Y				FOAM ROLL		https://youtu.be/KelUdlaa10Y			
DYNAMIC WARM UP:		https://youtu.be/cvO53IU-bNI				DYNAMIC WARM UP:		https://youtu.be/cvO53IU-bNI			
A1	Snap Down <i>Arms Up, Go Up On Toes</i> <i>Snap Down Into Loaded Squat Position and Hold</i>	3x5	3x5	4x5	4x5	A1	Imaginary Hurdle Hops <i>Stick the Landing in Between Each Jump</i> <i>Jump As High As Possible</i>	3x5	3x5	4x5	4x5
A2	Pushup Position Plank	3x30sec	3x30sec	4x30sec	4x30sec	A2	Side Plank + Hip Taps	3x10e	3x10e	4x10e	4x10e
B1	Bodyweight Split Squats	3x10e	3x10e	4x10e	4x10e	B1	Hands Elevated Pushup <i>:05 Lower, Push back up with core tight</i>	3x8	3x8	4x8	4x8
B2	Heavy Object Single Arm Row (DB/Backpack/Sand Bag)	3x10e	3x10e	4x10e	4x10e	B2	Household Object RDL (DB/Bag/Can/Bottle)	3x8	3x8	4x8	4x8
B3	Boat Pose Hold (Knees Bent)	3x15sec	3x15sec	4x15sec	4x15sec	B3	Same Side Deadbug	3x8e	3x8e	4x8e	4x8e
C1	Bodyweight Lateral Split Squats	3x8e	3x8e	3x10e	3x10e	C1	Heavy Object Single Arm Overhead Press (DB/Bag/Can)	3x8e	3x8e	3x10e	3x10e
C2	Wall Slides	3x8	3x8	3x10	3x10	C2	Bodyweight SL RDL	3x8e	3x8e	3x10e	3x10e
C3	Wall Shoulder Iso Series	3x10sec e	3x10sec e	3x15sec e	3x15sec e	C3	Single Leg Lower	3x8e	3x8e	3x10e	3x10e



NAME: _____

BEGINNER PROGRAM : WEEKS 5-8

Day 1		Week 5	Week 6	Week 7	Week 8	Day 2		Week 5	Week 6	Week 7	Week 8
		Sets x Reps	Sets x Reps	Sets x Reps	Sets x Reps			Sets x Reps	Sets x Reps	Sets x Reps	Sets x Reps
FOAM ROLL		https://youtu.be/KelUdlaa10Y				FOAM ROLL		https://youtu.be/KelUdlaa10Y			
DYNAMIC WARM UP:		https://youtu.be/cvO53IU-bNI				DYNAMIC WARM UP:		https://youtu.be/cvO53IU-bNI			
A1	Vertical Jumps Continuous Reps Use Arms To Jump Up	3x5	3x5	4x5	4x5	A1	Broad Jumps Continuous Jumps Use Arms To Jump	3x5	3x5	4x5	4x5
A2	Front Plank Reaches	3x10e	3x10e	4x10e	4x10e	A2	Side Plank + Top Leg Lifts	3x8e	3x8e	4x8e	4x8e
B1	Weighted Squats (DB/KB/Backpack) Feet Shoulder Width Apart, Keep Chest Up	3x8	3x8	4x8	4x8	B1	Pushups + HOLD AT BOTTOM Hands Shoulder Width Apart, Keep Elbows In, Core Tight	3x6+-03	3x6+-03	3x8+-03	3x8+-03
B2	Lying Supermans + HOLD AT TOP	3x8+-05	3x8+-05	4x8+-05	4x8+-05	B2	Glute Bridge Reps (Mini Band On Knees If You Have It)	3x10	3x10	3x12	3x12
B3	Full Deadbug + HOLD WHEN OPEN	3x8+-03	3x8+-03	4x8+-03	4x8+-03	B3	Alternating Deadbug + HOLD WHEN OPEN	3x8e+-03	3x8e+-03	3x10e+-03	3x10e+-03
C1	Forward Lunges	3x8e	3x8e	3x10e	3x10e	C1	Heavy Object Single Arm Floor Press (DB/Can/Bag)	3x8e	3x8e	3x8e	3x8e
C2	Pushup Position Knee Tucks	3x8e	3x8e	3x10e	3x10e	C2	SL Glute Bridge Reps	3x10e	3x10e	3x12e	3x12e
C3	Wall Forearm Slides	3x8	3x8	3x10	3x10	C3	Knee Tucks	3x30sec	3x30sec	3x40sec	3x40sec
Day 3		Week 5	Week 6	Week 7	Week 8	Day 4		Week 5	Week 6	Week 7	Week 8
		Sets x Reps	Sets x Reps	Sets x Reps	Sets x Reps			Sets x Reps	Sets x Reps	Sets x Reps	Sets x Reps
FOAM ROLL		https://youtu.be/KelUdlaa10Y				FOAM ROLL		https://youtu.be/KelUdlaa10Y			
DYNAMIC WARM UP:		https://youtu.be/cvO53IU-bNI				DYNAMIC WARM UP:		https://youtu.be/cvO53IU-bNI			
A1	Snap Down Into Split Stance Arms Up, Go Up On Toes Snap Down Into Loaded Split Squat Position and Hold	3x4e	3x4e	4x4e	4x4e	A1	Imaginary Hurdle Hops Continuous Into the Next Jump Jump As High As Possible	3x4	3x4	4x4	4x4
A2	Cliff Hanger Plank	3x30sec	3x30sec	4x30sec	4x30sec	A2	Reverse Plank	3x30sec	3x30sec	4x30sec	4x30sec
B1	Weighted Split Squats	3x6e	3x6e	3x8e	3x8e	B1	Hands Elevated Close Hand Pushup Keep Elbows In Tight, Hands At Armpits	3x8	3x8	4x8	4x8
B2	Heavy Object Double Arm Row (DB/Backpack/Sand Bag)	3x6	3x6	3x8	3x8	B2	Straight Leg Hamstring Bridge	3x20sec	3x20sec	4x20sec	4x20sec
B3	Russian Twists	3x10e	3x10e	3x15e	3x15e	B3	Hip Ups	3x10	3x10	4x10	4x10
C1	Lateral Lunge + HOLD AT BOTTOM	3x3+-10	3x3+-10	3x3+-12	3x3+-12	C1	Heavy Object Double Arm Overhead Press (DB/Bag/Can)	3x8	3x8	3x10	3x10
C2	Quadruped Scap Pushups	3x8	3x8	3x10	3x10	C2	Weighted SL RDL (DB/Bag)	3x8e	3x8e	3x10e	3x10e
C3	Wall Forearm Slides	3x8	3x8	3x10	3x10	C3	Flutter Kicks	3x20sec	3x20sec	3x30sec	3x30sec



NAME: _____

BEGINNER PROGRAM : WEEKS 9-12

Day 1		Week 9	Week 10	Week 11	Week 12	Day 2		Week 9	Week 10	Week 11	Week 12
		Sets x Reps	Sets x Reps	Sets x Reps	Sets x Reps			Sets x Reps	Sets x Reps	Sets x Reps	Sets x Reps
FOAM ROLL		https://youtu.be/KelUdlaa10Y				FOAM ROLL		https://youtu.be/KelUdlaa10Y			
DYNAMIC WARM UP:		https://youtu.be/cvO53IU-bNI				DYNAMIC WARM UP:		https://youtu.be/cvO53IU-bNI			
A1	Box Jumps <i>Stick Landing At Top and Off of Box 12-24" Box</i>	3x5	3x5	4x5	4x5	A1	Broad Jump + Vertical Jump <i>1 Broad Jump + 1 Vertical Jump = 1 Rep</i>	3x5	3x5	4x5	4x5
A2	Front Plank to Side Plank Rotations	3x5e	3x5e	4x5e	4x5e	A2	Adductor Side Plank	3x10sec e	3x10sec e	4x10sec e	4x10sec e
B1	Weighted Squats WITH HOLD <i>Hold Squat at Bottom</i>	3x5+05	3x5+05	4x5+05	4x5+05	B1	DB Bench Press <i>Neutral Grip, Start light and build weight</i>	3x6	3x6	4x6	4x6
B2	Chin Up Hold	3x20sec	3x20sec	4x20sec	4x20sec	B2	Glute Bridge Marches	3x10e	3x10e	4x10e	4x10e
B3	Straight Leg Sit Ups	3x10	3x10	4x10	4x10	B3	Deadbug + WI	3x10	3x10	4x10	4x10
C1	3-Way Lunge (Forward, Lateral, Reverse)	3x3e	3x3e	4x3e	4x3e	C1	Pike Pushup	3x8	3x8	4x8	4x8
C2	Pushup Lateral Walks	3x3 steps e	3x3 steps e	4x3 steps e	4x3 steps e	C2	Stability Ball Leg Curls	3x8	3x8	4x8	4x8
C3	Shoulder Band Internal / External Rotations	3x8e	3x8e	3x10e	3x10e	C3	Stability Ball Front Plank	3x30sec	3x30sec	4x30sec	4x30sec
Day 3		Week 9	Week 10	Week 11	Week 12	Day 4		Week 9	Week 10	Week 11	Week 12
		Sets x Reps	Sets x Reps	Sets x Reps	Sets x Reps			Sets x Reps	Sets x Reps	Sets x Reps	Sets x Reps
FOAM ROLL		https://youtu.be/KelUdlaa10Y				FOAM ROLL		https://youtu.be/KelUdlaa10Y			
DYNAMIC WARM UP:		https://youtu.be/cvO53IU-bNI				DYNAMIC WARM UP:		https://youtu.be/cvO53IU-bNI			
A1	Snap Down Into Single Leg Stance <i>Arms Up, Go Up On Toes</i> <i>Snap Down Into Loaded Single Leg Stance Position</i>	3x4e	3x4e	4x4e	4x4e	A1	Lateral Hurdle Hops <i>Stick Each Jump</i> <i>Jump As High As Possible</i>	3x4	3x4	4x4	4x4
A2	Cliff Hanger Plank Walkouts	3x30sec	3x30sec	4x30sec	4x30sec	A2	Reverse Plank + Marches	3x30sec	3x30sec	4x30sec	4x30sec
B1	Weighted Split Squats + HOLD AT BOTTOM	3x6e+03	3x6e+03	3x8e+03	3x6e+03	B1	Hands Elevated Close Hand Pushup + HOLD AT BOTTOM <i>Keep Elbows In Tight, Hands At Armpits</i>	3x6+03	3x6+03	4x6+03	4x6+03
B2	Heavy Object Double Arm Row + HOLD AT TOP (DB/Backpack/Sand Bar)	3x6+03	3x6+03	3x8+03	3x6+03	B2	Single Leg Hamstring Bridge	3x10sec e	3x15sec e	4x10sec e	4x15sec e
B3	Pushup Position Hand Lifts	3x5e	3x5e	3x6e	3x6e	B3	Leg Lowers	3x10	3x10	4x10	4x10
C1	Lateral Lunges (Alternating Sides)	3x8e	3x8e	3x10e	3x10e	C1	Heavy Object Alternating Single Arm Overhead Press (DB/Bag/Can)	3x6e	3x6e	3x8e	3x8e
C2	Quadruped Kickbacks	3x8e	3x8e	3x10e	3x10e	C2	Bodyweight Reverse Lunge + SL RDL	3x6e	3x6e	3x8e	3x8e
C3	Shoulder Band Internal/External Rotations	3x8e	3x8e	3x10e	3x10e	C3	Knee Tucks	3x20sec	3x20sec	3x30sec	3x30sec