



**SARGENT
SOFTBALL
TRAINING**

ADVANCED STRENGTH PROGRAM



Hi athletes! Thank you for purchasing the Advanced 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.

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Sargentsoftballtraining.com reserves the right to update or change information contained in this program, and our website at any time. Exercise is not without its risks and this or any other exercise program may result in injury. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy or have physical discomfort, you should stop immediately and consult a medical professional. You should rely on your own review, inquiry and assessment as to the accuracy of any information made available within this program or via this web site.

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: _____

ADVANCED 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	Box Jump <i>Stick landing on top of box use 12-24" box</i>	3x5	3x5	4x5	4x5	A1	Single Leg Vertical Jumps <i>Same Leg jump up and stick</i>	3x5e	3x5e	4x5e	4x5e
A2	Front Plank to Side Plank Rotations	3x5e	3x5e	4x5e	4x5e	A2	Side Plank	3x10sec e	3x10sec e	4x10sec e	4x10sec e
B1	Weighted Squats WITH :05 PAUSE AT BOTTOM <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 Ups (Use Assistance if Needed)	3x5	3x5	4x5	4x5	B2	Glute Bridge	3x30sec	3x30sec	4x10e	4x10e
B3	Straight Leg Sit Ups	3x10	3x10	4x10	4x10	B3	Deadbug + WI	3x10	3x10	4x10	4x10
C1	Weighted Step Up	3x6e	3x6e	4x6e	4x6e	C1	Standing Double Arm Overhead Press	3x8	3x8	4x8	4x8
C2	Pushup Lateral Walks + Pushup (3 steps L + 1 pushup = 1 rep)	3x3 pushups e side	3x3 pushups e side	4x3 pushups e side	4x3 pushups e side	C2	Stability Ball Leg Curls + Glute Bridge	3x8e	3x8e	4x8e	4x8e
C3	Shoulder Band Internal / External Rotations	3x8e	3x8e	4x8e	4x8e	C3	Stability Ball Front Plank	3x20sec	3x30sec	4x20sec	4x30sec
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 Into Athletic Stance <i>Arms Up, Go Up On Toes</i> <i>Snap Down Into Loaded Athletic Stance</i>	3x5	3x5	4x5	4x5	A1	Hurdle Jumps <i>Stick Each Jump</i> <i>Jump forward through hurdles</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 + :05 PAUSE AT BOTTOM <i>Knee hovers just above the ground on hold</i>	3x6e	3x6e	4x6e	4x6e	B1	Incline Pushups <i>Keep Elbows In Tight, Hands At Armpits</i>	3x8	3x8	4x8	4x8
B2	DB Single Arm Row + :05 PAUSE AT TOP	3x6e	3x6e	4x6e	4x6e	B2	Double Leg Hamstring Bridge	3x20sec	3x20sec	4x20sec	4x20sec
B3	Pushup Position Hand Lifts	3x6e	3x6e	4x6e	4x6e	B3	Leg Lowerers	3x10	3x10	4x10	4x10
C1	Bodyweight Curtsy Lunge	3x8e	3x8e	4x8e	4x8e	C1	Single Arm Overhead Press (DB/Bag/Can)	3x6e	3x6e	4x6e	4x6e
C2	Quadruped Kickbacks	3x8e	3x8e	4x8e	4x8e	C2	Bodyweight Reverse Lunge + SL RDL	3x6e	3x6e	4x6e	4x6e
C3	Shoulder Band Internal/External Rotations	3x8e	3x8e	4x8e	4x8e	C3	6 Inch Leg Lower Hold	3x15sec	3x20sec	4x15sec	4x20sec



NAME: _____

ADVANCED 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	DB Squat Jump <i>Use 10% of Bodyweight Each Hand</i>	3x5	3x5	4x5	4x5	A1	Lateral Skate Hops <i>Jumping Side to Side, Stick on 1-leg, jump to other leg.</i>	3x5e	3x5e	4x5e	4x5e
A2	Front Plank Reaches	3x8e	3x8e	3x10e	3x10e	A2	Adductor Side Plank (Top leg is on something, bottom leg hangs)	3x10sec e	3x10sec e	4x10sec e	4x10sec e
B1	Front Squat <i>Get comfortable with movement before adding weight.</i>	4x5	4x5	4x5	4x5	B1	Barbell Bench Press <i>Get comfortable with movement before adding weight.</i>	3x6	3x6	4x6	4x6
B2	Chin Ups (Use Assistance if Needed)	3x6	3x6	4x6	4x6	B2	Glute Bridge Marches	3x10e	3x10e	4x10e	4x10e
B3	Alternating Legs Deadbug	3x10e	3x10e	4x10e	4x10e	B3	Deadbug + WT	3x10	3x10	4x10	4x10
C1	Weighted Step Up	3x8e	3x8e	4x8e	4x8e	C1	Standing Single Arm Overhead Press	3x8	3x8	4x8	4x8
C2	Pushups + Pause At Bottom	3x5+3sec pause	3x5+3sec pause	4x5+3sec pause	4x5+3sec pause	C2	SINGLE LEG Stability Ball Leg Curls + Glute Bridge	3x8e	3x8e	4x8e	4x8e
C3	Shoulder Wall Iso Series	3x15sec e	3x15sec e	4x15sec e	4x15sec e	C3	Stability Ball Front Plank Rollaways	3x8	3x8	4x8	4x8
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 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	Single Leg Hurdle Hops <i>Stick Each Jump</i> <i>Jump forward through hurdles</i>	3x4e	3x4e	4x4e	4x4e
A2	Cliff Hanger Plank HOLD	3x30sec	3x30sec	4x30sec	4x30sec	A2	Reverse Plank + Marches	3x30sec	3x30sec	4x30sec	4x30sec
B1	DB Goblet RFE Split Squat	3x6e	3x6e	4x6e	4x6e	B1	DB Incline Bench Press <i>Keep Elbows In Tight, DB come all the way down</i>	3x8	3x8	4x8	4x8
B2	DB Single Arm Row (add weight from last phase)	3x6e	3x6e	4x6e	4x6e	B2	Single Leg Hamstring Bridge	3x10sec e	3x15sec e	4x10sec e	4x15sec e
B3	Pushup Position Knee Tucks	3x8e	3x8e	4x8e	4x8e	B3	Leg Lowers	3x12	3x12	4x12	4x12
C1	Weighted Curtsy Lunge	3x8e	3x8e	4x8e	4x8e	C1	Alternating Single Arm Overhead Press (DB/Bag/Can)	3x6e	3x6e	4x6e	4x6e
C2	Quadruped Kickbacks + Mini Band on Toes	3x8e	3x8e	4x8e	4x8e	C2	DB SL RDL (1 Arm holds Weight)	3x6e	3x6e	4x6e	4x6e
C3	Shoulder Wall Iso Series	3x15sec e	3x15sec e	4x15sec e	4x15sec e	C3	Alternating Legs Deadbug	3x8e	3x8e	4x8e	4x8e



NAME: _____

ADVANCED 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	Depth Drop <i>Jump Off of an 18" box</i>	3x5	3x5	4x5	4x5	A1	Hang Clean Progression <i>Watch the video and practice this movement with the barbell</i>	4x5	4x5	4x5	4x5
A2	Side Plank Hip taps	3x8e	3x8e	3x10e	3x10e	A2	Side Plank + Top Leg Abduction Hold	3x15sec e	3x15sec e	4x15sec e	4x15sec e
B1	Front Squat <i>Get comfortable with movement before adding weight.</i>	5x4	5x4	5x4	5x4	B1	Barbell Bench Press <i>Get comfortable with movement before adding weight.</i>	5x4	5x4	5x4	5x4
B2	Chin Ups (Use Assistance if Needed)	5x4	5x4	5x4	5x4	B2	DB Glute Bridge	5x8	5x8	5x10	5x10
B3	Full Deadbug	5x8	5x8	5x8	5x8	B3	Supermans	5x8	5x8	5x10	5x10
C1	Single Leg Squat with Assistance	3x4e	3x8e	4x8e	4x8e	C1	Alternating Overhead Press	3x8e	3x8e	4x8e	4x8e
C2	Pushups	3xMAX	3x5+3sec pause	4x5+3sec pause	4x5+3sec pause	C2	Sliders Leg Curl	3x8	3x8	4x8	4x8
C3	Glove Shoulder Exercises	3x10e	3x10e	3x12e	3x12e	C3	Stability Ball Front Plank Rollaways with HOLD	3x8+3sec	3x8+3sec	4x8+3sec	4x8+3sec
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	Single Leg Hurdle Hops <i>Continuous to the next rep</i> <i>Jump forward through hurdles</i>	3x4e	3x4e	4x4e	4x4e	A1	Hang Clean Progression <i>Watch the video and practice this movement with the barbell</i>	4x5	4x5	4x5	4x5
A2	Bear Crawl Hold	3x30sec	3x30sec	4x30sec	4x30sec	A2	Pushup Position Shoulder Taps	3x30sec	3x30sec	4x30sec	4x30sec
B1	DB Goblet RFE Split Squat <i>Add weight from last phase</i>	3x4e	3x4e	4x4e	4x4e	B1	BB Incline Bench Press	3x6	3x6	4x6	4x6
B2	Inverted Row	3x8	3x8	3x10	3x10	B2	Hamstring Bridge Marches	3x8e	3x8e	3x10e	3x10e
B3	Pushup Position Knee Tucks	3x8e	3x8e	4x8e	4x8e	B3	Russian Twists	3x12	3x12	4x12	4x12
C1	3 Way Lunge (bodyweight)	3x5e	3x5e	4x5e	4x5e	C1	Alternating Single Arm Overhead Press (DB/Bag/Can)	3x4e	3x4e	4x4e	4x4e
C2	Mini Band Lateral Walks	3x10steps	3x10steps	4x10steps	4x10steps	C2	DB SL RDL (DB in Each Hand)	3x4e	3x4e	4x4e	4x4e
C3	Glove Shoulder Exercises	3x10e	3x10e	3x12e	3x12e	C3	Alternating Legs Deadbug (3 sec lower)	3x4e	3x4e	4x4e	4x4e