



INTERMEDIATE STRENGTH PROGRAM



Hi athletes! Thank you for purchasing the Intermediate 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.

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 many 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: _____

INTERMEDIATE 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	Vertical Jumps <i>Continuous Reps</i> <i>Use Arms To Jump Up</i>	3x5	3x5	4x5	4x5	A1	Broad Jumps <i>Continuous Jumps</i> <i>Use Arms To Jump</i>	3x5	3x5	4x5	4x5
A2	Front Plank Hold	3x30sec	3x30sec	4x30sec	4x30sec	A2	Side Plank Hold	3x20sec e	3x20sec e	4x20sec e	4x20sec e
B1	Weighted Squats (DB/KB/Backpack) <i>Feet Shoulder Width Apart, Keep Chest Up</i>	3x8	3x8	4x8	4x8	B1	Perfect Pushups (Drop to Knees If Needed) <i>Hands Shoulder Width Apart, Keep Elbows In, Core Tight</i>	3x6	3x8	3x10	3x12
B2	Lying Supermans	3x10	3x10	4x10	4x10	B2	Double Leg Glute Bridges	3x10	3x10	3x12	3x12
B3	Deadbug	3x10	3x10	4x10	4x10	B3	Alternating Deadbugs	3x8e	3x8e	3x10e	3x10e
C1	Forward Lunges	3x8e	3x8e	3x10e	3x10e	C1	Pushup Position Shoulder Taps	3x6e	3x6e	3x8e	3x8e
C2	Pushup Position Knee Tucks	3x8e	3x8e	3x10e	3x10e	C2	Single Leg Glute Bridges	3x10e	3x10e	3x12e	3x12e
C3	Wall Shoulder Iso Series	3x10sec e	3x10sec e	3x15sec e	3x15sec e	C3	Knee Tucks	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 Downs <i>Arms Up, Go Up On Toes</i> <i>Snap Down Into Loaded Athletic Squat Position</i>	3x4e	3x4e	4x4e	4x4e	A1	Imaginary Hurdle Hops <i>Continuous Into the Next Jump</i> <i>Jump As High As Possible</i>	3x4	3x4	4x4	4x4
A2	Pushup Position Shoulder Taps	3x30sec	3x30sec	4x30sec	4x30sec	A2	Side Plank + Hip Taps	3x10e	3x10e	4x10e	4x10e
B1	Weighted Split Squats (DB/Backpack/Sand Bag) <i>Back Knee kisses the floor</i>	3x6e	3x6e	3x8e	3x8e	B1	Hands Elevated Pushup <i>Hands shoulder width apart, squeeze scaps, core tight</i>	3x8	3x8	4x8	4x8
B2	Heavy Object Single Arm Row (DB/Backpack/Sand Bag)	3x6e	3x6e	3x8e	3x8e	B2	Household Object RDL (DB/Barbell/Bag)	3x8	3x8	4x8	4x8
B3	Boat Pose	3x10e	3x10e	3x15e	3x15e	B3	Same Side Deadbug	3x8e	3x8e	4x8e	4x8e
C1	Weighted Lateral Split Squats	3x6e	3x6e	3x8e	3x8e	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: _____

INTERMEDIATE 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	Box Jumps <i>Stick Landing At Top Of Box</i> <i>12-24" Box</i>	3x5	3x5	4x5	4x5	A1	Broad Jump + Vertical Jump <i>1 Broad Jump + 1 Vertical Jump = 1 Rep</i> <i>Use Arms To Jump As Far & As High As Possible</i>	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 with :05 LOWER <i>Feet Shoulder Width Apart, Keep Chest Up</i>	3x8	3x8	4x8	4x8	B1	Pushups with :05 LOWER <i>Drop to knees if necessary, reset back at top each rep</i>	3x6	3x6	4x6	4x6
B2	Lying Alternating Superman	3x8e	3x8e	4x8e	4x8e	B2	Mini Band Glute Bridges (Band on Knees)	3x10	3x10	4x10	4x10
B3	Alternating Deadbugs	3x8e	3x8e	4x8e	4x8e	B3	Bird Dog + :03 PAUSE	3x8e	3x8e	4x8e	4x8e
C1	3-Way Lunge (Forward, Lateral, Reverse)	3x3e	3x3e	4x4e	4x4e	C1	Pike Pushup	3x6	3x6	4x6	4x6
C2	Pushup Lateral Walks	3x8e	3x8e	4x8e	4x8e	C2	Stability Ball Leg Curls	3x10	3x10	4x10	4x10
C3	Wall Forearm Slides	3x8	3x8	4x8	4x8	C3	Stability Ball Front Plank	3x30sec	3x30sec	4x30sec	4x30sec
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 <i>Arms Up, Go Up On Toes</i> <i>Snap Down Into Loaded Split Squat Position and Hold</i>	3x4e	3x4e	4x4e	4x4e	A1	Imaginary LATERAL Hurdle Hops <i>Stick Each Jump (Jumping Laterally over Hurdle)</i> <i>Jump As High As Possible</i>	3x4e	3x4e	4x4e	4x4e
A2	Cliff Hanger Plank	3x30sec	3x30sec	4x30sec	4x30sec	A2	Reverse Plank	3x30sec	3x30sec	4x30sec	4x30sec
B1	Weighted Split Squats with :05 LOWER	3x6e	3x6e	3x8e	3x8e	B1	Hands Elevated Pushup with :05 LOWER <i>Keep Elbows In Tight, Hands At Armpits</i>	3x8	3x8	4x8	4x8
B2	DB Single Arm Row with :05 LOWER	3x6e	3x6e	3x8e	3x8e	B2	Straight Leg Hamstring Bridge	3x20sec	3x20sec	4x20sec	4x20sec
B3	Russian Twists	3x10e	3x10e	3x15e	3x15e	B3	Hip Ups	3x10	3x10	4x10	4x10
C1	Weighted Lateral Lunges	3x8e	3x8e	3x8e	3x8e	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: _____

INTERMEDIATE 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 and Stick Landing</i> <i>Step back onto box for next rep</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 to Side Plank Rotations	3x5e	3x5e	4x5e	4x5e	A2	Kneeling Side Plank (100) Leg is on something, 100 (100) leg is on floor	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)	3x20sec	3x20sec	4x20sec	4x20sec	B2	Glute Bridge Marches	3x10e	3x10e	4x10e	4x10e
B3	Straight Leg Sit Ups	3x10	3x10	4x10	4x10	B3	Deadbug + WT	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 Rollaways	3x8	3x8	4x8	4x8
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	Single Leg Hurdle Hops <i>Stick Each Jump</i> <i>Jump forward through hurdles</i>	3x4e	3x4e	4x4e	4x4e
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	Single Leg Hamstring Bridge	3x10sec e	3x15sec e	4x10sec e	4x15sec e
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	Alternating 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