NÁRODNÍ BASEBALLOVÝ PROGRAM

STRENGTH PROGRAM

BASEBALL

2. FÁZE - 6 TÝDNŮ

KAIZEN ATHLETE

KAIZEN ATHLETE TRAINING - Training 1					
Excercise	Reps	Tempo	RPE / %	Rest	Comment
A1: Hip Airplane **A2: Prone Y Swimmer CARs** **A3: Standing Thorax Rotations**	**2x8+8** **2x 8-10** **2x20**				
B1: Deep Tier Split Squat Jumps	**2-3x15+15**		2-4kg MB		
B2: Gymball OH MB Throws	**2-3x8**		2-4kg MB	Full	Bomby
C1: Seated Box Jumps	**4x5**				
C2: Back Squat / Front Squat / SSB	1. týden - **4x 5 tempo** 2. týden - **4x 3 tempo** 3. týden - **4x 3 tempo** 4. týden - **4x 5-5-3-3 bez tempa** 5. týden - **4x 5-5-3-3 bez tempa** 6. týden - **4x5-3-3-2-2 bez tempa**	1.-3. týden tempo - 3011	7.5 RPE 8 RPE 8.5 RPE 7.5 RPE 8RPE 8.5 RPE	2-3min	
D1: Dual DB Romanian DL	**3x 8**	3011	8RPE		
D2: Half Kneeling Single Arm DB Press	**3x6+6**	20X1	8RPE	1-2min	
E1: Copenhagen Side Plank Raises	**2-3x20s/20s**				
E2: Jefferson Curls	**2-3x10**	3030	5-6RPE	1-2min	

KAIZEN ATHLETE TRAINING - Training 2					
Excercise	Reps	Tempo	RPE / %	Rest	Comment
A1: Y ISO Hold	**3x30-60s**				
A2: Pogo Jumps	**3x10-15m**			1min	
B1: TrapBar Power Shrugs	**3-4x 3**	Dynamicky	7.5 - 8.5RPE		
B2: Vertical to Horizontal Jump	**3-4x 3**			2min	
C1: Bench Press	**3-4x3**	20X1	7.5 - 8.5RPE		
C2: Banded Plyo Push Up	**3-4x6-8**			2min	
D1: Landmine Rotations	**3-4xalt. 6**	10X1	7-8RPE		
D1: Rotational Ball Slam	**3-4xalt. 6-8**		2-4kg MB	2min	
E: TRX Row	**Accumulate 150 reps**		7RPE	1min	

KAIZEN ATHLETE TRAINING - Training 3					
Excercise	Reps	Tempo	RPE / %	Rest	Comment
A1: KB Windmill	**3x8+8**	2011	6-7 RPE		
A2: Deep Tier Lateral Jumps	**3x16-20**		2-4kg MB	1-2min	
B1: Chin Up	**4x 10-8-6-6**		Up to 8-9 RPE		
B2: Contralateral Bulgarian Split Squat	**4x 6+6**	30X1	7 RPE	2min	
C1: Single Arm Incline DB Bench	**3x8+8**	30X1	7-8 RPE		
C2: Nordic Curl	**3x3-5**	co nejpomaleji dolů		1-2min	
D1: Half Kneeling Rotational Cable Row	**3x10+10**	20X1	8 RPE		
D2: Single Leg Squatted Calf Raises	**3x8-10/each**	1011	8-9 RPE	1-2min	
E: Half Kneeling Cable Core Rotations	**3x6+6**	1011	8-9 RPE	1min	

KAIZEN ATHLETE TRAINING - Training 1		
Excercise	Reps	Výsledky
A1: Hip Airplane **A2: Prone Y Swimmer CARs** **A3: Standing Thorax Rotations**	**2x8+8** **2x 8-10** **2x20**	
B1: Deep Tier Split Squat Jumps	**2-3x15+15**	
B2: Gymball OH MB Throws	**2-3x8**	
C1: Seated Box Jumps	**4x5**	
C2: Back Squat / Front Squat / SSB	1. týden - **4x 5 tempo** 2. týden - **4x 3 tempo** 3. týden - **4x 3 tempo** 4. týden - **4x 5-5-3-3 bez tempa** 5. týden - **4x 5-5-3-3 bez tempa** 6. týden - **4x5-3-3-2-2 bez tempa**	
D1: Dual DB Romanian DL	**3x 8**	
D2: Half Kneeling Single Arm DB Press	**3x6+6**	
E1: Copenhagen Side Plank Raises	**2-3x20s/20s**	
E2: Jefferson Curls	**2-3x10**	

KAIZEN ATHLETE TRAINING - Training 2		
Excercise	Reps	Výsledky
A1: Y ISO Hold	**3x30-60s**	
A2: Pogo Jumps	**3x10-15m**	
B1: TrapBar Power Shrugs	**3-4x 3**	
B2: Vertical to Horizontal Jump	**3-4x 3**	
C1: Bench Press	**3-4x3**	
C2: Banded Plyo Push Up	**3-4x6-8**	
D1: Landmine Rotations	**3-4xalt. 6**	
D1: Rotational Ball Slam	**3-4xalt. 6-8**	
E: TRX Row	**Accumulate 150 reps**	

KAIZEN ATHLETE TRAINING - Training 3		
Excercise	Reps	Výsledky
A1: KB Windmill	**3x8+8**	
A2: Deep Tier Lateral Jumps	**3x16-20**	
B1: Chin Up	**4x 10-8-6-6**	
B2: Contralateral Bulgarian Split Squat	**4x 6+6**	
C1: Single Arm Incline DB Bench	**3x8+8**	
C2: Nordic Curl	**3x3-5**	
D1: Half Kneeling Rotational Cable Row	**3x10+10**	
D2: Single Leg Squatted Calf Raises	**3x8-10/each**	
E: Half Kneeling Cable Core Rotations	**3x6+6**	