

Britton's Bullpen 8u-14u Weekly Workout Routine

-frequency: 3 days a week

Warm Up (all warm up moves are 30 seconds)

-Jog in Place

-High Knees

-Butt Kicks

-Med Ball Slams

-2 sets of 8 reps (2x8)

A-1: Air Squats (3 x 20)

A-2: Push Ups (3x10)

A-3: Jump Rope (3x50+)

B-1: Split Jumps (3x8/E) (Exhaustion)

B-2: Side Lunge (3x8/E)

B-3: I, Y, T, W (3x10) (each exercise)

-Mon thru Fri

-Perform on the floor or a prone position (Bench, Yoga Ball, etc.)

-Roll shoulders back (set the scaps) and feel it in your upper back and not necessarily the shoulder area.

-see video <https://youtu.be/un4CpXvfs8U>

I (arms over head)

Y (arms at 45 Degrees)

T (arms straight out)

W (elbows bent)

C-1: 3 Min Wall Sit (2x)

C-2: 50 Crunches (2x)

Finisher

Planks Till Exhaustion

Leg Raise Holds Till Exhaustion

All moves are done with body weight. Full range of motion is more important than the speed of completion. Each block is a superset and must be completed before moving onto the next one. Body control and movement is key. An athlete needs to be able to perform movements in an effective manner which will help build the muscles accordingly. If an athlete gets comfortable with movements, then weight may be added. Keep a journal with results, and write down results with every workout to track progress.