**Off/In-Season Baseball Workouts**


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**Core: (Two times per week)**

To increase core strength and improve the power of your swing: [21 Minute Core & Oblique Video](http://www.fitnessblender.com/v/workout-detail/6-Pack-Abs-Workout-Six-Pack-Abs-or-Bust/dc/)

Core strength is key to many of the actions used in this sport. For example, swinging a bat requires an incredible amount of core strength and stability, especially from the obliques. Pitching and throwing also require a great deal of torso and trunk strength. These oblique exercises can strengthen the muscles that are used in the torso twisting motions of many aspects of the game. This is not only an important aspect of performance, it also protects your back from injury, which can be common with forceful twisting motions like the ones you see in the game. Do this core strength routine three times through, twice a week.

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**Legs: (Two times a week)**

To increase explosive speed: [Plyometric and Cardio HIIT Workout Video](http://www.fitnessblender.com/v/workout-detail/Plyometric-and-Cardio-HIIT-for-Legs-Functional-Plyometrics-for-Endurance/bm/)

The different plyometric exercises included in this routine are fantastic for increasing the essential explosive speed needed by base runners and defensive players in the field. It also includes a cardiovascular-endurance boosting benefit. Implement the training styles in this particular workout routine twice a week.

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**Chest: (Two-Three times per week)**

To build upper body strength: [Chest and Back Workout](http://www.fitnessblender.com/v/workout-detail/Quick-Chest-and-Back-Workout/da/)

Here's a comprehensive upper body workout that will do nothing but improve all aspects of your game. Do this routine 2-3 times a week, but never repeat the program while your muscles are sore from the last round.
**Speed and Agility:** (One - Two Days a week)

To build fast feet and agility for baseball: Speed and Agility Workout
Building faster feet will make it easier to slide into homebase safe or steal when the other team is snoozing on the field. This is a two day workout but you can easily adapt it to do either one or two days of it per week, depending on what your existing team practices exist of. If you're doing offseason training, do both days.


**Cardio** (Three times per week)

To increase lower body strength for baseball: 37 M1nute Cardio Training & Lower Body Strength
These exercises are meant to be done back to back, which means that the routine ends up challenging your cardio threshold, as well as toning and strengthening the legs.


Day One: Core and Legs
Day Two: Chest and Speed and Agility
Day Three: Cardio
Day Four: Core and Legs
Day Five: Chest and Speed and Agility
Day Six: Cardio
Day Seven: Rest