



Week 1: Sample Athlete Workout

A real sample from the 8th Day Athlete Program. Print it, do it, feel the difference.

Great baseball players are built in the weight room as much as the cage. This is Day 1 and Day 3 straight out of Week 1 of the full 8th Day Athlete Program, our 8-week strength and conditioning system for baseball players. Do the warm-up first, every time, no shortcuts.

Daily Warm-Up / Mobility (Do This First, Every Day)

Exercise	Sets x Reps	Load / %
High Knees	2 x 20m	-
Butt Kicks	2 x 20m	-
A Skips	2 x 20m	-
B Skips	2 x 20m	-
Leg Swings Forward	2 x 12/12	-
Leg Swings Side	2 x 12/12	-
3 Step Reach	2 x 7/7	-
Forward Lunge w/ Twist	2 x 6/6	-

Day 1: Rapid Cutting + Lower Body Lift

Rapid Cutting (Week 1 loads)

Exercise	Sets x Reps	Load / %
Bilateral Side to Side Jumps	4 x 3/3	-
10m Shuttle Runs	5 x each dir	-
Zig Zag Cone Drill	6 x each side	-
Stadium Side Jumps	4 x 3/3	-
Side A Drills	4 x 5/5	-
Bilateral Side to Side to Sprint	4 x 2/2 to 10	-
5-10-15 Shuttle	7 x 1/1	-

Lower Body Lift

Exercise	Sets x Reps	Load / %
Power Clean	4 x 3 + 1 x 5	60-80%
Split Squat	8 x 8	65#

Back Squat	8 x 8	40-60%
Sliding Cossack Squat	5 x 9/9	BW

Exercise	Sets x Reps	Load / %
Side Band Walks	5 x 12/12	Red Band

Day 3: Trunk Stability + Athlete Day

Trunk Stability (Week 1 loads)

Exercise	Sets x Reps	Load / %
ZigZag Bounds, Pause in Landing	4 x 2/2	-
Heiden Jumps	4 x 3/3	-
Side Depth Drop to Forward Box Jump	5 x 1/1	-
Rear Leg Elevated Side Jumps to Box	4 x 3/3	-
Side to Side KB Jumps, Pause in Landing	4 x 4/4	-
Side to Side KB Jumps into ZigZag Bounds	4 x 2/2 into 2/2	-

Athlete Day is your choice: a skill day on the field, extra swings, or bullpen work. Train the body Monday and Wednesday, train the game Wednesday too.

"Constantly good is better than inconsistently great."

This is one week out of eight. The full 8th Day Athlete Program includes all 8 weeks, all 5 training tracks (lower body, pull, plyometric, posterior chain, and upper body press), the complete rapid cutting and trunk stability progressions, and the full recovery and mobility system. Find it at 8thdaybaseball.com/shop, or book 1-on-1 and small group training at 8thdaybaseball.com/baseball.

"Print. Press. Pray."

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