

Bobby Aldridge Fitness Training
Certified Strength & Conditioning Specialist (CSCS)
Flexibility, Agility, Speed, Strength, Stamina, Training (Fasst Results)
415-601-3364 E-mail: Info@BobbyAldridge.com

Add 7-12 MPH to your fast ball in 90 days

8-12 minute Dynamic Warm-Up:

Bear Crawls, Crab Crawls: forward, backward, side-ways
Donkey Kicks, Mountain Climbers
Inchworms Elbow Twist Sky Side
Arm Circles 2 x 40 Elbow Curls 1 x 25

Number of Throws

_____ **football:** 10 15 20 25 30 35 40

_____ **lob:** 35 40 45 50 55 60 65 70 75 80 85 90 95 100

_____ **line:** 25 30 35 40 45 50 55 60 65 70 75 80 85 90 95 100

_____ **knee:** 15 20 25 30 35 40 45 50 55 60 65 70 75 80

Total Throws = _____
Starter (120 max) Whiffle ball 3 x 10 @ 50% 70% 90%
Reliever (60 max) Fishing weight 5 x 5 @ 50% 70% 90%

Medicine Balls: reps of 12-25 Heavy Ropes: 2, 4, 6lb (5 x 100)
1. Push-Ups (1 min rest / 1 min work)
2. 1-hand on Ball DB Exercises: T, Y, W on ball
3. Tricep Push-Ups Bands: External Rotation, Rear Delt
4. Walk Back and Forth
5. 2 balls (1-hand on each ball)
6. Plyo Push-ups

Running Drills: switch between drills every 3 weeks

Mon	Wed	Fri	Tues	Thu	Saturday
sprints	stairs	sprints	hill	stairs	sprints
	hills		hill		stairs
	push cars		push cars		push cars

wind-sprints: 40-60 yards-(75%, 90%, 95%)
stairs: 3 - 10x singles, doubles
hills: 3 - 10x (60 yards) run the telephone poles
car: 15 x 20 yards 4 x 80 yards