

# Bobby Aldridge Fitness Training

Certified Strength & Conditioning Specialist (CSCS)  
**F**lexibility, **A**gility, **S**peed, **S**trength, **S**tamina, **T**raining (Fasst Results)  
 415-601-3364 E-mail: [Info@BobbyAldridge.com](mailto:Info@BobbyAldridge.com)

**Stretching & Core:** Partner Stretching:  
 Interlock hands, pull arms back, hands behind head,  
 Scratch ,Static Back: Pull-Overs, Reverse-Presses, Arm-Glides

**Pole Exercises:**

Trunk Rotations	1	10	
Counter Stretch	1		1:00
Snatch Squat	1		10
Lunge Twist into front knee	1		5
Lunge Reach Above Head	1		5
Lunge Reach Above Head Side to Side	1		5
Rotation: bend over side to side	1		5
Bend from waist on 1-leg	1		5
Counter Stretch w/Kneeling Groin	1		5
Push/Pull drill:	1		1:00

Ab routine:  
 Russian Twists (RT), standing torso twists, v-ups, bicycles,  
 specials on bench, straps, standing RT  
 Swiss Ball: alt feet & hands, Crunches, RT hands together, RT

- Med Ball Throws: 2-10 Reps
- |                     |                |
|---------------------|----------------|
| 1. Power Clean Toss | 5. X toss      |
| 2. Hang Clean Toss  | 6. Slam Ball   |
| 3. Tricep Toss      | 7. 1-arm putts |
| 4. Side Toss        | 8. 2-arm putts |

**Bands:**  
 Rhomboids, rear-delts, slow follow through,  
 90 above shoulder, 90 below shoulder, face forward & backwards

**Balance Drills:**  
 1-leg: airplane, lift knee high and hold, step out into lunge lift back leg  
 kneel on ball

<b>Speed</b>	<b>Strength</b>
Jump Squats	Back Squat / Front Squats
Clean Pulls/High Pulls	DeadLift
Push Press/Hang Clean	
Snatch Work:	Shoulder Press
1-Arm DB Clean	Sets of 5,4,3,2,1

**Bat Speed Drills:**  
 (3 x 10 with 1 minute rest) Conditioning  
 Heavy pole (6 x 5 with 1 minute rest) Speed / Power  
 Whiffle ball bat (5 quick swings with 30 sec rest x 5 ) Conditioning Joints  
 Regular Sized Bat (1 swing - 30 sec rest x 10) explosive, Pure Power  
 1. Heavy Pole + Regular Bat + Heavy Pole + Regular Bat .....  
 2. Whiffle Ball bat + Regular Bat + Whiffle Ball bat + Regular Bat .....  
 3. Heavy Pole + Regular Bat + Whiffle Ball Bat + Regular Bat + Heavy Pole .....  
 Grip work with bat, wrist roller, pitchers elbow