



Baseball Exercises Workout Routine

Exercise	Set 1	Set 2	Set 3
3sets, 8-10 reps:			
Shoulder raises with dumbbells			
Bicep curls with barbell			
Triceps rope pull-down			
Rear deltoid shoulder raises			
Dumbbell flyes			
Squats on bosu ball with dumbbells			
Reverse lunges with dumbbells			
Hanging knee raises			
Medicine ball wood chopper			

[Workout provided by www.weightlossandtraining.com](http://www.weightlossandtraining.com)