

Blue Collar – Lockdown – Weekly Planner

NO EXCUSE OR FANCY EQUIPMENT – INFIELD TRAINING ROUTINE

A day-by-day, easy to follow, step-by-step, infield development routine. Work with a partner or alone! And best of all...It all can be executed indoors at home or in your backyard!
GYMR (GET YOUR MIND RIGHT), THE DO! TIME TO EAT!

Monday

- **Strength Element**
 - Functional Lower Body Exercises
- **Infield Training**
 - Simulated Jump Rope Routine
 - Perfecting Your Pre-Pitch Movements
 - Quick Feet Drills
 - Infield Warm-Up: No Ball
 - Infield Warm-Up: With Ball
 - Infield Drills (A Series)

Thursday

- **Strength Element**
 - Arm Care Routine
 - Functional Core Routine
- **Infield Training**
 - Throwing Drills – No Ball
 - Throwing Drills – With Ball
 - Infield Drills – Warm Up – No Ball
 - Infield Drills – Warm Up – With Ball
 - Infield Drills – (B Series)
- **Offensive Training**
 - Hit Training – No Ball
 - Hit Training – With Ball

Tuesday

- **Strength Element**
 - Arm Care Routine
 - Functional Core Routine
- **Infield Training**
 - Throwing Drills – No Ball
 - Throwing Drills – With Ball
 - Infield Drills – Warm Up – No Ball
 - Infield Drills – Warm Up – With Ball
 - Infield Drills – (B Series)
- **Offensive Training**
 - Hit Training – No Ball
 - Hit Training – With Ball

Friday

- **Strength Element**
 - Functional Lower Body Exercises
- **Infield Training**
 - Simulated Jump Rope Routine
 - Perfecting Your Pre-Pitch Movements
 - Quick Feet Drills
 - Infield Warm-Up: No Ball
 - Infield Warm-Up: With Ball
 - Infield Drills (A Series)

Wednesday

- **Strength Element**
 - Functional Upper Body Strength
- **Infield Training**
 - Simulated Jump Rope Routine
 - Quick Feet Drills
 - Perfecting Your Pre-Pitch Movements
 - Infield Warm-Up: No Ball
 - Infield Warm-Up: With Ball
 - Infield Drills (A Series)

Saturday

- **Strength Element**
 - Functional Upper Body
 - Arm Care Routine
 - Functional Core Routine
- **Infield Training**
 - Throwing Drills – No Ball
 - Throwing Drills – With Ball
 - Infield Drills – Warm Up – No Ball
 - Infield Drills – Warm Up – With Ball
 - Infield Drills – (B Series)
- **Offensive Training**
 - Hit Training – No Ball
 - Hit Training – With Ball

Off Sunday - Recovery