



Building a Solid Base for Baseball Without Weights in Less Than 2 Weeks

Many activities in baseball require you to have a solid base and be able to stabilize your body weight against movement to transfer energy.

Obviously strength training with weights is the preferred method for building an explosive stable base for baseball players, but there are many other methods that can be utilized that do not require fancy weight equipment and can be done right on the field.

The following is a leg circuit that will help players build lower body strength and the ability to stabilize their body:

20 Body Weight Squats
20 Alternate Lunges
20 Alternate Step Ups (chair height)
10 Squat Jumps

Complete the circuit in 90 seconds or less, then give two minutes to rest, then repeat. The goal is to get to 5 circuits using the following progression:

Day 1 - 1 Circuit
Day 2 - 2 Circuits
Day 3 - 2 Circuits
Day 4 - Rest
Day 5 - 3 Circuits
Day 6 - 2 Circuits
Day 7 - 3 Circuits
Day 8 - Rest
Day 9 - 3 Circuits
Day 10 - 4 Circuits
Day 11 - 4 Circuits
Day 12 - Rest
Day 13 - 5 Circuits

So when you are at the field or don't have access to a weight room, you can still develop a strong stable base.

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