

Baseball Charts Online

Pitching Charts, Hitting Charts, Game Charts, Scouting Reports, and Practice Schedule,
Youth and High School Baseball and Softball Pitching Programs
Strength and Conditioning Programs

In-Season Total Body Elastic Band Workout

Table of Contents

Exercises	Page
Back	3
Chest	7
Arms	10
Abs	16
Legs	19
Shoulders	23

BACK EXERCISES

Exercise	Muscles worked	Image
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Back Exercise #1: Alternating One Arm Back Row

Gym Equivalent: Cable/Stationary Machine Alternating One Arm Back Row

Area Targeted: Large middle/outer back muscle (Latissimus)



Back Exercise #2: Good Mornings

Gym Equivalent: Dumbbell/ Cable Machine Good Mornings

Area Targeted: Middle Back Spinal Muscles



Back Exercise #3: Side Lat Extension

Gym Equivalent: Cable Machine Side Lat Extension

Area Targeted: Large middle/outer back muscle (Latissimus)



Back Exercise #4: Standing Forward Lat Extension

Gym Equivalent: Cable Machine Standing Forward Lat Extension
Area Targeted: Large middle/outer back muscle (Latissimus)



Back Exercise #5: One Arm Kneeling Lat Pull

Gym Equivalent: One Arm Kneeling Cable Machine Lat Pull
Area Targeted: Large middle/outer back muscle (Latissimus)



Back Exercise #6: Seated Floor Back Row

Gym Equivalent: Cable/Stationary Machine Back Row
Area Targeted: Large middle/outer back muscle (Latissimus)



**Back Exercise #7: Stability
Ball/Seated Reverse Lat
Extension**

Gym Equivalent: Seated Cable
Machine Reverse Lat Extension
Area Targeted: Large middle/outer
back muscle (Latissimus)



**Back Exercise #8: Laying On
Floor Back Row**

Gym Equivalent: Cable Machine
Laying On Floor Back Row
Area Targeted: Large middle/outer
back muscle (Latissimus)



**Back Exercise #9: Seated
Floor Back Extension**

Gym Equivalent: Cable Machine
Seated Floor Back Extension
Area Targeted: Middle Back Spinal
Muscles



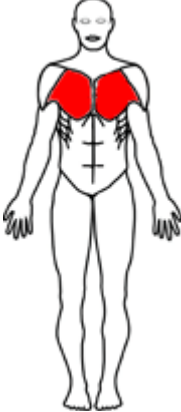

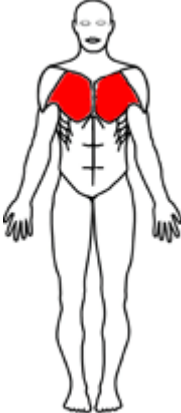

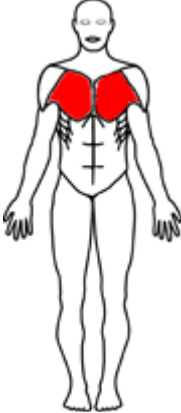

Back Exercise #10: Standing Upper Back Row

Gym Equivalent: Cable Machine Standing Upper Back Row

Area Targeted: Large middle/outer back muscle (Latissimus)

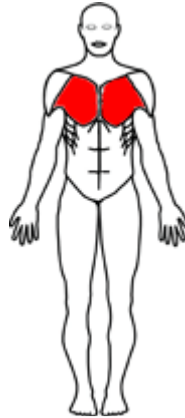


CHEST EXERCISES

Exercise	Muscles worked	Image
Chest Exercise #1: Resisted Pushup Gym Equivalent: Bench Press Area Targeted: Entire Chest		
Chest Exercise #2: One Arm Chest Press Gym Equivalent: Cable Machine One Arm Chest Press Area Targeted: Entire Chest		
Chest Exercise #3: Standing Two Arm Chest Press (low) Gym Equivalent: Cable/Stationary Machine Two Arm Chest Press Area Targeted: Entire Chest/Upper Chest		

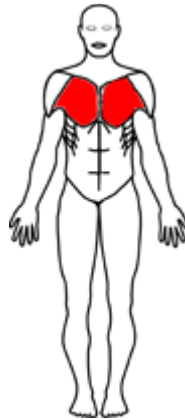
Chest Exercise #4: Stability Ball/Seated Two Arm Chest Press

Gym Equivalent: Cable/Stationary Machine Seated Two Arm Chest Press
Area Targeted: Entire Chest



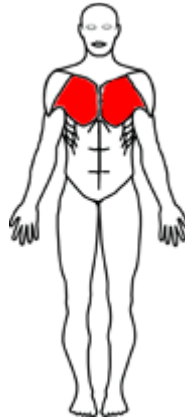
Chest Exercise #5: Seated Two Arm Chest Fly

Gym Equivalent: Cable Machine Two Arm Chest Fly
Area Targeted: Entire Chest



Chest Exercise #6: One Arm Standing Chest Fly

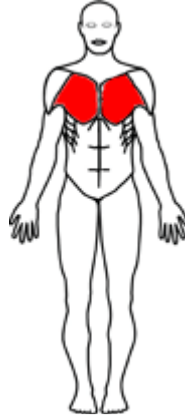
Gym Equivalent: Cable/Stationary Machine One Arm Chest Fly
Area Targeted: Entire Chest



**Chest Exercise #7: Standing
Two Arm Chest Press (high)**

Gym Equivalent: Cable Machine
standing 2 arm chest press

Area Targeted: Entire Chest/Lower
Chest

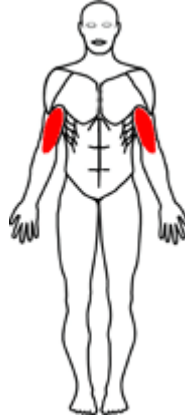


ARM EXERCISES

Exercise	Muscles worked	Image
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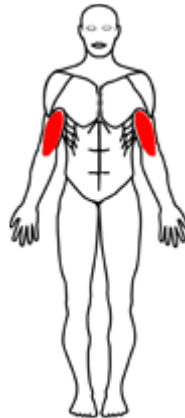
Arm Exercise #1: Standing Biceps Curl

Gym Equivalent: Standing Dumbbell/Cable Machine Curls
Area Targeted: Front of Arms



Arm Exercise #2: Standing One Arm Forward Biceps Curl

Gym Equivalent: Standing Forward One Arm Dumbbell/Cable Machine Biceps Curl
Area Targeted: Front of Arms



Arm Exercise #3: Cross Body Triceps Extension (high)

Gym Equivalent: Cable Machine Cross Body Triceps Extension (high)
Area Targeted: Back of Arms



Arm Exercise #4: Cross Body Triceps Extension (low)

Gym Equivalent: Cable Machine Cross Body Triceps Extension (low)
Area Targeted: Back of Arms



Arm Exercise #5: Laying Face Up Triceps Extension

Gym Equivalent: Laying Face Up Cable Machine Triceps Extension
Area Targeted: Back of Arms



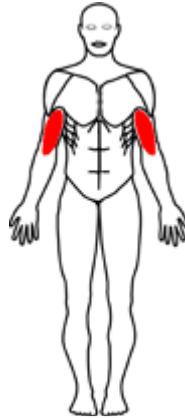
Arm Exercise #6: Overhead Triceps Extension

Gym Equivalent: Cable Machine Overhead Triceps Extension
Area Targeted: Back of Arms



**Arm Exercise #7: Stability
Ball Biceps Curl (high)**

Gym Equivalent: Seated Cable
Machine Biceps Curl (high)
Area Targeted: Front of Arms



**Arm Exercise #8: Stability
Ball Triceps Extension**

Gym Equivalent: Seated Cable
Machine Triceps Extension
Area Targeted: Back of Arms



**Arm Exercise #9: Chest
Down Bench Triceps
Extension**

Gym Equivalent: Chest Down Bench
Cable Machine Triceps Extension
Area Targeted: Back of Arms



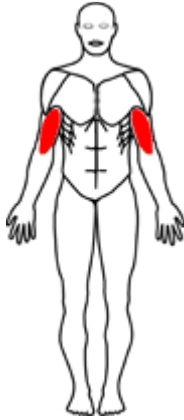
Arm Exercise #10: Chest Up Bench Triceps Extension

Gym Equivalent: Chest Up Bench Cable Machine Triceps Extension
Area Targeted: Back of Arms



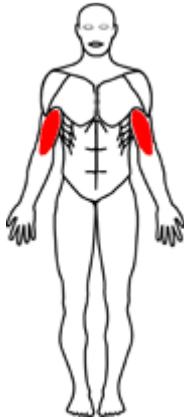
Arm Exercise #11: Laying Face Up Biceps Curl

Gym Equivalent: Laying Face Up Cable Machine Curls
Area Targeted: Front of Arms



Arm Exercise #12: Standing Alternating Biceps Curl

Gym Equivalent: Standing Dumbbell/Cable Machine Biceps Curl
Area Targeted: Front of Arms



**Arm Exercise #13: Stability
Ball Reverse One Arm
Triceps Extension**

Gym Equivalent: Seated Reverse
Cable Machine One Arm Triceps
Extension

Area Targeted: Back of Arms



**Arm Exercise #14: Kneeling
Reverse Triceps Extension**

Gym Equivalent: Kneeling Cable
Reverse Triceps Extension

Area Targeted: Back of Arms



**Arm Exercise #15: Two Arm
Triceps Kickback (handles)**

Gym Equivalent: Dumbbell/Cable
Two Arm Triceps Kickback

Area Targeted: Back of Arms



Arm Exercise #16: Standing Reverse Wide Biceps Curl

Gym Equivalent: Dumbbell/ Cable Machine Standing Reverse Wide Biceps Curl
Area Targeted: Front of Arms



Arm Exercise #17: Seated Forearm Curl

Gym Equivalent: Seated Cable Machine Forearm Curl
Area Targeted: Forearms

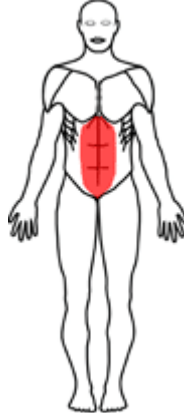


AB EXERCISES

Exercise	Muscles worked	Image
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Ab Exercise #1: Stability Ball/Chair Ab Crunch

Gym Equivalent: Weighted Stomach Crunch Machine
Area Targeted: Middle Abs



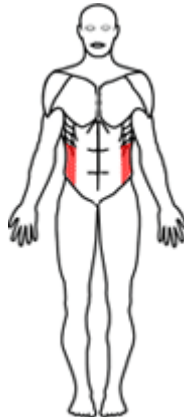
Ab Exercise #2: High Low Wood Chop

Gym Equivalent: Cable machine high low chop
Area Targeted: Middle Abs



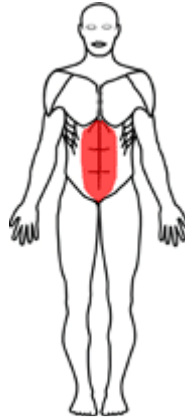
Ab Exercise #3: Resisted Side Bends

Gym Equivalent: Dumbbell Side Bend
Area Targeted: Outer Abs



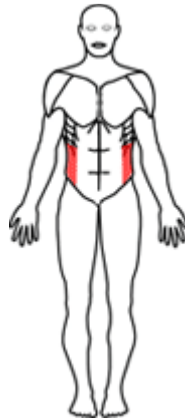
Ab Exercise #4: Kneeling Ab Crunch (Ankle Straps)

Gym Equivalent: Kneeling Cable Machine Ab Crunch
Area Targeted: Middle Abs



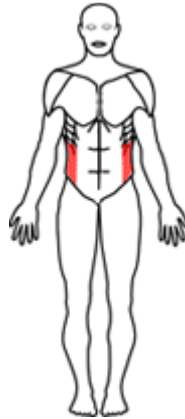
Ab Exercise #5: Standing Ab Twist

Gym Equivalent: Standing Cable Machine Ab Twist
Area Targeted: Outer Abs



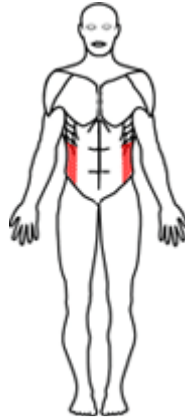
Ab Exercise #6: Seated Ab Twist

Gym Equivalent: Seated Cable Machine Ab Twist
Area Targeted: Outer Abs



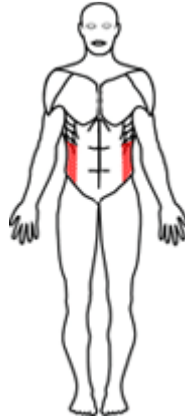
Ab Exercise #7: Seated Ball/Chair Ab Twist

Gym Equivalent: Seated Cable Machine Ab Twist
Area Targeted: Outer Abs



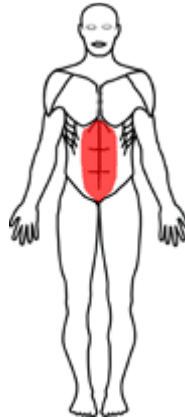
Ab Exercise #8: Laying Resisted Ab Roll

Gym Equivalent: Laying Cable Machine Ab Roll
Area Targeted: Outer Abs



Ab Exercise #9: Kneeling Ab Crunch (Handles)

Gym Equivalent: Kneeling Cable Machine Ab Crunch
Area Targeted: Middle Abs



LEG EXERCISES

Exercise	Muscles worked	Image
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Leg Exercise #1: Squats

Gym Equivalent: Barbell / Dumbbell / Machine Squats

Area Targeted: Thighs/Front Of Legs



Leg Exercise #2: Lunges

Gym Equivalent: Barbell / Dumbbell / Machine Lunges

Area Targeted: Thighs/Front Of Legs



Leg Exercise #3: Laying Hamstrings Curl

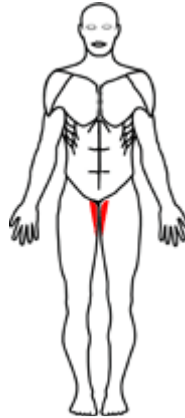
Gym Equivalent: Machine Laying Hamstrings Curl

Area Targeted: Back of Legs



Leg Exercise #4: Standing Leg Adduction

Gym Equivalent: Cable / Stationary Machine Standing Leg Adduction
Area Targeted: Inner Thigh



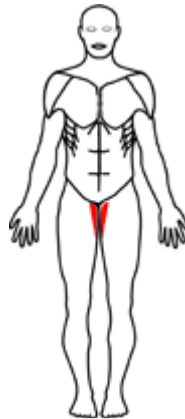
Leg Exercise #5: Calf Raise

Gym Equivalent: Stationary Machine Standing calf Raise
Area Targeted: Calves



Leg Exercise #6: Seated Leg Adduction

Gym Equivalent: Cable / Stationary Machine Seated Leg Adduction
Area Targeted: Inner Thigh



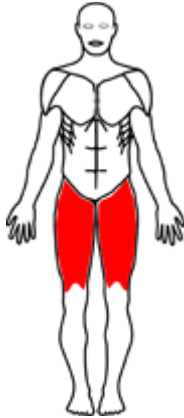
Leg Exercise #7: Seated Leg Abduction

Gym Equivalent: Cable / Stationary Machine Seated Leg Abduction
Area Targeted: Outer Thigh



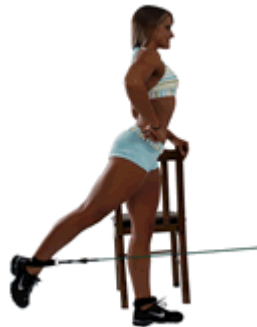
Leg Exercise #8: Seated Leg Extension

Gym Equivalent: Seated Stationary Machine Leg Extension
Area Targeted: Thighs/Front Of Legs



Leg Exercise #9: Standing Hip Extension

Gym Equivalent: Cable / Stationary Machine Standing Hip Extension
Area Targeted: Butt



**Leg Exercise #10: Standing
Leg Abduction**

Gym Equivalent: Cable / Stationary
Machine Standing Leg Abduction
Area Targeted: Outer Thigh

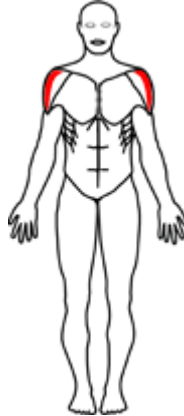


SHOULDER EXERCISES

Exercise	Muscles worked	Image
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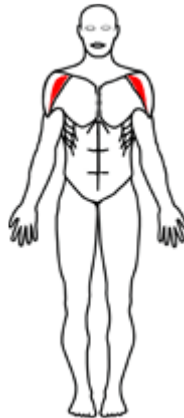
<p>Shoulder Exercise #1: Lateral Raise</p>		
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Gym Equivalent: Dumbbell
Stationary Machine Lateral Raise
Area Targeted: Middle Shoulder



<p>Shoulder Exercise #2: Standing Forward Shoulder Press</p>		
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Gym Equivalent: Barbell / Dumbbell / Stationary/ Cable Machine Front Shoulder Press
Area Targeted: Front Shoulders



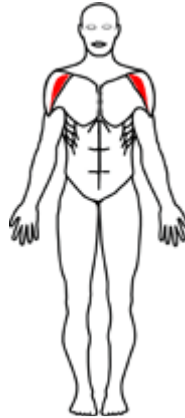
<p>Shoulder Exercise #3: Shrugs</p>		
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Gym Equivalent: Dumbbell / Barbell/ Cable Machine Shrugs
Area Targeted: Top Of Shoulders



**Shoulder Exercise #4:
Standing Front Shoulder
Raise**

Gym Equivalent: Dumbbell / Cable
Machine Front Shoulder Raise
Area Targeted: Front Shoulder



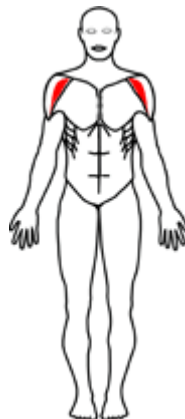
**Shoulder Exercise #5: Bench
Internal Rotation**

Gym Equivalent: Stationary, Cable
Machine Internal Rotation
Area Targeted: Rotator Cuff



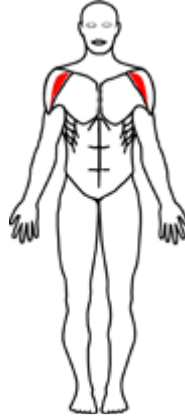
**Shoulder Exercise #6: Seated
Shoulder Press**

Gym Equivalent: Stationary / Cable
Machine/ Barbell / Dumbbell Seated
Shoulder Press
Area Targeted: Front Shoulder



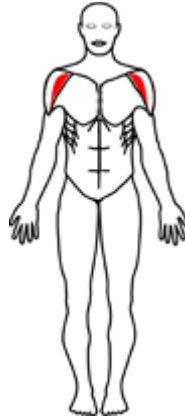
Shoulder Exercise #7: Seated Front Shoulder Raise

Gym Equivalent: Cable Machine / Dumbbell Front Shoulder Raise
Area Targeted: Front Shoulder



Shoulder Exercise #8: Standing Upright Rows

Gym Equivalent: Cable Machine / Dumbbell / Barbell Upright Rows
Area Targeted: Front Shoulder



Shoulder Exercise #9: Seated Rear Shoulder Pull

Gym Equivalent: Cable / Stationary Machine Seated Rear Shoulder Pull
Area Targeted: Rear Shoulder



**Shoulder Exercise #10:
Rotator Cuff Side Pull**

Gym Equivalent: Cable / Stationary
Machine Rotator Cuff Side Pull
Area Targeted: Rotator Cuff

