



HP SIX WEEK PROGRAM

DRIVELINE

B A S E B A L L

HIGH PERFORMANCE FREE SIX WEEK PROGRAM



WHO IS THIS PROGRAM FOR?

This particular six-week program is focused on you gaining strength, also expect to gain size and improve your power output over its course.

Due to the training economy demands of this program, it will likely be best suited for you if you're a pitcher in some type of velocity or high intent phase, or a hitter who is coming off an accumulation or hypertrophy block.

For pitching and hitting, this phase will likely come about a quarter of the way into the off-season, with power and preseason phases to follow before an athlete's competition season begins.

SIGN UP FOR A FREE TRAQ ACCOUNT

Sign up for a free TRAQ account and preload all of your workouts

<https://traq.drivelinebaseball.com/register>



WEEKS 1 - 3

HP SIX WEEK PROGRAM

DAY 1	SETS	REPS	REST	LOAD
A1: <u>FRONT SQUAT</u>	4	4		2RIR
A2: <u>BOX JUMP</u>	3	3	2:30	
B1: <u>PULL UP</u>	4	4-6		2RIR
B2: <u>PIZZA PRESS</u>	3	6	2:00	
C1: <u>GOBLET LATERAL LUNGE</u>	3	6		2RIR
C2: <u>DEAD BUG W/ PLATE</u>	3	6	2:00	
D1: <u>SA CABLE PRESS</u>	3	6		
D2: <u>PRONE TRAP RAISE W/ SWIM</u>	3	4	1:00	



WEEKS 1 - 3

HP SIX WEEK PROGRAM

DAY 2	SETS	REPS	REST	LOAD
A1: <u>BB BENCH PRESS</u>	4	5		2RIR
A2: <u>BAND REVERSE FLY</u>	3	6	2:30	
B1: <u>CHR</u>	3	4-5		2RIR
B2: <u>PALLOF PRESS</u>	3	8	2:00	
C1: <u>SA LOW CABLE ROW</u>	3	6		
C2: <u>TOP 1/2 TGU</u>	3	3/side	2:00	
D1: <u>DB FFE SPLIT SQUAT</u>	3	6		
D2: <u>PRONE BAND HAMSTRING CURL</u>	3	8	2:00	



WEEKS 1 - 3

HP SIX WEEK PROGRAM

DAY 3	SETS	REPS	REST	LOAD
A1: <u>SUMO DEADLIFT</u>	4	4		2RIR
A2: <u>BROAD JUMP</u>	3	3	2:30	
B1: <u>SPLIT STANCE LANDMINE PRESS</u>	3	6		2RIR
B2: <u>SERRATUS WALL SIDE</u>	3	6	2:00	
C1: <u>LM SL RDL</u>	3	6		2RIR
C2: <u>HK → L CALBLE CHOP</u>	3	8	2:00	
D1: <u>3 POINT DB ROW</u>	3	6		2RIR
D2: <u>DB HAMMER CURL</u>	3	8	2:00	



WEEKS 4 -5

HP SIX WEEK PROGRAM

DAY 1	SETS	REPS	REST	LOAD
A1: <u>FRONT SQUAT</u>	4	6		2RIR
A2: <u>BOX JUMP</u>	4	3	3:00	
B1: <u>PULL UP</u>	4	4-6		2RIR
B2: <u>PIZZA PRESS</u>	3	8	2:30	
C1: <u>GOBLET LATERAL LUNGE</u>	3	8		2RIR
C2: <u>DEAD BUG WITH PLATE</u>	3	6	2:00	
D1: <u>SA CABLE PRESS</u>	3	8		
D2: <u>PRONE TRAP RAISE WITH SWIM</u>	3	4	1:00	



WEEKS 4 -5

HP SIX WEEK PROGRAM

DAY 2	SETS	REPS	REST	LOAD
A1: <u>BB BENCH PRESS</u>	4	6		2RIR
A2: <u>BAND REVERSE FLY</u>	3	6	3:00	
B1: <u>CHR</u>	3	5-6		2RIR
B2: <u>PALLOF PRESS</u>	3	8	2:30	
C1: <u>SA LOW CABLE ROW</u>	3	8		
C2: <u>TOP 1/2 TGU</u>	3	3/side	2:00	
D1: <u>DB FFE SPLIT SQUAT</u>	3	6		
D2: <u>PRONE BAND HAMSTRING CURL</u>	3	8	2:00	



WEEKS 4 -5

HP SIX WEEK PROGRAM

DAY 3	SETS	REPS	REST	LOAD
A1: <u>SUMO DEADLIFT</u>	4	5		2RIR
A2: <u>BROAD JUMP</u>	4	3	3:00	
B1: <u>SPLIT STANCE LANDMINE PRESS</u>	4	5		2RIR
B2: <u>SERRATUS WALL SIDE</u>	3	6	2:00	
C1: <u>LM SL RDL</u>	3	8		2RIR
C2: <u>HK → L CALBLE CHOP</u>	3	8	2:00	
D1: <u>3 POINT DB ROW</u>	3	8		2RIR
D2: <u>DB HAMMER CURL</u>	3	8	2:00	



WEEK 6

HP SIX WEEK PROGRAM

DAY 1	SETS	REPS	REST	LOAD
A1: <u>FRONT SQUAT</u>	4	2		2RIR
A2: <u>BOX JUMP</u>	3	2	2:30	
B1: <u>PULL UP</u>	3	3		2RIR
B2: <u>PIZZA PRESS</u>	3	6	2:00	
C1: <u>GOBLET LATERAL LUNGE</u>	3	6		2RIR
C2: <u>DEAD BUG WITH PLATE</u>	3	6	2:00	
D1: <u>SA CABLE PRESS</u>	3	6		2RIR
D2: <u>PRONE TRAP RAISE WITH SWIM</u>	3	4	1:00	



WEEK 6

HP SIX WEEK PROGRAM

DAY 2	SETS	REPS	REST	LOAD
A1: <u>BB BENCH PRESS</u>	4	3		2RIR
A2: <u>BAND REVERSE FLY</u>	3	6	2:30	
B1: <u>GHR</u>	3	3		2RIR
B2: <u>PALLOF PRESS</u>	3	8	2:00	
C1: <u>SA LOW CABLE ROW</u>	3	3/side		
C2: <u>TOP 1/2 TGU</u>	3	6	2:00	
D1: <u>DB FFE SPLIT SQUAT</u>	3	5		
D2: <u>PRONE BAND HAMSTRING CURL</u>	3	6	2:00	



WEEK 6

HP SIX WEEK PROGRAM

DAY 3	SETS	REPS	REST	LOAD
A1: <u>SUMO DEADLIFT</u>	4	3		2RIR
A2: <u>BROAD JUMP</u>	3	2	2:30	
B1: <u>SPLIT STANCE LANDMINE PRESS</u>	3	4		2RIR
B2: <u>SERRATUS WALL SIDE</u>	3	4	2:00	
C1: <u>LM SL RDL</u>	3	5		2RIR
C2: <u>HK → L CALBLE CHOP</u>	3	8	2:00	
D1: <u>3 POINT DB ROW</u>	3	4		2RIR
D2: <u>DB HAMMER CURL</u>	3	6	1:00	

GLOSSARY

HP SIX WEEK PROGRAM

Load (RIR)

Load tells you how heavy/how much intent should be put into each exercise.

RIR is a tool used to describe how challenging an exercise set was by estimating how many reps you believe were left before reaching absolute fatigue.

Ex: 2RIR is high intensity, with 2 reps left in reserve.

A1, A2

These are supersets.

Each exercise should be completed within each superset block for the number of sets and reps before proceeding to the next block of exercised.

Rest Period

Make sure to follow the rest periods indicated after each exercise. Too long or too short of a rest period could end up working a different energy system than what is intended for the program.