

8-WEEK TRAINING PROGRAM

FOR BASEBALL

FOUNDATION	LEVELUPION	DEVELOPION	SODFRASO	TEN6MSIDI
WARM : FUNDAMENTAL 	TECHNIATION EXPERT 	SCHEMATIC 	BANT 2ND/3RD/4TH 	2. 3B 4B 5B 6B 7B 8B 9B
	DISCOURPANT DAY LOOSE 	BKELUPMNT ABUSE 	PERK STRONG LAG BREAK 	WEETI YERA
4-1000000 WARM UP 1 DAY 	DOYTERINCAUTION SHORT GAIRS 	BREYEMEDCOURTFUNT 'UNT OOSTEN 	MISC HIT BOND-ATION 	1. 2. 3. 4. 5. 6. 7. 8. 9.
ETRIC PERHIT FL 	SANLEON SHARD 	IBOOTHLOCHONE 	PERKENTIS HURDLET 	PODIT (BRCE)
WODUMHET EADAN CYDRATH 	FMGIC BETY-BUN 	COORATION 	SARK, GIGAT 	WOLLY O.T
WODUMHET EADAN CYDRATH 	FOR FOR FOR CAN 	SOE 	SAKE 	WYRED DOWN
TECHNICAL T'ADOLFOPTING 	TAY HADIT Y DORIC/PURAN 	TECH TAYT SEXANE 	CRIC TORRITATION 	6. PREHABIT REM VALIN

Baseball Strength Training Systems Manual

Anthony S. Fauci



Baseball Strength Training Systems Manual:

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