DIAMOND PREP BASEBALL   NAME:_____
Wrist Strength Program
Intermediate Level - Ages 11 & 12

WEEK 1:

Monday	Wednesday	Friday
Grips – 3 x 10 Wipers – 1 x 5 Rollers – 1 rep 2.5 lbs. (forward / backward)	Grips – 3 x 10 Wipers – 1 x 5 Rollers – 1 rep 2.5 lbs. (forward / backward)	Grips – 3 x 10 Wipers – 1 x 5 Rollers – 1 rep 2.5 lbs. (forward / backward)

WEEK 2:

Monday	Wednesday	Friday
Grips – 3 x 15 Wipers – 1 x 8 Rollers – 2 reps 2.5 lbs. (forward / backward)	Grips – 3 x 15 Wipers – 1 x 8 Rollers – 2 reps 2.5 lbs. (forward / backward)	Grips – 3 x 15 Wipers – 1 x 8 Rollers – 2 reps 2.5 lbs. (forward / backward)

WEEK 3:

Monday	Wednesday	Friday
Grips – 3 x 20 Wipers – 1 x 10 Rollers – 3 reps 2.5 lbs. (forward / backward)	Grips – 3 x 20 Wipers – 1 x 10 Rollers – 3 reps 2.5 lbs. (forward / backward)	Grips – 3 x 20 Wipers – 1 x 10 Rollers – 3 reps 2.5 lbs. (forward / backward)

WEEK 4:

Monday	Wednesday	Friday
Grips – 3 x 30 Wipers – 1 x 15 Rollers – 4 reps 2.5 lbs. (forward / backward)	Grips – 3 x 30 Wipers – 1 x 15 Rollers – 4 reps 2.5 lbs. (forward / backward)	Grips – 3 x 30 Wipers – 1 x 15 Rollers – 4 reps 2.5 lbs. (forward / backward)

WEEK 5:

Monday	Wednesday	Friday
Grips – 3 x 40 Wipers – 2 x 10 Rollers – 5 reps 2.5 lbs. (forward / backward)	Grips – 3 x 40 Wipers – 2 x 10 Rollers – 5 reps 2.5 lbs. (forward / backward)	Grips – 3 x 40 Wipers – 2 x 10 Rollers – 5 reps 2.5 lbs. (forward / backward)

In-Season Maintenance Program:

Wednesday	Saturday or Sunday	
Grips – 3 x 40 Wipers – 2 x 10 Rollers – 5 reps 2.5 lbs. (forward / backward)	Grips – 3 x 40 Wipers – 2 x 10 Rollers – 5 reps 2.5 lbs. (forward / backward)	2x's a week throughout season

Program Checklist:

Week 1:

Day	Projected Date	Completed
Monday		
Wednesday		
Friday		

Week 2:

Day	Projected Date	Completed
Monday		
Wednesday		
Friday		

Week 3:

Day	Projected Date	Completed
Monday		
Wednesday		
Friday		

Week 4:

Day	Projected Date	Completed
Monday		
Wednesday		
Friday		

Week 5:

Day	Projected Date	Completed
Monday		
Wednesday		
Friday		