

**DIAMOND PREP BASEBALL**  
**Wrist Strength Program**  
**Middle School Level - Ages 13 & 14**

**NAME:** \_\_\_\_\_

**WEEK 1:**

Monday	Wednesday	Friday
Grips – 3 x 12	Grips – 3 x 12	Grips – 3 x 12
Wipers – 1 x 8	Wipers – 1 x 8	Wipers – 1 x 8
Rollers – 1 rep 2.5 lbs. (forward / backward)	Rollers – 1 rep 2.5 lbs. (forward / backward)	Rollers – 1 rep 2.5 lbs. (forward / backward)

**WEEK 2:**

Monday	Wednesday	Friday
Grips – 3 x 25	Grips – 3 x 25	Grips – 3 x 25
Wipers – 1 x 10	Wipers – 1 x 10	Wipers – 1 x 10
Rollers – 2 reps 2.5 lbs. (forward / backward)	Rollers – 2 reps 2.5 lbs. (forward / backward)	Rollers – 2 reps 2.5 lbs. (forward / backward)

**WEEK 3:**

Monday	Wednesday	Friday
Grips – 3 x 40	Grips – 3 x 40	Grips – 3 x 40
Wipers – 1 x 15	Wipers – 1 x 15	Wipers – 1 x 15
Rollers – 1 rep 5 lbs. (forward / backward)	Rollers – 1 rep 5 lbs. (forward / backward)	Rollers – 1 rep 5 lbs. (forward / backward)

**WEEK 4:**

Monday	Wednesday	Friday
Grips – 3 x 50	Grips – 3 x 50	Grips – 3 x 50
Wipers – 2 x 10	Wipers – 2 x 10	Wipers – 2 x 10
Rollers – 2 reps 5 lbs. (forward / backward)	Rollers – 2 reps 5 lbs. (forward / backward)	Rollers – 2 reps 5 lbs. (forward / backward)

**WEEK 5:**

Monday	Wednesday	Friday
Grips – 3 x 60	Grips – 3 x 60	Grips – 3 x 60
Wipers – 2 x 15	Wipers – 2 x 15	Wipers – 2 x 15
Rollers – 3 reps 5 lbs. (forward / backward)	Rollers – 3 reps 5 lbs. (forward / backward)	Rollers – 3 reps 5 lbs. (forward / backward)

**In-Season Maintenance Program:**

Wednesday	Saturday or Sunday	
Grips – 3 x 60	Grips – 3 x 60	2x's a week throughout season
Wipers – 2 x 15	Wipers – 2 x 15	
Rollers – 3 reps 5 lbs. (forward / backward)	Rollers – 3 reps 5 lbs. (forward / backward)	

**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		