

**DIAMOND PREP BASEBALL**  
**Wrist Strength Program**  
**HS JV Level - Ages 15 & 16**

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

**WEEK 1:**

| Monday   | Wednesday  | Friday   |
|--|--|--|
| Grips – 3 x 15                                   | Grips – 3 x 15                                   | Grips – 3 x 15                                   |
| Wipers – 1 x 10                                  | Wipers – 1 x 10                                  | Wipers – 1 x 10                                  |
| Rollers – 1 rep 2.5 lbs.<br>(forward / backward) | Rollers – 1 rep 2.5 lbs.<br>(forward / backward) | Rollers – 1 rep 2.5 lbs.<br>(forward / backward) |

**WEEK 2:**

| Monday  | Wednesday                                       | Friday  |
|---|---|---|
| Grips – 3 x 30                                  | Grips – 3 x 30                                  | Grips – 3 x 30                                  |
| Wipers – 1 x 15                                 | Wipers – 1 x 15                                 | Wipers – 1 x 15                                 |
| Rollers – 1 reps 5 lbs.<br>(forward / backward) | Rollers – 1 reps 5 lbs.<br>(forward / backward) | Rollers – 1 reps 5 lbs.<br>(forward / backward) |

**WEEK 3:**

| Monday  | Wednesday                                       | Friday  |
|---|---|---|
| Grips – 3 x 45                                  | Grips – 3 x 45                                  | Grips – 3 x 45                                  |
| Wipers – 2 x 10                                 | Wipers – 2 x 10                                 | Wipers – 2 x 10                                 |
| Rollers – 2 reps 5 lbs.<br>(forward / backward) | Rollers – 2 reps 5 lbs.<br>(forward / backward) | Rollers – 2 reps 5 lbs.<br>(forward / backward) |

**WEEK 4:**

| 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.<br>(forward / backward) | Rollers – 3 reps 5 lbs.<br>(forward / backward) | Rollers – 3 reps 5 lbs.<br>(forward / backward) |

**WEEK 5:**

| Monday  | Wednesday                                       | Friday  |
|---|---|---|
| Grips – 3 x 80                                  | Grips – 3 x 80                                  | Grips – 3 x 80                                  |
| Wipers – 3 x 12                                 | Wipers – 3 x 12                                 | Wipers – 3 x 12                                 |
| Rollers – 4 reps 5 lbs.<br>(forward / backward) | Rollers – 4 reps 5 lbs.<br>(forward / backward) | Rollers – 4 reps 5 lbs.<br>(forward / backward) |

**In-Season Maintenance Program:**

| Wednesday                                       | Saturday or Sunday                              |                               |
|---|---|-------------------------------|
| Grips – 3 x 80                                  | Grips – 3 x 80                                  | 2x's a week throughout season |
| Wipers – 3 x 12                                 | Wipers – 3 x 12                                 |                               |
| Rollers – 4 reps 5 lbs.<br>(forward / backward) | Rollers – 4 reps 5 lbs.<br>(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    |                |           |