# DIAMOND PREP BASEBALL Wrist Strength Program HS Varsity Level - Ages 17 & 18

## WEEK 1:

Monday	Wednesday	Friday
Grips – 3 x 20	Grips – 3 x 20	Grips – 3 x 20
Wipers – 1 x 10	Wipers – 1 x 10	Wipers – 1 x 10
Rollers – 1 rep 5 lbs. (forward / backward)	Rollers – 1 rep 5 lbs. (forward / backward)	Rollers – 1 rep 5 lbs. (forward / backward)

### **WEEK 2**:

Monday	Wednesday	Friday
Grips – 3 x 40	Grips – 3 x 40	Grips – 3 x 40
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 3**:

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)

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### WEEK 4:

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. (forward / backward)	Rollers – 4 reps 5 lbs. (forward / backward)	Rollers – 4 reps 5 lbs. (forward / backward)

## **WEEK 5**:

Monday	Wednesday	Friday
Grips – 3 x 100	Grips – 3 x 100	Grips – 3 x 100
Wipers – 3 x 15	Wipers – 3 x 15	Wipers – 3 x 15
Rollers – 5 reps 5 lbs. (forward / backward)	Rollers – 5 reps 5 lbs. (forward / backward)	Rollers – 5 reps 5 lbs. (forward / backward)

# In-Season Maintenance Program:

Wednesday	Saturday or Sunday	
Grips – 3 x 100	Grips – 3 x 100	
		2x's a week throughout
Wipers – 3 x 15	Wipers – 3 x 15	season
Rollers – 5 reps	Rollers – 5 reps	
(forward / backward)	(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		