

Complete Youth Baseball Training Program



At Your Door Personal Training, LLC

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Congrats and welcome to The Complete Youth Baseball Training Program.

When Following This Training
Program, Your Athlete Will:

Boost self-esteem and confidence

Increase joint stability, mobility, and flexibility

Improve muscle coordination

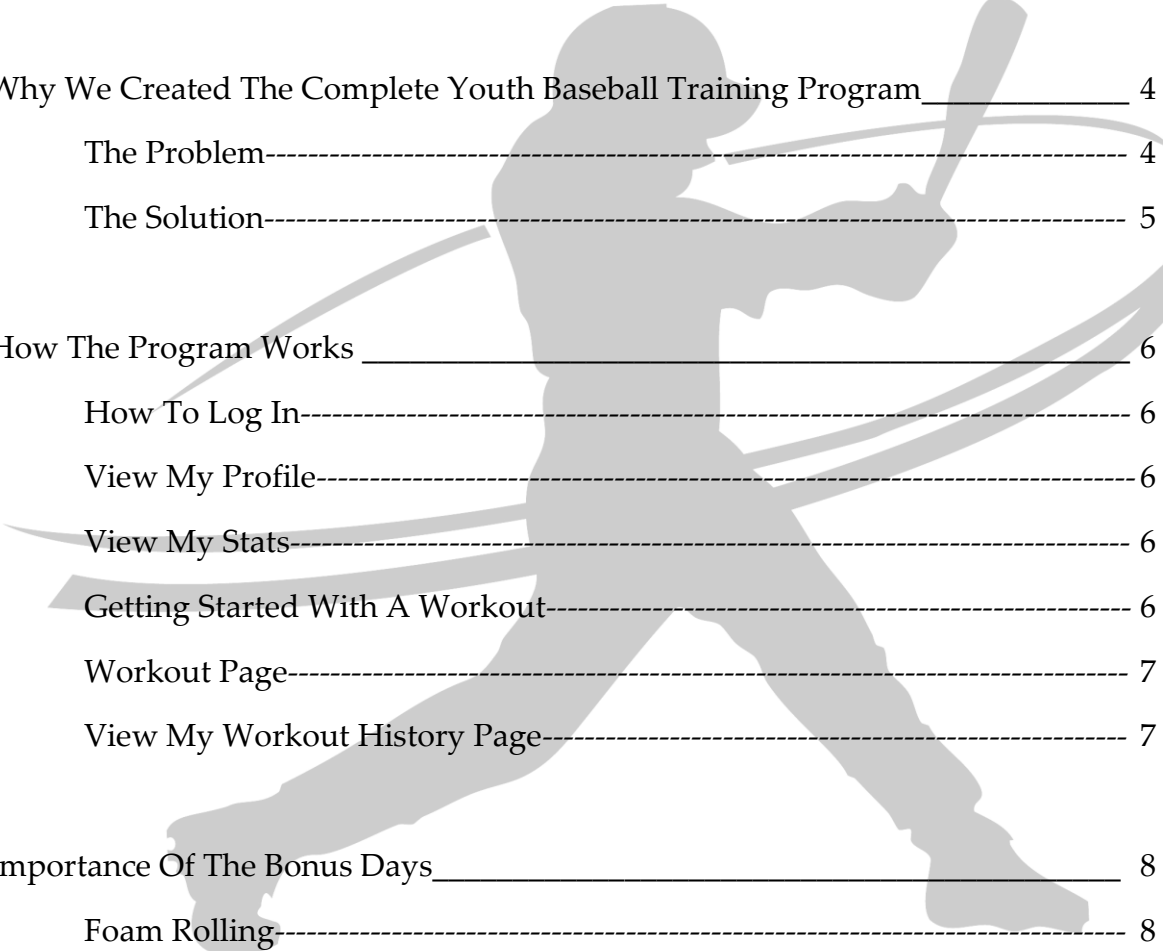
Strengthen core stabilizing muscles

Gain full body strength and muscular endurance

Learn exercises for proper sports injury prevention

Train like a PRO!

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About The Complete Youth Training Program

The “Train Like A Pro, Play Like A Pro” Philosophy:

When it comes to your young baseball player beginning to train for the first time, or those who have just little experience within their young training lives, why should their training be any different than the how their idols train? The professionals train the right way every day, every week, and every month leading up to their next season. They train not only for their body’s specific needs, but also for the specific needs of the sport. An athlete (baseball player) will train the muscles of the body that need to be strong, but also train movement patterns specific to what occurs within the sport of baseball. Within the whole realm of training, there’s a specific way to do it correctly for the most proven results of your efforts. It begins with the right way to warm up, the workout itself, and how to recover and regenerate.



“THEY TRAIN NOT ONLY FOR THEIR BODY’S NEEDS, BUT ALSO FOR THE SPECIFIC NEEDS OF THE SPORT.”


The Proof Behind The Program:

The Complete Youth Baseball Program is designed for the youth player to train just like the pros do. The program begins with an appropriate phase of training for the beginner and progresses to additional phases of training as one becomes stronger and ready to progress. Each phase of the program will have an appropriate warmup, workout, and off day bonus regeneration workout. Each training phase of the program, as well as each component of the training phase itself, incorporates the same approach to training as a professional would. What sets this whole program apart from others is that not only is it designed to take the same approach as a pro would, but it focuses on the need to establish correct **core and joint stability, joint mobility, and the flexibility** that a baseball player needs to be to perform well and also to prevent getting injured. The Complete Youth Baseball Program ensures that the young player will learn the basics from the ground up, with the specificity of training needed for the game of baseball, while always accounting for the needs of the youth body when beginning a training program.

Why We Created The Complete Youth Baseball Program:

The Problem:

The trainers with At Your Door Personal Training, LLC have spent over a combined 30 professional years in the health and fitness community, as well as grew up engulfed in the sports and fitness world. In that time, we have come across, what seems like an infinite amount of training programs, and, between us, we have tried just about all of them. Some of them are great, and some are total duds, but regardless of that, two big problems that they most of them have are, the workouts either start off too difficult, so the athlete can't even get started out of risk of injury, or they don't progress and build upon themselves, as the young athlete does. A young athletes' body will adapt to a basic "one-note" program and eventually they will not be achieving the maximum results. Also, a lot of these programs come with a hefty price tag to and all you end up getting is a PDF file and a 'Good Luck' as the rest is up to you now. These PDF files are normally just pages and pages of exercises that are difficult to understand and follow along with. If you're lucky, you'll at least get a program that has exercise image demonstrations. However, aside from possibly having to print off hundreds of image files in order to have them with you when you are working out, the images provided are generally way to simplified. They attempt to show you how to do difficult complex moves that require key safety pointers, in order to do them properly and effectively. So many times, we have seen people bring their PDF workout files into the gym and attempt to perform a complex lift, or an extreme exercise that is way beyond their expertise, all while trying to study and mimic these images without any verbal guidance. So, it is easy to see how these problems with other programs can lead to very ineffective workouts, as well as serious injury, especially to a young athletes' growing body.



"A YOUNG ATHLETES' BODY WILL ADAPT TO A BASIC "ONE-NOTE" PROGRAM AND EVENTUALLY THEY WILL NOT BE ACHIEVING THE MAXIMUM RESULTS."

The Solution:

These workout programs are what prompted us to create something better. They are why we have spent the last 4 years creating in the field testing and creating the Complete Youth Baseball Training Program © to provide the most effective, appropriate, exciting, and safe workouts for any young baseball player. The program has three different phases, each consisting of 12 workouts and 2 accompanying bonus days, designed to progress your athlete through their training properly to minimize risk of injury and maximize performance. Each exercise within the program has accompanying video and image demonstrations to ensure correct form. All workouts are accessed through an extremely user friendly online program designed by At Your Door Personal Training, LLC. This way you can have the Complete Youth Baseball Training Program at your fingertips wherever you go, whenever you need it, even while traveling. Also, after your athlete has finished, they are encouraged to repeat phase 3 all over again while increasing weights where appropriate and they will continue to gain upon their previous results!



The Complete Youth Baseball Training
Program © Truly Will Do It All!

This Program Will Provide Your Athlete
With A Comprehensive, Proven, And
Professional Approach To Their Baseball
Training That Appropriately Grows And
Improves As They Do.

How The Program Works:

How To Log In: Click This Link <https://atyourdoorpt.com/my-account/>

Login: "User Name" Created When Purchasing Your Training Program

Password: "Password" Created When Purchasing Your Training Program

View My Profile:

After logging in, you may be directed to your personal dashboard to start. From here you can always access your personal account details. To enter the Create My Workout App click the "Workouts" link. Once at the home page of the App, click on the "View My Profile" button near the bottom of the page. Here you can check off the apparatuses you always have available to you (if that changes you can always check off different ones from the home page), as well as set your expertise level (general guideline: if you are injury/ailment free, and capable of fast paced/explosive exercise movements you'll be a 5 expertise) one final thing you can do in the profile page is add in your estimated one rep max weights, for a variety of strength exercises. These values will be used to give you the proper weight you should be lifting if you generate a "strength" program. If you generate "mixed", or "endurance", it will allow you to input the weight that you used for each set and each exercise.

View My Stats:

Near the bottom of the home page next to "View My Profile" you'll see a "View My Workout History" button (We'll address this later), and a "View My Stats" button. Click the "View My Stats" button and you'll be directed to a page where you can enter specific stats about yourself, to compare later to track your progress. You'll input your max push ups, chin ups, pull ups (these stats will get used in your workouts to give proper rep range). You'll enter your body weight, and if you have a scale that can measure the next two, you'll enter your body fat %, as well as hydration % (should strive for >60%), and you'll be able to enter your circumference measurements of various areas of your body to compare to future measurements for progress checks.

Getting Started With A Workout:

From the home/main page, you can get a workout in a variety of different ways. There is the "Workout Generator", "Alex's Personalized Workouts", and "My Purchased Programs". Having purchased the Complete Youth Baseball Training Program, you'll be focusing on the "My Purchased Programs" section. You'll click the scroll down there and scroll to the first workout in the program "Phase 1 Day 1".

*Keep in mind, these are suggestions, to provide you with the best baseball centered weekly workout routine for your young athlete, but you can always adjust them to your personal needs.

Workout Page:

Once you click "View Workout" you'll come to the workout page. At the top, you'll see a key with instructions and information regarding the workouts, along with a couple exercise disclaimers. To the left of each exercise is a "Video Play" icon you can click to see a video demo of what to do with pointers for each move along with an "Image" to show the beginning and end of exercises if you just need a quick refresher. Just to the right of the icons, is the "Exercise" you'll be performing, next is the "Reps" for that exercise, followed by the "Sets" for the exercise, and then the "Weight" you should use (specified, for "Strength" Exercises, or generalized for your choice) On the right side of the page you'll see a "Sets Rem" column. This is where you can click off the sets as you go so you don't have to remember what you have and haven't done. At the bottom left of this page, you will see an area where you can write in any and all notes you might want to remember about that workout. Once you are finished with your workout (even if you don't do all the sets) you'll click the "Done and Done" button and you'll see an overview of what you did all time stamped for each set along with your estimated calorie expenditure based on your type of workout and time spent exercising. In addition, that information gets emailed to me so I can see what you did, how it all went, along with your notes you took. So, if you have any questions or thoughts you can write them in the notes section as well. That way I can keep up with your progress and keep you motivated. (If you want me to, I can disable this feature as well)

View My Workout History Page:

After clicking the "View My Workout History" button you'll be directed to a scroll down page. In this page, you'll be able to reference any workout you have finished, to review, check times, go over notes, and keep track of how many past workouts you've done, etc.

Feel free to email me alexsmith@atyourdoorpt.com if you ever think of anything you would like added, or if you have any questions or concerns about anything!

Importance Of The Bonus Days:

Foam Rolling:

The first way one can utilize a foam roller is to roll before your workouts. This “pre-stretch” will warm up and loosen any tight tendons, ligaments, and muscles to prevent an injury. Foam rollers are particularly useful for athletes or anyone who is prone to developing a repetitive stress injury from reoccurring strenuous exercise or movement.

While a foam roller can't take the place of a professional massage therapist, it's a tool that can be used before, after, and in between workouts to provide a self-myofascial release, which is similar to the style of low load, long duration, dragging soft tissue massage that a sport's therapist might apply. The self-massage of a foam roller will literally “release” muscle tissue and encourage mobility.

Stretching thoroughly with a foam roller, like exercise, will encourage increased blood flow throughout the entire body. This creates better muscle and joint mobility and range of motion, better elimination of toxins and waste, faster recovery time following strenuous exercise, and less chance of injury. All of these benefits combined allow for the athlete to perform more quality exercise and training, so they can reach their goals more quickly and with greater success.

Corrective Core:

When it comes to the core, there's a right way and a wrong way to work it. There are also wrong exercises that are often chosen that are not as productive or applicable for developing the core correctly from a young age, or for the needs of an athlete. The "core" itself is the whole midsection of the body. It is the abdominals, low back, hip/glutes, and even the upper quadriceps. These exercises are termed "Corrective Core" because they specifically target every one of the core muscle groups. It's also corrective in the sense that we focus on the deeper, transverse abdominals, and lower back muscles, which together, create the needed strength and stability for the spine. These exercises will teach an athlete how to find the precise and safe pelvic neutral positioning the body needs, as well as help to engage the correct deep stabilizing musculature.

There are many benefits of having a strong core. One benefit is the prevention of injury, particularly of the low back due to the repetitive rotational forces of swinging and throwing. A strong core helps with balance and the ability to control our body during movement. It helps with the ability to transfer the energy from the ground, through our body (core) and out our hand when throwing or hitting. The stronger the core, particularly when trained rotationally, the more rotational power one will possess. Rotational power will translate into the ability to throw harder and hit a ball farther. A strong core is a must for all athletes. Without it, full potential will not be reached.

Mobility Moves:

To get the most out of the Complete Youth Baseball Training Program, one must not only strengthen the muscles that move and support the joint, but also maintain the joint's normal range of motion.

Joints have cartilage that provide articular surfaces for shock absorption so that bones are protected when there is a load placed on them. They have ligaments that provide passive support as well as a dense fibrous capsule made of many collagen fibers that encase the joint, and not only provide static support, but also provide a type of torque (wind up action) of the joint to help deliver a transfer of load to muscles during movement.

Unfortunately, when there is muscular weakness around a joint or an athlete has an injury, muscles become rigid and have poor contractile ability and the capsule can become thickened reducing its ability to provide the necessary movement the joint needs. This can cause the joint capsule as well as fascia and muscles to become stiff, this can reduce your ability to improve your strength.

The mobility exercises provided will afford an athlete with better efficiency of their joints so their movements are not compromised. Joints need to be strong in order to move correctly in the right position. In addition, joints need to be mobile enough to allow the muscles to do their job properly. If a joint is stiff there is less ability for the muscle to move the joint through its normal range of motion. The better the joint moves the better the effect the muscles will have.

Static Stretching:

Static stretching is defined as the reach-and-hold technique of stretching, and it is another essential component of the Complete Youth Baseball Training Program. The stretches included in the program will provide the body of your athlete with many advantages.

For starters, they will reduced pain and stiffness. Excessive muscular tension can increase discomfort throughout the body. However, studies have shown that regularly performing static stretching can help to decrease stiffness, reduce pain levels, and may even reduce the frequency and severity of muscle cramps. Regular flexibility training can help to improve blood flow and circulation, thereby allowing for the enhanced transportation of oxygen and nutrient-rich blood throughout the body.

Muscles can become chronically tight and tense, due to poor posture, repetitive movement patterns, and improper body mechanics. When this happens, opposing muscles become weakened, producing unnecessary wear and tear on various joint and structures within the body. Nevertheless, regular stretching helps to ensure the muscles on each side of a joint maintain an equal degree of pull so that the joint can move freely and efficiently in all directions, allowing for optimal movement, ideal efficacy, and minimal stress on the body.

Utilizing the variety static stretches provided, will help to improve overall function by ensuring that the body can more effectively respond to the stresses imposed upon it while playing baseball. These benefits will help enhance agility, power, speed and muscular strength.