4 Week Crazii Paisley Plyo Program

# Disclaimer

###### \*\*Medical & Purchase disclaimer:

###### Please do not use the Crazii Paisley Plyo Balls or start this program if you are currently injured. Always consult with your physician or qualified health professional on any matters regarding your health. Use of the information in this program and use of the Crazii Paisley Plyo Balls is strictly at your own risk. The author, Toni Paisley and Paisleys Pitching LLC will not assume any liability for any direct or indirect losses or damages that may result including, but not limited to, economic loss, injury, illness or death.All documents included or exchanged between Paisleys Pitching and the Client are the intellectual property of Paisleys Pitching LLC and are not to be copied, sold or redistributed without my written consent.

* All reps for patterns begin around 50% and progressively add 10% of maximum effort per rep until reached desired level. This will be shown below per exercises with a B for Beginning percent and E for Ending percent)
* For the Exercises – use the 1-2lb balls
* For Patterns Overhand and Underhand under 12 use 7oz-9oz and over 12 7oz-11oz
* Let me know how it goes!

# Week 1

## Day 1 Mixed

## Warm Up body for 5-10 minutes (agilities/stretches)+ Band Exercises (ie Jaeger Bands) if you have them

## Plyo Warm Up

##  Reverse Throws 2 Sets 10 reps B 50% E 100%

##  Kneeling OH Throws 1 Set 10 reps B 60% E 90%

##  Kneeling Scap Circles Reverse. 1 Set 10 reps B 60% E 100%

##  Shuffle OH Throws 1 Set 8 reps B 60% E 90%

##  Cradle Run Throughs 1 Set 8 reps B 60% E 90%

## Workout

##  Plyo Raise 3 Sets 12 reps

##  Plyo Swim 3 Sets 12 reps

##  Standing Hip Mobility 3 Sets 12 reps

##  Upward Tosses 3 Sets 12 reps

##  Pitching Shakes Plyo 3 Sets 12 reps

##  Sleeper Reps 3 Sets 12 reps

## Day 2 Recovery

## Warm Up body for 5-10 minutes (agilities/stretches) + Band Exercises (ie Jaeger Bands) if you have them

## Workout

##  Reverse Throws 2 Set 10 reps All at 60% Effort

##  Reverse Throw OH 1 Set 10 reps All at 60% Effort

##  Reverse Scap UH 1 Set 10 reps All at 60% Effort

## Day 3 Mixed

## Warm Up body for 5-10 minutes (agilities/stretches) + Band Exercises (ie Jaeger Bands) if you have them

## Plyo Warm Up

##  Reverse Throws 2 Sets 10 reps B 50% E 100%

##  Kneeling OH Throws 1 Set 10 reps B 60% E 90%

##  Kneeling Scap Circles Reverse. 1 Set 10 reps B 60% E 100%

##  Shuffle OH Throws 1 Set 8 reps B 60% E 90%

##  Cradle Run Throughs 1 Set 8 reps B 60% E 90%

## Workout

##  Plyo Swim 3 Sets 12 reps

##  Plyo Floss 3 Sets 12 reps

##  Standing Hip Mobility 3 Sets 12 reps

##  Sidelying Tosses 3 Sets 12 reps

##  Pitching Shakes Plyo 3 Sets 12 reps

##  Sleeper Reps 3 Sets 12 reps

## Day 4 Mixed

## Warm Up body for 5-10 minutes (agilities/stretches) + Band Exercises (ie Jaeger Bands) if you have them

## Plyo Warm Up

##  Reverse Throws 2 Sets 10 reps B 50% E 100%

##  Kneeling OH Throws 1 Set 10 reps B 60% E 90%

##  Kneeling Scap Circles Reverse. 1 Set 10 reps B 60% E 100%

##  Shuffle OH Throws 1 Set 8 reps B 60% E 90%

##  Cradle Run Throughs 1 Set 8 reps B 60% E 90%

## Workout

##  Lying IYT 3 Sets 12 reps

##  Plyo Swim 3 Sets 12 reps

##  Standing Hip Mobility 3 Sets 12 reps

##  Standing Hip Flex 3 Sets 12 reps with 5 second hold at top

##  Upward Tosses 3 Sets 12 reps

##  Pitching Shakes K to Hip IR 3 Sets 12 reps

##  Sleeper Reps 3 Sets 12 reps

## Day 5 Recovery

## Warm Up body for 5-10 minutes (agilities/stretches) + Band Exercises (ie Jaeger Bands) if you have them

## Workout

##  Reverse Throws 2 Set 10 reps All at 60% Effort

##  Reverse Throw OH 1 Set 10 reps All at 60% Effort

##  Reverse Level Up 1 Set 10 reps All at 60% Effort

## Day 6 OFF

## Day 7 OFF

# Week 2

## Day 1 Mixed

## Warm Up body for 5-10 minutes (agilities/stretches) + Band Exercises (ie Jaeger Bands) if you have them

## Plyo Warm Up

##  Reverse Throws 2 Sets 10 reps B 50% E 100%

##  Kneeling OH Throws 1 Set 10 reps B 60% E 90%

##  Kneeling Scap Circles Reverse. 1 Set 10 reps B 60% E 100%

##  Shuffle OH Throws 1 Set 8 reps B 60% E 90%

##  Cradle Run Throughs 1 Set 8 reps B 60% E 90%

## Workout

##  Plyo Raise 3 Sets 12 reps

##  Plyo Swim 3 Sets 12 reps

##  Standing Hip Mobility 3 Sets 12 reps

##  Upward Tosses 3 Sets 12 reps

##  Pitching Shakes Plyo 3 Sets 12 reps

##  Sleeper Reps 3 Sets 12 reps

## Day 2 Velocity

## Warm Up body for 5-10 minutes (agilities/stretches) + Band Exercises (ie Jaeger Bands) if you have them

## Plyo Warm Up

##  Reverse Throws 2 Sets 10 reps B 50% E 100%

##  Kneeling OH Throws 1 Set 10 reps B 60% E 90%

##  Kneeling Scap Circles Reverse. 1 Set 10 reps B 60% E 100%

##  Shuffle OH Throws 1 Set 8 reps B 60% E 90%

##  Cradle Run Throughs 1 Set 8 reps B 60% E 90%

## Workout

##  Whip Throw Downs 3 Sets 8 reps B 70% E 100%

##  Level Up 1 Sets 8 reps. B 70% E 100%

##  Loaded Ks 1 Sets 12 reps B 70% E 100%

##  Sprint to Pitch 1 Sets 6 reps B 70% E 100%

##  Cradle Run Throughs 1 Sets 8 reps B 70% E 100%

##

## Day 3 Recovery

## Warm Up body for 5-10 minutes (agilities/stretches)

## Workout

##  Reverse Throws 2 Set 10 reps All at 60% Effort

##  Reverse OH Throws 1 Set 10 reps All at 60% Effort

##  Reverse Level Up 1 Set 10 reps All at 60% Effort

##

## Day 4 Mixed

## Warm Up body for 5-10 minutes (agilities/stretches) + Band Exercises (ie Jaeger Bands) if you have them

## Plyo Warm Up

##  Reverse Throws 2 Sets 10 reps B 50% E 100%

##  Kneeling OH Throws 1 Set 10 reps B 60% E 90%

##  Kneeling Scap Circles Reverse. 1 Set 10 reps B 60% E 100%

##  Shuffle OH Throws 1 Set 8 reps B 60% E 90%

##  Level up 2 1 Set 8 reps B 60% E 90%

## Workout

##  Lying IYT 3 Sets 12 reps

##  Plyo Swim 3 Sets 12 reps

##  Standing Hip Mobility 3 Sets 12 reps

##  Standing Hip Flex 3 Sets 12 reps with 5 second hold at top

##  Upward Tosses 3 Sets 12 reps

##  Pitching Shakes K to Hip IR 3 Sets 12 reps

##  Sleeper Reps 3 Sets 12 reps

## Day 5 Recovery

## Warm Up body for 5-10 minutes (agilities/stretches) + Band Exercises (ie Jaeger Bands) if you have them

## Workout

##  Reverse Throws 2 Set 10 reps All at 60% Effort

##  Reverse OH Throws 1 Set 10 reps All at 60% Effort

##  Reverse Scap UH 1 Set 10 reps All at 60% Effort

## Day 6 OFF

## Day 7 OFF

# Week 3

## Day 1 Mixed

## Warm Up body for 5-10 minutes (agilities/stretches) + Band Exercises (ie Jaeger Bands) if you have them

## Plyo Warm Up

##  Reverse Throws 2 Sets 10 reps B 50% E 100%

##  Kneeling Scap Throws 1 Set 10 reps B 60% E 90%

##  Kneeling Scap Circles Reverse. 1 Set 10 reps B 60% E 100%

##  Shuffle OH Throws 1 Set 8 reps B 60% E 90%

##  Level up 2 1 Set 8 reps B 60% E 90%

## Workout

##  IRER Plyo Shakes 3 Sets 12 reps

##  IR Plyo Holds 3 Sets 12 reps 3 Second hold each rep

##  ER Plyo Holds 3 Sets 12 reps 3 Second hold each rep

##  Standing Hip Mobility 3 Sets 12 reps

##  Upward Tosses 3 Sets 12 reps

##  Pitching Shakes Plyo 3 Sets 12 reps

##  Sleeper Reps 3 Sets 12 reps

## Day 2 Velocity

## Warm Up body for 5-10 minutes (agilities/stretches) + Band Exercises (ie Jaeger Bands) if you have them

## Plyo Warm Up

##  Reverse Throws 2 Sets 10 reps B 50% E 100%

##  Kneeling OH Throws 1 Set 10 reps B 60% E 90%

##  Kneeling Scap Circles Reverse. 1 Set 10 reps B 60% E 100%

##  Shuffle OH Throws 1 Set 8 reps B 60% E 90%

## Level up 2 1 Set 8 reps B 60% E 90%

## Workout

##  Whip Throw Downs 3 Sets 8 reps B 70% E 100%

##  Level Up 1 Sets 8 reps. B 70% E 100%

##  Loaded Ks 1 Sets 12 reps B 70% E 100%

##  Drop & Drive Jump to Pitch 1 Sets 6 reps B 70% E 100%

##  Cradle Run Throughs 1 Sets 8 reps B 70% E 100%

##

## Day 3 Recovery

## Warm Up body for 5-10 minutes (agilities/stretches) + Band Exercises (ie Jaeger Bands) if you have them

## Workout

##  Reverse Throws 2 Set 10 reps All at 60% Effort

##  Reverse Throw OH 1 Set 10 reps All at 60% Effort

##  Reverse Level Up 1 Set 10 reps All at 60% Effort

##

## Day 4 Mixed

## Warm Up body for 5-10 minutes (agilities/stretches) + Band Exercises (ie Jaeger Bands) if you have them

## Plyo Warm Up

##  Reverse Throws 2 Sets 10 reps B 50% E 100%

##  Kneeling OH Throws 1 Set 10 reps B 60% E 90%

##  Kneeling Scap Circles Reverse. 1 Set 10 reps B 60% E 100%

##  Shuffle OH Throws 1 Set 8 reps B 60% E 90%

##  Cradle Run Throughs 1 Set 8 reps B 60% E 90%

## Workout

##  Lying IYT 3 Sets 12 reps

##  Plyo Swim 3 Sets 12 reps

##  Standing Hip Mobility 3 Sets 12 reps

##  Standing Hip Flex 3 Sets 12 reps with 5 second hold at top

##  Side Lying Plyo Shakes 3 Sets 12 reps

##  Pitching Shakes K to Hip IR 3 Sets 12 reps

##  Sleeper Reps 3 Sets 12 reps

## Day 5 Recovery

## Warm Up body for 5-10 minutes (agilities/stretches) + Band Exercises (ie Jaeger Bands) if you have them

## Workout

##  Reverse Throws 2 Set 10 reps All at 60% Effort

##  Reverse OH Throws 1 Set 10 reps All at 60% Effort

##  Reverse Scap UH 1 Set 10 reps All at 60% Effort

## Day 6 OFF

## Day 7 OFF

# Week 4

## Day 1 Mixed

## Warm Up body for 5-10 minutes (agilities/stretches) + Band Exercises (ie Jaeger Bands) if you have them

## Plyo Warm Up

##  Reverse Throws 2 Sets 10 reps B 50% E 100%

##  Kneeling OH Throws 1 Set 10 reps B 60% E 90%

##  Kneeling Scap Circles Reverse. 1 Set 10 reps B 60% E 100%

##  Shuffle OH Throws 1 Set 8 reps B 60% E 90%

##  Cradle Run Throughs 1 Set 8 reps B 60% E 90%

## Workout

##  IRER Plyo Shakes 3 Sets 12 reps

##  IR Plyo Holds 3 Sets 12 reps 3 Second hold each rep

##  ER Plyo Holds 3 Sets 12 reps 3 Second hold each rep

##  Standing Hip Mobility 3 Sets 12 reps

##  Upward Tosses 3 Sets 12 reps

##  Pitching Shakes Plyo 3 Sets 12 reps

##  Sleeper Reps 3 Sets 12 reps

## Day 2 Velocity

## Warm Up body for 5-10 minutes (agilities/stretches)

## Plyo Warm Up

##  Reverse Throws 2 Sets 10 reps B 50% E 100%

##  Kneeling OH Throws 1 Set 10 reps B 60% E 90%

##  Kneeling Scap Circles Reverse. 1 Set 10 reps B 60% E 100%

##  Shuffle OH Throws 1 Set 8 reps B 60% E 90%

##  Cradle Run Throughs 1 Set 8 reps B 60% E 90%

## Workout

##  Whip Throw Downs 3 Sets 8 reps B 70% E 100%

##  Level Up 1 Sets 8 reps. B 70% E 100%

##  Loaded Ks 1 Sets 12 reps B 70% E 100%

##  Drop & Drive Jump to Pitch 1 Sets 6 reps B 70% E 100%

##  Wall Ball 7oz ball 1 Sets 1 Minute Counting how many reps (full pitches)

##

## Day 3 Recovery

## Warm Up body for 5-10 minutes (agilities/stretches) + Band Exercises (ie Jaeger Bands) if you have them

## Workout

##  Reverse Throws 2 Set 10 reps All at 60% Effort

##  OH Stationary 1 Set 10 reps All at 60% Effort

##  Finshers. 1 Set 10 reps All at 60% Effort

##

## Day 4 Mixed

## Warm Up body for 5-10 minutes (agilities/stretches) + Band Exercises (ie Jaeger Bands) if you have them

## Plyo Warm Up

##  Reverse Throws 2 Sets 10 reps B 50% E 100%

##  Kneeling OH Throws 1 Set 10 reps B 60% E 90%

##  Kneeling Scap Circles Reverse. 1 Set 10 reps B 60% E 100%

##  Shuffle OH Throws 1 Set 8 reps B 60% E 90%

##  Cradle Run Throughs 1 Set 8 reps B 60% E 90%

## Workout

##  Lying IYT 3 Sets 12 reps

##  Plyo Swim 3 Sets 12 reps

##  Standing Hip Mobility 3 Sets 12 reps

##  Standing Hip Flex 3 Sets 12 reps with 5 second hold at top

##  Side Lying Plyo Shakes 3 Sets 12 reps

##  Pitching Shakes K to Hip IR 3 Sets 12 reps

##  Sleeper Reps 3 Sets 12 reps

## Day 5 Recovery

## Warm Up body for 5-10 minutes (agilities/stretches) + Band Exercises (ie Jaeger Bands) if you have them

## Workout

##  Reverse Throws 2 Set 10 reps All at 60% Effort

##  OH Reverse. Stance 1 Set 10 reps All at 60% Effort

##  Finishers Level 2 1 Set 10 reps All at 60% Effort

## Day 6 OFF

## Day 7 OFF