

DIAMOND PREP BASEBALL
Wrist Strength Program
Beginner Level - Ages 9 & 10

NAME: _____

WEEK 1:

Monday	Wednesday	Friday
Grips – 2 x 10	Grips – 2 x 10	Grips – 2 x 10
Wipers – 1 x 3	Wipers – 1 x 3	Wipers – 1 x 3
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 – 2 x 15	Grips – 2 x 15	Grips – 2 x 15
Wipers – 1 x 5	Wipers – 1 x 5	Wipers – 1 x 5
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 3:

Monday	Wednesday	Friday
Grips – 2 x 20	Grips – 2 x 20	Grips – 2 x 20
Wipers – 1 x 8	Wipers – 1 x 8	Wipers – 1 x 8
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 4:

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 – 2 reps 2.5 lbs. (forward / backward)	Rollers – 2 reps 2.5 lbs. (forward / backward)	Rollers – 2 reps 2.5 lbs. (forward / backward)

WEEK 5:

Monday	Wednesday	Friday
Grips – 3 x 20	Grips – 3 x 20	Grips – 3 x 20
Wipers – 2 x 8	Wipers – 2 x 8	Wipers – 2 x 8
Rollers – 3 reps 2.5 lbs. (forward / backward)	Rollers – 3 reps 2.5 lbs. (forward / backward)	Rollers – 3 reps 2.5 lbs. (forward / backward)

In-Season Maintenance Program:

Wednesday	Saturday or Sunday	
Grips – 3 x 20	Grips – 3 x 20	2x's a week throughout season
Wipers – 2 x 8	Wipers – 2 x 8	
Rollers – 3 reps 2.5 lbs. (forward / backward)	Rollers – 3 reps 2.5 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		