



Thank you for your interest in Larkins Sports Performance Strength and Speed program. We would like to offer your athlete an individualized program, that is predicated around their unique strengths and weaknesses. The following information will expound on how we individualize the programming and what exactly Baseball specific training is and looks like for your athlete.

The foundation of information we consider when assessing and designing a program for each athlete:

1) The athlete's current set of physical attributes:

Core strength-muscular force production-strong body overall. We look for balance in the posterior and anterior chains. Due to the nature of Baseball, athletes create a pattern overload in certain motor units, causing dysfunction in the body. We are constantly training the opposing muscle groups to create a healthier body from a structural perspective. Baseball specific, we are referring to healthy shoulder girdle and medial chain (hamstrings/ glutes/groin/ iliopsoas). In conjunction, stabilization in both areas equate to a drastic decrease in knee + upper body injury in our athletes.

Energy Systems- Baseball players function at an elite level using 3 separate energy systems:

-bursts of speed: think cutting to a ground ball, changing direction: 0-10 seconds (ATP-PC System 20% of the average game)

-bouts of running lasting 5+ seconds: think Doubles, triples

-Aerobic Capacity: the ability to have the same stamina, recovery time, quickness, endurance in the later innings. (Aerobic System)

Our conditioning program specifically trains each energy system, In respect to the yearly plan for each athlete. Ensuring that they are peaking in the appropriate endurance protocols at the time it is needed most.

Speed: The ability to exhibit speed in multiple movement planes: forward, lateral, reverse and the capability to accelerate and decelerate efficiently. We break speed down into 4 components:

-Quick Feet

-Acceleration & Deceleration

-Lateral Acceleration

-Reaction

Agility- agility is an accumulation of skills and improves explosive movement, allowing the athlete to change direction faster than the opponent.

Mobility- the ability to express the body essential movements with ease and fluidity. In the example of Baseball: the ability to express a deep, full range of motion squat is crucial, why? This tells us the individual has proper ankle, knee, hip, back mobility.

The inability to perform a functional squat tells us the athlete is:

A) losing force generation, while running they are slower, weaker laterally, not as stable while jumping, stopping, changing directions.

B) gravitating towards a mechanical overuse injury i.e.: groin pull, hamstring pull, lower back spasms, hip flexor inflammation, MCL or ACL injuries.

2) the realistic goal and physical changes than can occur before the start of the regular season

3) the goals for that season

5) previous injuries

6) predicted pattern overload injuries within the sport of Baseball: ankle, MCL, ACL

8) stage in life cycle in this case pre/post pubescent

9) Baseball specific skill set:

-slow first step

-weak trunk/core

-poor endurance

-hand eye coordination

-poor stabilization of joints: knees, shoulders, hips

10) current level of general physical fitness

12) areas specific to multi-year progress {i.e.: establishing healthy body mass index, whether it's gaining weight or losing fat}

Below is an example of Baseball specific workout:



Card - 1 w/Ladder Agility		Volume	Card 2 - w/ Transit Agility		Volume	
Series 1	Retro Taps	x3e	Series 1	Front Plank	:30s	
	Bear Crawl	:30s		Side Plank	:30s	
	Cadence Bird Dog	:30s		Quad Stretch -> Anterior Reach -> Fwd Lunge w/Reach	4e	
Series 2	Knee Pull -> Fwd Lunge -> Reach/Pull	4e	Series 2	Bear Crawl -> Hip Flex	:30s e	
	High Knees 3e	1 length		A Skip 8yds	12e	
	Alt Hop Load	1 length		Backwards A Skip	12e	
Series 3	Lateral A Skip	down/back	Series 3	Lateral Skip/Catch 5yds e	6e	
	High Hip -> Lat Lunge -> Reach/Pull	4e		Ant Reach -> Airplane	4e	
	Lat A Skip	down/back		Tempo Alt. Bound x2	4e (1:3:1)	
Series 4	icky (Stick)	down/back	Series 4	Standing Alt. Hip Flexion -> Reach/Pull	4e	
	3:2 Heiden	down/back		Power Skip Height x2	4e	
	Anterior Reach -> Reverse Lunge -> Reach/Pull	4e		Messier Squat -> Punch/Pull	:30s	
Series 5	Alt Drop Lunge	down/back	Series 5	Carioca -> high trail leg x2	6e	
	icky Height/Spring	down/back		Series 6	1/2 Kneeling Start -> Breakdown (70%)	8yds e
	Split Jump -> Linear Start	down/back			Heiden -> Lateral Sprint	8yds e
Series 6	Heiden -> Lateral Start 5yds	down/back	Series 7	Build up 8yds -> 2s Full Sprint	8yds + 2s e	

Warm up prior to workouts, hitting, pitching and practices. The **warm-up** should gently prepare the body for **exercises** by gradually increasing the heart rate and circulation; this will loosen the joints and increase blood flow to the muscles.

LARKINS SPORTS PERFORMANCE

Specialized Activation Card - Level 1

	Hip	Vol.	Knee	Vol.	Ankle	Vol.
Sagittal (front to back)	Iso Deadbug w/SL Reach	2x5 (3:3:1)	PVC Squat	2x5 (3:3:1)	PVC Hip Hinge	2x5 (3:3:1)
	Cook Hip Lift	2x5 (1:3:1)	PB Hamstring Curl	2x5 (1:3:1)	PVC Squat	2x5 (3:3:1)
	Bird Dog	2x:30s	Tempo 3Ext (toe on pad)	2x5 (1:3:1)	Deadbug w/Band Dorsiflexion	2x:30s
	Wall sit w/Hip Ant. Tilt	2x:30s	Step Up (Bench)	2x5 (3:3:3)	PVC Squat w/ Toe pad	2x5 (3:3:1)
Frontal (side to side)	RNT Standing ABD w/Knee Flexion	2x:30s	Mini Band Lateral Walk	2x20yds	PB Wall Clam	2x5 (3:3:1)
	DB SL RDL w/Shift	2x5 (3:3:1)	PB Wall Clam	2x5 (1:3:1)	Band Inversion / Eversion	2x:30s
	Wall Sit w/Hip Shift	2x:30s	Top Leg Plank	2x5 (3:3:1)	Lateral RNT Squat on Airex	2x5 (3:3:1)
	PVC Squat w/ ADD	2x5 (3:3:1)	Lateral RNT Split Squat	2x5 (3:3:1)	PVC SL Hip Hinge	2x5 (3:3:1)
Transverse (diagonal)	PB Split Squat w/Hip Shift	2x5 (3:3:1)	Mini Band Wall Sit w/Hip Shift	2x5 (3:3:3)	Rapid Response	2x:30s
	Slide Board Lateral Drive w/Stick	2x5 (1:3:1)	Rot Split Squat w/ reciprocation	2x5 (3:3:1)	SL / SA Jump Shrug	2x5 (1:3:1)
	Skater Squat	2x5 (3:3:1)	Rotational SL Jump 90°	2x5	Rotational SL Jump 90°	2x5
	PVC OH SL Step Down (pad)	2x5 (3:3:1)	Rotational SL Jump to Platform	2x5	Rotational SL Jump to Platform	2x5
	Back	Vol.	Shoulder	Vol.	Wrist	Vol.
Sagittal (front to back)	Bear Crawl	2x:30s	1/2 Kneeling Press	2x5 (1:3:1)	Plate FLX / EXT	2x5 (3:3:1)
	Deadbug Alt Reach	2x5 (3:3:1)	Wall Seated PVC OH Reach	2x5 (1:3:1)	Barbell Rolls In/Out	2x:30s
	Bird Dog	2x:30s	PB Atl Deadbug	2x5 (3:3:1)	Weighted Bar Hold	2x:30s
	Tempo Wall Drill	2x5 (3:3:1)	PB Plank Rollout	2x5 (3:3:1)	Plate Flips	2x:30s
Frontal (side to side)	3mo Side Plank	2x:30s	Band Pull Apart	2x5 (3:3:1)	Hammer Curls (no thumb)	2x5 (3:3:1)
	Heel Touches (w/hip)	2x5 (1:3:1)	Face Pull (Band or Bentover)	2x5 (3:3:1)	Weighted PRO/SUP	2x5 (1:3:1)
	Wall Sit w/ADD	2x:30s	Battle Rope Circles	2x:30s	DB Skull Crusher	2x5 (1:3:1)
	Waiter Walks	2 x 20 yds	Waiter Walks / Farmers Walks	2x 20yds	Trap Bar Pushup	2x5 (3:3:1)
Transverse (diagonal)	Paloff Press	2x:30s	PVC Shoulder Rotation w/Shrug	2x5	INT/EXT Rotation	2x5 (3:3:1)
	3 Point Plank	2x5 (1:3:1)	MB Press (wall or floor)	2x5 (3:3:1)	Plate Grip w/ Twist	2x:30s
	SL Bear Crawl Pushup	2x5 (1:3:1)	Rotational Band Pulldown	2x5 (3:3:1)	Battle Rope Circles	2x:30s
	Cook Hip Lift w/ Punch + Reach	2x5 (1:3:1)	Cuban Press	2x5 (3:3:1)	MB Pushups	2x5 (3:3:1)

- 1) Injury Prevention & Rehabilitation
- 2) Performance Enhancement
- 3) Focus and Awareness



Larkins Sports Performance
Pitchers In Season Training



	Post Start Training			Post Relief Training			Pre Game Warmup / Recovery		
	Exercise	Sets	Reps	Exercise	Sets	Reps	Exercise	Sets	Reps
The Show	<i>Dynamic Warmup Reach Series x Se</i>			<i>Dynamic Warmup Reach Series x Se</i>			<i>Dynamic Warmup Reach Series x Se</i>		
	4 way Pull Apart with Reach	3	15	Split Stance DB Strict Press	3	6e	Bear Crawl Belly Lift	2	5 Breaths
	Barbell Bearcrawl Pushup	3	15	PR Roll Out	3	6 (3:31)	Bear Crawl Alt Bird Dog	2	10 Breaths
	TRX Inverted Row	3	15	BB Bentover Row	3	6 (3:31)	Front Plank w/ Alt Arm Leg Up	2	10 Breaths
AAA	Cuban Press	3	8	Kneeling T-Spine Rot w/ Breathing	3	6 (1:31)	Top Leg Plank w/ Hip Reach	2e	10 Breaths
	Foal Roll Wall Slide with Band on Hands	3	15	3mo Chin Up	3	6 (3:31)	Hip Bridge Hold w/ Reach	2	10 Breaths
	Deadbug/Pullover w/ Band	3	15	TRX Row -> External Rotation	3	12	Baby Squat w/ Reach (hold band or railing)	2	10 Breaths
	DB RDL w/ Reach	3	15	BB RDL (135-185lbs)	3	6 (3:51)	Single Leg Squat	2e	5 (5:5-1)
	DB SA OH Split Squat (Light)	3	15e	DB Split Jump	3	6e (1/4 BW)	Split Squat w/ Reach and Rotate	2e	10e (3:3-1)
	Double Heiden	3	8e	45° Bound x3 (RLR, LRL)	3	6e	Side V-Ups	2	10 (3:3-1)
	Conditioning			Conditioning			Conditioning		
	100 Yard Shuttle (25 yard turns)	3	3	300 Yard Shuttle (25 yard turns)	3	1	Plyometric Potentiation: 180° Split Jump	2	6e
	Goal: 1:55			Goal: 1m			Rest: 2:00		
	Set Rest: 2m			Set Rest: 3:00					
Rep Rest: 1m									
Rookie Ball	<i>Dynamic Warmup Reach Series x Se</i>			<i>Dynamic Warmup Reach Series x Se</i>			<i>Dynamic Warmup Reach Series x Se</i>		
	Band Pull Apart with Reach	3	15	Barbell Strict Press	3	6e	All 4 Belly Lift w/ Right Arm Reach	2	5 Breaths
	Bearcrawl Pushup	3	15	Barbell Roll Out	3	6 (3:31)	Bear Crawl Alt Arm Reach	2e	5 Breaths
	Inverted Row	3	15	DB SA Row	3	6 (3:31)	Front Plank Toe Taps	2	20 each
	Cuban Press	3	8	Kneeling T-Spine Rot w/ Breathing	3	6 (1:31)	Side Plank w/ Top Leg Up	2e	10 Breaths
	Deadbug Strict Press	3	15	Pull Up	3	6 (3:31)	Hip Bridge Hold	2	10 Breaths
	Deadbug/Pullover w/ Plates	3	15	TRX Row -> External Rotation	3	6 (3:31)	Baby Squat w/ Reach (hold band or railing)	2	10 Breaths
	DB RDL	3	15	DB RDL (1/3 BW)	3	6 (3:51)	Single Leg Squat (holding railing)	2e	5 (5:5-1)
	DB SA Split Squat (1/4 BW)	3	15e	DB Squat Jump	3	6e (1/4 BW)	Split Squat w/ Reach	2e	10e (3:3-1)
	Lateral Heiden w/ Reach	3	8e	45° Bound x2 (RL, LR)	3	10e	V-Ups	2	10 (3:3-1)
Conditioning			Conditioning			Conditioning			
50 Yard Shuttle (25 yard turns)	3	2e	200 Yard Shuttle (25 yard turns)	2	3	Plyometric Potentiation: 180° Squat Jump	2	12e	
Goal: 1:15			Goal: 4:25			Rest: 2:00			
Set Rest: 1 minute			Set Rest: 3:00						
Rep Rest: :45s			Rep Rest: 1:30						

In sports like Baseball, many injuries are a result from what is referred to as “pattern overload” or any repeated movement patterns. Pitchers are quite vulnerable, and we take this into consideration while training them pre, post and in season. Above is an example of specific workouts we utilize to maintain elite level soft tissue health, mobility, and increase in strength and power output.



Overview:

Unlimited weekly Sessions a week
Strength/Conditioning/Speed/Agility
Entry Assessment, follow up assessments every 12 weeks
Nutritional information & guidance

Prices:

\$175 per month

Combo package:

\$600- 3 months Strength training + Hitting or Pitching skills (2x per week)

Please reach out with any questions or concerns:

Billy Larkins:

BillyL573@gmail.com

Available Fall Hours:

Monday: 6:00am-1:00pm; 3:00pm-9:00pm
Tuesday: 6:00am-1:00pm; 3:00pm-9:00pm
Wednesday: 6:00am-1:00pm; 3:00pm-9:00pm
Thursday: 6:00am-1:00pm; 3:00pm-9:00pm
Friday: 6:00am-2:00pm; 3:00pm-6:00pm
Saturday: 8-12:00pm or by appointment
Sunday: 9:00am-12:00pm; 4:00-6:00pm