COACH VEGAS

(702) 907-1942
www.Coach.Vegas
coachebarb@theplate.com

SPORT METHOD TRAINING™
BASEBALL SQUATS

Hindu/Baseball Squats build strength and endurance throughout the thighs, calves, lower back and chest. Most importantly, they build lung power. If you can run several miles at a decent slip or pound the Stairmaster for a half-hour, you probably think you have good cardiovascular fitness. Great! Now try 500 straight Baseball Squats on for size. I think you will be amazed.

1. Begin with your feet shoulder width apart and your toes pointing straight ahead. Your hands are pulled in tightly to your chest. Inhale.

2. Keep your back fairly straight and lower your buttocks until your thighs are parallel to the floor.

3. As you lower your buttocks, your hands are BEHIND your back and they follow you toward the ground.

4. As you move toward the parallel-to-the-ground-position, you should simultaneously raise your heels from the floor.

5. Now swing your arms upward and push off your toes, raising your body to a standing position.

6. As you raise your body, your hands come IN FRONT of your body. They continue to rise until they are level with your chest.

7. Once you have reached the up-position, you pull your arms in toward your chest again as if you are rowing a boat. Make tight fists with your hands and pull with your elbows close to your body.

8. Inhale as you pull your arms in, exhale as you lower yourself.

9. Repeat without stopping for as many reps as possible. In the beginning, depending on your condition, you should target 25-50 reps. When you can do 100 without stopping, you are making great strides.

10. When you can do 500 straight baseball squats, you are on your way to greatness.

OPTIONAL MOVE: Hindu/Baseball Squats can also be done with feet flat on the floor.

PAIN/INJURY: If you are unable to do the Hindu/Baseball Squats without knee pain, you may find it helpful to begin with the Wall Chair as a simple posture exercise, held for time, while breathing deeply and concentrating.