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Core Workouts With Equipment For Baseball

WORKOUT 1: Complete Exercises in Order 1 – 3 Times

1) [Half Bench Curl Up](#) – 10 Reps



2) [Partner Abs](#) – 6 Reps



3) [Swiss Ball Down Twist](#) 10 Reps E. Way



4) [Glute Ham Over Head DB Sit Up](#) 12 Reps



5) [Glute Ham Isometric Sit Up Hold](#) 20 Sec.



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WORKOUT 2: Complete Exercises in Order 1 – 3 Times

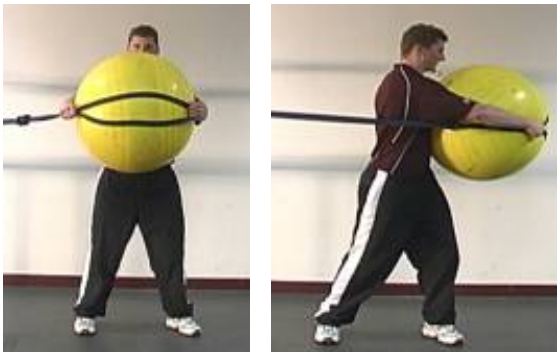
1) Full Bench Curl Up 10 Reps



2) Partner Band Abs – 6 Reps



3) Swiss Ball Twist – 10 Reps E. Way



4) Incline Over Head Sit Up – 12 Reps



5) Pike Swiss Ball Abs – 10 Reps



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WORKOUT 3: Complete Exercises in Order 1 – 3 Times

1) [Pike Partner Abs](#) – 8 Reps



4) [Cross Swing Abs](#) – 8 Reps E. Way



2) [Glute Ham Hyper Russian Twist](#)
25 Reps E. Way



5) [Incline DB Over Head Sit Up](#) 12 Reps



3) [Glute Ham Isometric Sit Up Hold](#) 20
Seconds



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WORKOUT 4: Complete Exercises in Order 1 – 3 Times

- 1) [Glute Ham Over Head DB Sit Up](#) 12 Reps
2) [Swiss Ball Twist](#) – 8 Reps E. Way
3) [Pike Swiss Ball Abs](#) – 10 Reps
4) [Gopher U Abs](#) – 8 Reps E. Way
5) [Partner Abs](#) – 6 Reps_



- 2) [Swiss Ball Twist](#) – 8 Reps E. Way



- 3) [Pike Swiss Ball Abs](#) – 10 Reps



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