

## ***BASES – Conditioning (for athletes 10-13 Years)***

### **CAMP CONTENT:**

- Multi-Week Exercise Sessions Designed for Athletes 12 Years Old and Under
- One Hour per Session
- Fundamentals of Fitness
- Light to Moderate Training to Build Confidence
- Compound Movements and Conditioning
- Cardio
- Stretching
- Muscle Groups and Their Importance
- Targeted Conditioning for Baseball Players

### **NOTES:**

1. Players should be dressed appropriately for indoor workouts and short warm-up runs outside from 35° and above (recommended to wear shorts with long pants overtop).
2. Arrive hydrated.