



# At Home Sports Performance Training Guide





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## **Disclaimer:**

The information in this document is offered for educational purposes only; the reader should be cautioned that there is an inherent risk assumed by the participant with any form of physical activity. Those participating in training programs should check with their physician prior to initiating such activities. Anyone participating in these activities should understand that such training initiatives may be dangerous if performed incorrectly, and may not be appropriate for everyone. The author assumes no liability for injury; this is purely an educational document to guide those already proficient with the demands of such programming.

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## Introduction:

Hello Friend! I want to thank you for your donation to the [United Way QuAkron Cares](#) program and supporting your local baseball team the [Akron RubberDucks](#). Your generosity is much appreciated! Also, thank you for trusting me, I hope you or your athlete find this program helpful to improving sport performance on and off the field.

Now, I am not much of a writer but I feel it is important to know who is behind the programming, what and who this program is for, and how to read and implement the program to get the most out of it. You will find all of this information in this manual but if you have questions, please email them to ATTN: Nikki [theteam@deltaperformancetraining.com](mailto:theteam@deltaperformancetraining.com).



# What You Need to Know:

## Who is Behind the Program?

**Nikki Jarrett BS, CSCS**

Most of you don't know me but I hope eventually I will be able to meet you. If you want to learn more about me you can follow me on [Instagram](#) or [read my BIO](#) on the Delta Performance, LLC website. I graduated from the University of Akron with a degree in Sport Studies with a Strength and Conditioning concentration and a Minor in Dance! After, I interned with Eric Cressey, Tony Genticore, and Greg Robins at Cressey Sports Performance. Since then I have continued my learning, and growth in this industry as a Personal Trainer, now business Owner/Strength Coach for Delta Performance and a competitive Powerlifter.

I will always continue to learn and pass on my knowledge to others because I want to inspire others to be the best they can be in and out of the gym. I know how much it meant to me to have the right mentors in this field and life. Now, it's my turn to pay it forward. Everyone deserves to know what their body is capable of, to perform at their best level.

## Who is the Program for?

I designed this program based on my level of expertise and experience working with athletes in baseball and softball. I feel it is important for beginner and intermediate level athletes to gain experience in training to develop their strength, power, and performance to become the best athlete they can be for their sport and team. This is a general month-long program for you/your athlete to follow at home with limited equipment. If you need modifications to the exercises please email me ATTN: NIKKI [theteam@deltaperformancetraining.com](mailto:theteam@deltaperformancetraining.com). If you are looking for modifications on equipment you will find the list later in the manual.



## What is the Program for?

This program is for developing a foundational base to provide the athlete with a strong start to their 'off season' training and into 'pre-season' training. I included an option for Athletic Performance to use as a tool for building conditioning as the 'pre-season' starts. You can start with one day and as you become better or closer to 'pre-season' training the second day can be included. This program is for limited equipment access, there is a list of equipment needed below and on the program 'Warm-Up' page.

## Equipment Needed:

Now, I don't expect you to have a full gym at your home, if you do great! But most people do not, so this program is designed with minimal equipment and if you do have to purchase a few items on the list, think of it as an investment! I have linked the site to purchase each item for ease of access. I have also tagged items as optional or must have to help prioritize them. Most exercises in the program can be done with Resistance Bands, and tissue quality is the utmost importance in maintaining performance and recovery.

1. Lacrosse Ball or Tennis/Baseball (must-have but I'm guessing there is one somewhere in the house if you have an athlete in sport)
2. [Foam Roller](#) (optional - but very nice to have)
3. [4-6lb Medball](#) (optional)
4. Varying Size [Resistance Bands](#) (must-have)
5. Dumbbells (optional)



## How to Implement the Program:

Our system is to take all athletes and clients through a thorough assessment prior to training to design the best fitting program with goals, sports performance, and weaknesses to bring up in mind. Since we do not have the ability to assess the individual participating in the program, the program is designed with the general weaknesses, sport performance needs and goals for beginner / intermediate level baseball or softball athletes I have experienced and researched. If you have limited mobility or pain in certain movements and need modifications to the exercises please email me ATTN: NIKKI [theteam@deltaperformancetraining.com](mailto:theteam@deltaperformancetraining.com).

The program is designed in a month-long 'block' with 2 lifting days per week and 2 optional days targeted for 'athletic performance.' you will want to have the lifting days on non-consecutive days from each other, and the optional 'athletic performance' days on non-consecutive days as well. Lifting days and 'athletic performance' days should be done on separate days. You can do a throwing/pitching program or batting practice with this program as well. I will encourage you to do so! If you choose to do sport specific training on lifting days the work should be done **after** your full warm-ups 1-4 but **before** your lifting. But you can also do sport specific training on other days throughout the week as you will have plenty of time to do so.

An example schedule for 'week 1' training with athletic performance include can look like this:

Monday: Lifting Day 1

Tuesday: Athletic Performance Day 1

Wednesday: Rest Day

Thursday: Lifting Day 2

Friday: Athletic Performance Day 2

Saturday: Sport Specific training (e.i. throwing/pitching program, batting practice. Again, this can be done on lifting days as well)

Sunday: Rest Day



## How to Read the Program:

If you have been a 'Delta Athlete' or are familiar with the program template used at Cressey Sport Performance, then you will understand how to read and use the program effectively and can skip this section. If you are not familiar with the layout of the program, then please continue reading.

As you look at your program, you will see letters and numbers e.i. A1/A2. This is a pair of exercises you will be alternating between during the session - also called a superset. You must complete the superset - all sets and rep of each pairing of exercises before moving onto the next superset.

This means you will do a set of A1, then a set of A2, and then A1, A2, and so on until you completed all the sets and reps on the pairing. When you have finished with the A's it is time to move on to B1/B2 and so on.

For an example for 'week 1' on 'day 1' of the program:

A1) Dumbbell Romanian Deadlift (RDL): 3 sets of 6 reps

A2) Supine External Rotation: 3 sets of 5 reps per arm

This will translate to:

1. 1. RDL set of 6 reps
2. 2. Supine External Rotation set of 5 reps each arm
3. 1. RDL set of 6 reps
4. 2. Supine External Rotation set of 5 reps each arm
5. 1. RDL set of 6 reps
6. 2. Supine External Rotation set of 5 reps each arm

Then, you would move on to the next exercise pairings, B1/B2 and continue in the same fashion until the program is fully completed.



## **Rest Periods**

I have a column labeled 'rest' but is blank. This is because rest is subjective to the individual needs and performance level. A good rule of thumb to follow is to rest for a minimal time that still allows you to perform the given exercise with similar intensity as the previous set. Some athletes need more time or less time than others. Rest periods are also affected by load and conditioning level. The heavier the load or less condition you are the more time you may need. The lighter the load and more condition you are, the less rest time you will need. It is important to maintain the quality of the movement throughout the program, so take enough time that will allow you to perform the complete set of reps with quality form.

## **Tempo**

In addition, there is a blank 'tempo' column. That's because I want you to perform each exercise with a controlled 2-3 count lower phase and as fast as possible lifting phase. The goal is to control the body during the movements maintaining quality throughout the sets and reps.

## **Coaching cues**

You will see on the program below the exercise there are the most common cues for that exercise. This is to serve as a reminder what to focus on as you perform the movement. These are also our most common cues we use for our athletes at Delta Performance, LLC. Not much replaces a good coach to offer instant feedback on form and modifications, but if you do have specific questions please email me ATTN: NIKKI [theteam@deltaperformancetraining.com](mailto:theteam@deltaperformancetraining.com).



## Final Thoughts:

As I stated in the beginning, I am not much of a writer, I prefer coaching and sharing my thoughts in person than on 'paper.' But I am very happy to share this program in hopes to help you start the journey of becoming a great athlete while building a strong foundation of training to perfect your sport performance skills.

Again, thank you for your donation to the [United Way QuAkron Cares](#) program and supporting your local baseball team the [Akron RubberDucks](#).

If you have any questions about the program please email me ATTN: NIKKI [theteam@deltaperformancetraining.com](mailto:theteam@deltaperformancetraining.com). Or if you would like to learn more about Delta Performance visit us at our [website](#).

*"Strengthen our community one athlete at a time"*  
- Delta Performance Mission