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Wake-Up Workout: Get Into Amazin' Mets Shape



We're getting in the spirit of today's **Mets** home opener with a baseball wake-up workout. **Declan Condrón**, co-founder of **PumpOne**, stopped by to show us how to get in Amazin' shape.

Dumbbell Lunge

Muscles: Glutes, Hamstrings, Quadriceps, Calves

Baseball Benefit: Builds strength and endurance in the legs for sprinting between bases

Dumbbell Scaption

Muscles: Deltoids, Trapezius, Levator Scapulae, Sternocleidomastoid, Serratus Anterior

Baseball Benefit: Strengthens and stabilizes shoulder muscles for throwing

Medicine Ball Side Throw

Muscles: Internal & External Obliques, Rectus Abdominus, Quadratus Lumborum, Erector Spinae

Baseball Benefit: Promotes muscle synchronicity throughout midsection for batting

Muscles: Internal & External Obliques, Rectus Abdominus, Erector Spinae

Baseball Benefit: Strengthens trunk and core muscles to increase power for batting

To download Condrón's PumpOne workouts onto your iPod, log onto www.pumpone.com/trainer/Declan.