

Softball Workouts

March 30-April 3

Monday, 3/30	Tuesday, 3/31	Wednesday, 4/1	Thursday, 4/2	Friday, 4/3
<p><b>Super Set all leg exercises</b>  <b>3 x 10 single leg squats</b>  <b>3 x 10 squats</b>  <b>3 x 10 jump squats</b></p> <p><b>Super Set Upper Body Exercises</b>  <b>3 x 10 dips (use a bench or chair)</b>  <b>3 x 10 push ups</b></p> <p><b>5 x 60 Second Planks</b></p> <p><b>2 MILE RUN (can be done on a treadmill if you have one)</b>  <b>PLAY CATCH</b>  <b>HIT 150 BALLS</b></p>	<p><b>25- In and Outs</b>  <b>25- Russian Twist</b>  <b>25- 6 Inch Scissors</b>  <b>25- Alternating Bicycles</b>  <b>Two Rounds</b></p> <p><b>Conditioning</b>  <b>25- 20 Yard Sprints (RUNNING STANCE SHOULD BE LIKE YOU ARE STEALING) STAY LOW ON YOUR STANCE</b>  <b>PLAY CATCH</b>  <b>HIT 150 BALLS</b></p>	<p><b>WORKOUT FOR TIME (PLEASE SEND ME YOUR TIMES AFTER YOU ARE FINISHED)</b></p> <p><b>PLAY CATCH</b>  <b>HIT 150 BALLS</b></p>	<p><b>CONDITIONING (RUNNING STANCE SHOULD BE LIKE YOU ARE STEALING) STAY LOW ON YOUR STANCE</b>  <b>20-20 YARD SPRINTS</b>  <b>10- 40 YARD SPRINTS</b>  <b>6- 100 YARD SPRINTS</b></p> <p><b>6 X 60 SECOND PLANKS</b></p> <p><b>PLAY CATCH</b>  <b>HIT 150 BALLS</b></p>	<p><b>2 X 15 AIR SQUATS</b>  <b>2 X 10 SINGLE LEG SQUATS</b>  <b>3 X 60 SECOND WALL SITS</b>  <b>3 X 60 SECOND 6 INCHES</b>  <b>3 X 10 PUSH-UPS</b></p> <p><b>RUN 1 MILE</b>  <b>PLAY CATCH</b>  <b>HIT 150 BALLS</b></p> <p><b>SATURDAY-</b>  <b>PLAY CATCH</b>  <b>HIT 150 BALLS</b></p>