

Softball Workouts March 23-28

Monday, 3/23	Tuesday, 3/24	Wednesday, 3/25	Thursday, 3/26	Friday, 3/27
4 SETS OF 10 PUSH UPS 4 SETS OF 15 AIR SQUATS 4 SETS OF 60 SECOND WALL SITS 4 SETS OF 60 SECOND PLANKS 20 MINUTE RUN PLAY CATCH 150 SWINGS PITCHERS NEED TO PITCH	20-20 YARD SPRINTS 25 IN AND OUTS 25 6 INCH SCISSORS 25 RUSSIAN TWIST 25 ALTERNATING KNEE TOUCHES PLAY CATCH 150 SWINGS	4 ROUNDS: 15 PUSH UPS 15 SIT UPS 25 AIR SQUATS 15 UP DOWNS 2 MINUTE BREAK & REPEAT 25-20 YARD SPRINTS PLAY CATCH 150 SWINGS PITCHERS NEED TO PITCH	25 MINUTE RUN 6 SETS OF 60 SECOND PLANKS PLAY CATCH 150 SWINGS	5 SETS OF 10 PUSH UPS 5 SETS OF 25 AIR SQUATS 5 SETS OF 5 (EACH LEG) SINGLE LEG SQUATS 150 ABS ON YOUR OWN 25-20 YARD SPRINTS PLAY CATCH 150 SWINGS