

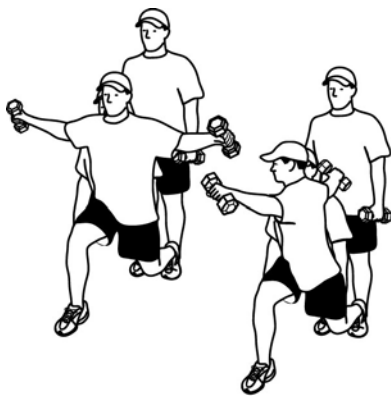
Softball Workout

"The 5-minute Full Body Workout"

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Many people want to get in good shape and increase their strength, speed, and power but they just don't have the time or don't want to spend too much time doing it.

This 5-minute full body workout will help you get a good full body workout in only 5 minutes. Do this workout 2-3 times per week on non-consecutive days for 4-6 weeks. Do each exercise one after the other one time through. All you need is a light pair of dumbbells and a medicine ball.



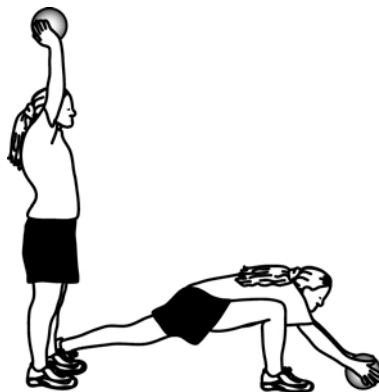
1 x 20 (10 per side)



1 x 16 (8 per side)



1 x 20



1 x 20 (10 per side)



1 x 20 (10 per side)