

Softball Workout

“Back to the Basics”

By Marc Dagenais, MHK, CSCS, ChPC
Strength and Conditioning Specialist and Softball Coach

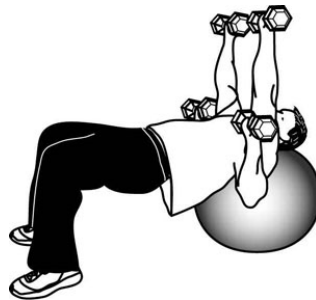
The summer season is over. It's to get back to strength training. The first thing you want to do is to solidify the foundation. Every athlete, no matter the sport or their fitness level, must always do a couple of weeks of “foundation training”.

This phase helps establish muscular balance, strengthen the tendons, stabilize the joints, develop muscular and prepare the body for more intense and demanding work in the weeks to come. Going back to the basics early in the off-season will allow building a solid foundation and staying injury-free.

Complete 2 sets of each exercise and try to complete between 12 and 20 repetitions for each of them. Rest 1 minute between sets.



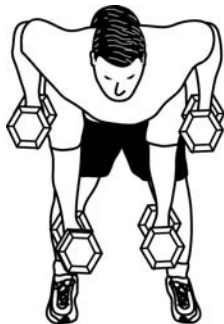
2 x 15 repetitions per leg



2 x 15 repetitions



2 x 15 repetitions



2 x 15 repetitions



2 x 15 repetitions



2 x 15 repetitions



2 x 15 repetitions



2 x 45 seconds