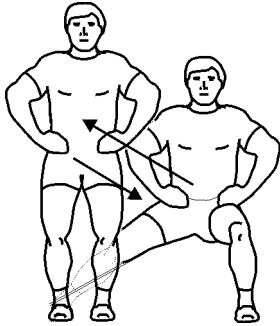


Softball Workout

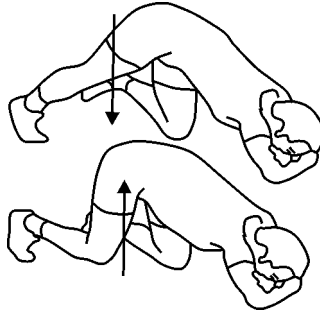
On-The-Field Strength and Power Exercises to Increase Running Speed

Speed kills. It doesn't experience slumps either. Through proper conditioning, you can increase your speed, agility and quickness.

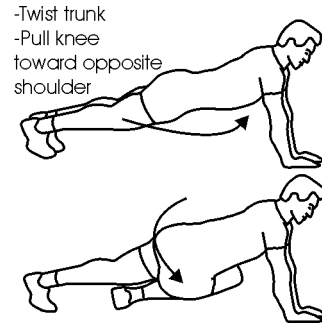
Here is a simple circuit that doesn't require any equipment that you can do anywhere, anytime. It can easily be integrated in a practice or be done after games. Perform 10-15 repetitions of each exercise one after the other without taking too much time in between. Take a 3-minute break after completing the circuit. For optimal results, complete 2 circuits two or three times a week.



Do both legs



Do both legs

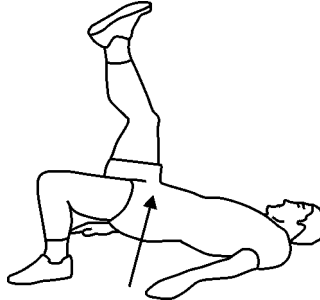


-Twist trunk
-Pull knee
toward opposite
shoulder

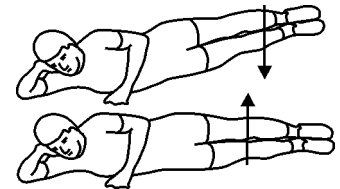
Do both sides



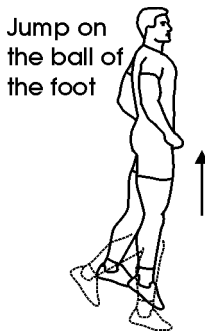
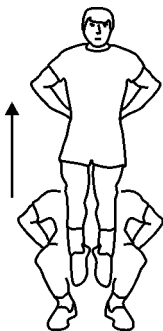
Do both legs



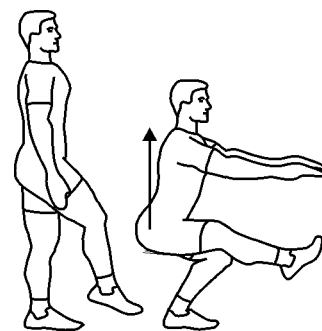
Do both legs



Do both sides



Jump on
the ball of
the foot



Do both legs