

# Softball Workout

## "Basic Strength Free Weights Workout"

By Coach Lia Roque  
Softball Peak Performance Coach

<http://www.softballperformance.com>

Building foundational strength is the base of any conditioning program. A strong foundation results to effective and safe Speed and Power exercise programs.

Do these exercises at the start of your conditioning program. Do the workout 3 times per week on non-consecutive days for 4 weeks. Exercises may be done in a circuit format or 12 reps of 2 sets per exercise.

---

2 sets x 12 reps

