

Softball Workout

“Increase Your Running Speed”

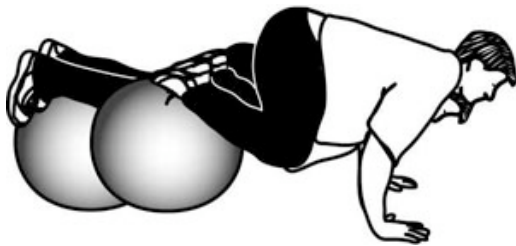
By Coach Lia Roque
Softball Peak Performance Coach

<http://www.softballperformance.com>

Here is a set of exercises that focuses on building muscles to help increase running speed.

This set of exercises is done during the off-season to prepare yourself with speed and agility drills as you get close to opening day. Do the workout 2-3 times per week on non-consecutive days for 4 weeks. Do each exercise 2 times with 12 reps each set. You will need resistance cord or a cable machine, dumbbells and a stability ball.

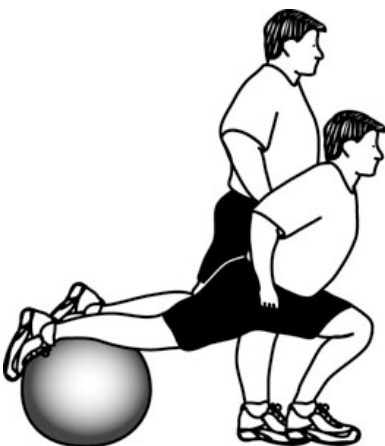
2 sets x 12 reps



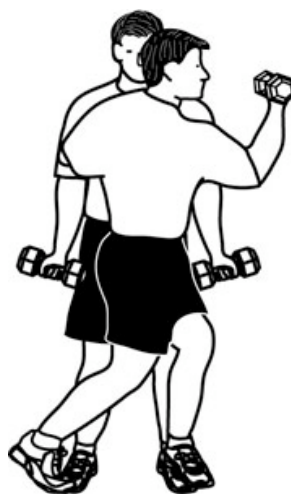
1



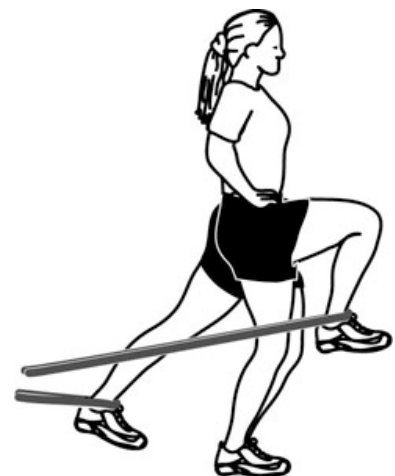
2



3



4



5