

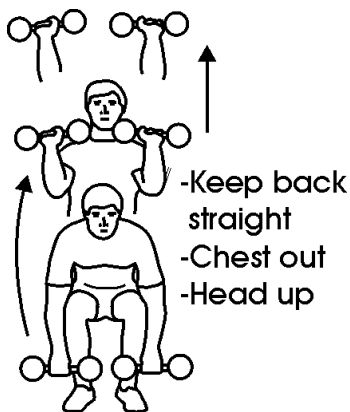
Softball Workout "Power Workout For Catchers"

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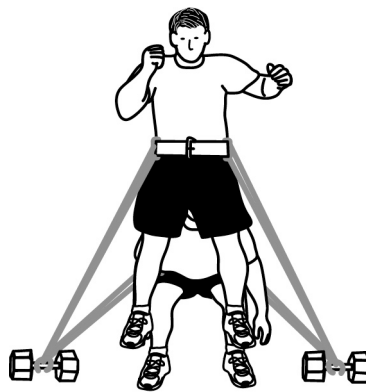
Catchers need to be explosive, to be able to move quickly from a squat position is vital.

These exercises are to be done when a good foundation is established. Power exercises should be done when legs are strong enough to do explosive movements. Do the workout 2 times per week 72hrs between exercises. You may use a med ball, physio ball, free weights and Olympic bar.

3 sets x 8-10 reps



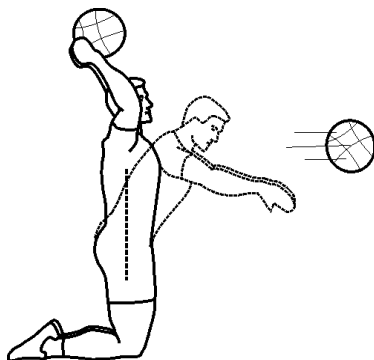
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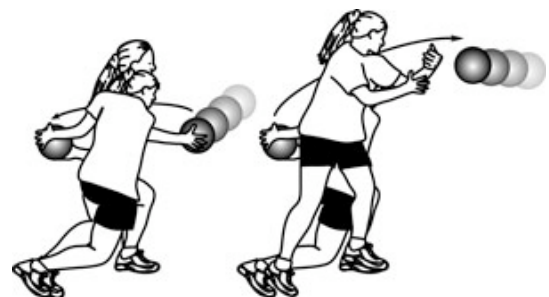
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