

Softball Workout "Resistance Cord Workout"

By Coach Lia Roque
Softball Peak Performance Coach
<http://www.softballperformance.com>

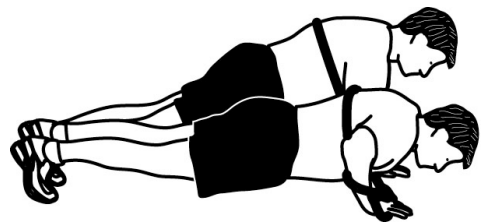
Resistance cords are very good alternative for strength training when dumbbells are not available. This equipment may allow us to workout outdoors as well

The exercises may be done as an off-season conditioning program through circuit training. The series maybe a maintenance program as well. Do the workout 3 times per week on non-consecutive days for 4 weeks. Do each exercise 3 times with 12 reps each set. For circuit training, do exercises one after the other for 3 sets.

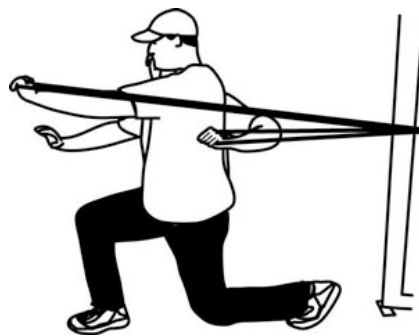
3 sets x 12 reps



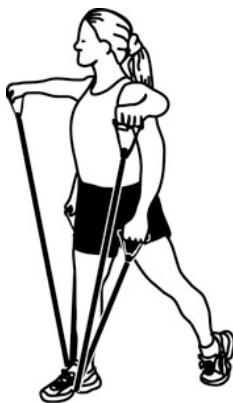
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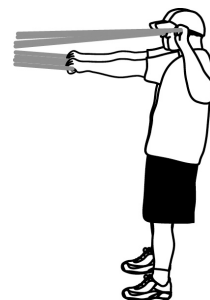
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