

Softball Workout

“Simple Flexibility Exercises For Pitchers”

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Flexibility is one fitness component that a lot of athletes take for granted. Having good flexibility will help athletes execute skills using the body part's full range of motion and this can also lessen possible injuries. Here are simple exercises pitchers may follow after every practice or game.

Execute the exercises every after practice or game. Hold the position for 15-20secs.

Hold the position for 15-20secs

