

Softball Workout "Workout For Catchers"

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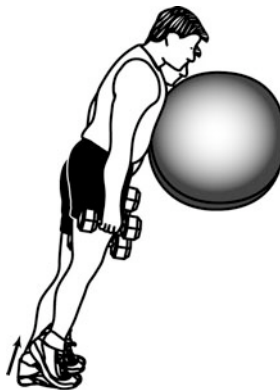
Catchers need strong knees and a stable back, enough to last the game and more. They need strength to jump of the catcher's box or make a strong throw to second.

Do exercises at the start of the off-season or the start of your conditioning program. Do the workout 3 times per week on non-consecutive days for 4 weeks. Do each exercise 3 times with 12 reps each set. You will need a medicine ball, physio ball, free weights and Olympic bar.

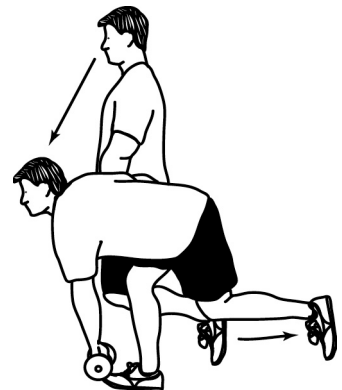
3 sets x 12 reps



1



2



3



4



5



6