

Softball Workout

“Power Workout For Pitchers”

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Explosiveness out of the plate is a sign of a dominant pitcher. The power of the pitcher comes from the muscles of her legs, core and shoulders. All need to be coordinated to achieve maximum power.

Do exercises around a month and a half or two nearing opening day. Do the workout 2 times per week on non-consecutive days for 4 weeks. Do each exercise 3 times with 8 reps each set. You will need a resistance cord, dumbbells, plyometric box and a medicine ball.

3 sets x 8 (explosive) reps



(Do alternate sides)

1



2



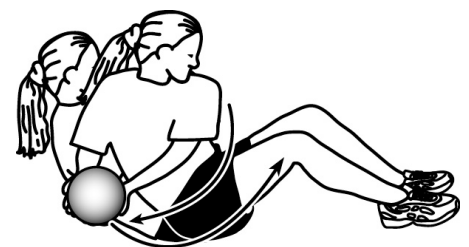
Push Out

(Do regular pitching strides with band)

3



4



5