

Softball Strength and Conditioning Workouts

	PITCHER		POWER		SPEED	
	Lifting	Conditioning	Lifting	Conditioning	Lifting	Conditioning
MONDAY	abs & core stablization	OFF	abs & core stablization	OFF	OFF	Speed Player-Only
	shoulder pre-hab		shoulder pre-hab			Conditioning:
	hang clean		hang clean			ladders
	squat		squat			T's
	glute-ham raise		leg curl			Sprint/side steps
	hip flexor		leg extension			box
	inner thigh		lat pulldown			
	dumbell biceps curl		straight bar curl			
	wrist curl		wrist curl			
stretch		stretch				
TUESDAY		<b>Team Conditioning:</b>		<b>Team Conditioning:</b>		<b>Team Conditioning:</b>
	abs & core stablization		abs & core stablization		abs & core stabilization	
	shoulder pre-hab	Stadium Sprints	shoulder pre-hab	Stadium Sprints	power clean	Stadium Sprints
	box jumps		hang clean		squat	
	deadlift		squat		walking dumbbell lunge	
	reverse hypers		leg curl		glute-ham raise	
	dumbell bench press		leg extension		single leg hypers	
	dips		lat pulldown		1-arm dumbbell row	
	3-way shoulder		straight bar curl		dumbell biceps curl	
sand bucket (for grip)		wrist curl		wrist curl		
stretch		stretch		stretch		
WEDNESDAY	<b>OFF</b>	<b>Pitcher Only</b>	<b>OFF</b>	<b>Power Player-Only</b>	<b>OFF</b>	<b>Speed Player-Only</b>
		<b>Conditioning:</b>		<b>Conditioning:</b>		<b>Conditioning:</b>
		Endurance Training		Open		Acceleration and Speed Technique
THURSDAY		<b>Team Conditioning:</b>		<b>Team Conditioning:</b>		<b>Team Conditioning:</b>
	abs & core stablization	Shuttle Runs	abs & core stablization	Shuttle Runs	abs & core stabilization	Shuttle Runs
	shoulder pre-hab		shoulder pre-hab		shoulder pre-hab	
	power clean		power clean		split jerk	
	step-ups		walking dumbbell lunge		step-ups	
	walking dumbell lunge		glute-ham raise		hip flexor	
	single leg hypers		single leg hypers		bench press	
	alternating machine pulldown		horizontal pull-ups		dips	
	reverse curl		hammer curl		triceps pushdown	
wrist roller		wrist roller		wrist roller		
stretch		stretch		stretch		
FRIDAY	<b>OFF</b>	<b>OFF</b>	<b>OFF</b>	<b>OFF</b>	<b>OFF</b>	<b>OFF</b>