

WARM UP

PERFORM DAILY BEFORE STRENGTH TRAINING

HALF KNEELING HIP FLEXOR STRETCH

2 X :10 EACH

SQUAT SPIDERMAN STRETCH

2 X :10 EACH

HEEL SIT UPPER BACK ROTATION

X 10 EACH

YOGA PUSH UP CALF STRETCH

X 10 EACH

HIP BRIDGE 2 TO 1

X 10 W/:02 PAUSE AT TOP

FRONT PLANK ARM REACH

2 X 10 (5 REACHES EACH ARM)

SIDE PLANK

2 X :25 EACH SIDE

CLAMSHELL OR **BAND WALK SIDEWAYS**

2 X 10 EACH SIDE

BENCH T

2 X 10

REVERSE LUNGE TO 1 LEG SUPERMAN

X 8 EACH

SPLIT SQUAT JUMP (DAY 1 AND 2 ONLY)

W1: 3 X 16 W2: 3 X 16 W3: 1 X 16

A1) BARBELL SQUAT
OR DUMBBELL GOBLET SQUAT

WEEK	SETS	REPS	
1	4	5	
2	4	4	
3	2	5	

SET 1	SET 2	SET 3	SET 4	SET 5

A2) PULL UP
OR BARBELL INVERTED ROW

WEEK	SETS	REPS	
1	3	AMAP	
2	3	AMAP	
3	2	AMAP	

SET 1	SET 2	SET 3	SET 4	SET 5

B1) BARBELL PRESS
OR PUSH UP 5 SECOND LOWERING

WEEK	SETS	REPS	
1	3	8	
2	3	8	
3	2	8	

SET 1	SET 2	SET 3	SET 4	SET 5

B2) TALL KNEELING CABLE OR BAND CHOP

WEEK	SETS	REPS	
1	3	8	
2	3	8	
3	2	8	

SET 1	SET 2	SET 3	SET 4	SET 5

DAY 2

A1) 1 DUMBBELL DEADLIFT
OR 2 DUMBBELL STIFF LEG DEADLIFT

WEEK	SETS	REPS	
1	4	6	
2	4	6	
3	2	6	

SET 1	SET 2	SET 3	SET 4	SET 5

A2) PUSH UP W/PAUSE AT BOTTOM
OR PUSH UP

WEEK	SETS	REPS	
1	4	AMAP	
2	4	AMAP	
3	2	AMAP	

SET 1	SET 2	SET 3	SET 4	SET 5

B1) DUMBBELL RFE SPLIT SQUAT
OR DUMBBELL REVERSE LUNGE

WEEK	SETS	REPS	
1	4	6	
2	4	6	
3	2	6	

SET 1	SET 2	SET 3	SET 4	SET 5

B2) DUMBBELL ROW

WEEK	SETS	REPS	
1	3	8	
2	3	8	
3	2	8	

SET 1	SET 2	SET 3	SET 4	SET 5

DAY 3

A1) PULL UP
OR BARBELL INVERTED ROW

WEEK	SETS	REPS	
1	3	AMAP	
2	3	AMAP	
3	2	AMAP	

SET 1	SET 2	SET 3	SET 4	SET 5

A2) INCHWORM
OR PHYSIOBALL MARCH

WEEK	SETS	REPS	
1	3	10	
2	3	10	
3	2	10	

SET 1	SET 2	SET 3	SET 4	SET 5

A3) STANDING BAND OR CABLE ROTATION

WEEK	SETS	REPS	
1	3	8	
2	3	8	
3	3	8	

SET 1	SET 2	SET 3	SET 4	SET 5

FINISHER: FASTPITCH 150

WEEK	TIME
1	_____
2	_____
3	_____