

## Softball Strength and Conditioning Workouts

	PITCHER		POWER		SPEED	
	Lifting	Conditioning	Lifting	Conditioning	Lifting	Conditioning
<b>MONDAY</b>	abs & core stabilization shoulder pre-hab hang clean squat glute-ham raise hip flexor inner thigh dumbbell biceps curl wrist curl stretch	OFF	abs & core stabilization shoulder pre-hab hang clean squat leg curl leg extension lat pulldown straight bar curl wrist curl stretch	OFF	OFF	OFF
<b>TUESDAY</b>	abs & core stabilization shoulder pre-hab box jumps deadlift reverse hypers dumbbell bench press dips 3-way shoulder sand bucket (for grip) stretch	<b>Team Conditioning:</b> Stadium Sprints	abs & core stabilization shoulder pre-hab hang clean squat leg curl leg extension lat pulldown straight bar curl wrist curl stretch	<b>Team conditioning:</b> stadium sprints	abs & core stabilization power clean squat walking dumbbell lunge glute-ham raise single leg hypers 1-arm dumbbell row dumbbell biceps curl wrist curl 3-way shoulder stretch	<b>Team conditioning:</b> Stadium sprints
<b>WEDNESDAY</b>	OFF	OFF	OFF	OFF	OFF	OFF
<b>THURSDAY</b>	abs & core stabilization shoulder pre-hab power clean step-ups walking dumbbell lunge single leg hypers alternating machine pulldown reverse curl wrist roller stretch	<b>Team Conditioning:</b> Shuttle Runs	abs & core stabilization shoulder pre-hab power clean walking dumbbell lunge glute-ham raise single leg hypers horizontal pull-ups hammer curl wrist roller stretch	<b>Team conditioning:</b> Shuttle runs	abs & core stabilization shoulder pre-hab split jerk step-ups hip flexor bench press dips triceps pushdown wrist roller stretch	<b>Team conditioning:</b> Shuttle runs
<b>FRIDAY</b>	OFF	<b>Pitcher Only Conditioning:</b> Endurance Training	OFF	OFF	OFF	<b>Speed player-only conditioning:</b> Acceleration and speed technique