

Softball Winter Break Training Program: Explanation

08-09

GO PIONEERS:

Workout A:

1. Isometric Hold: Plank position on toes and forearms. Suck belly button in and contract abs to maintain a straight line from head to feet. Hold for 50 sec.
2. Russian Twist: Feet up, recline torso to 45 degrees in seated position. Rotate torso side to side, touch ground near hips. Full rotation to both sides = 1.
3. 3 Direction Crunch: Knees bent. Arms straight out reaching towards knees. 10 crunches to the R/10 crunches to L/ 10 crunches to middle.
4. Swimmers: on stomach. Alternate between lifting opposite leg/arm. So, right arm/left leg up, left arm/right leg up. You should feel this on both sides of your spin in your lower back.
5. Sprints: Think about having very short and fast steps. Keep arms bent and close to chest, driving forward not side to side. Sprint the distance suggested and walk back.
6. Scissor Jumps: These are basically jumping lunges. In mid-air you switch your legs. Try and gently touch your knee down after each jump. 12 jumps means that you touch each knee down 12 times. (24 total jumps). Use your arms and try and stay in the same place on the floor. Control your body with your core strength. Quick reaction after hitting the floor. EXPLODE UP.

Workout B:

1. Sprints: See above.
2. Scissor Crunch: On back with legs straight. Begin with your right leg up. Contract abs and lift shoulder blades off ground. Catch and release each leg as you alternate bringing your legs to your chest. Maintain contracted abs and keep your shoulders up off the ground the entire time. 12 crunches means that you bring each leg up 12 times.
3. Side Hip Lift: On your side, stack hips, shoulders, and ankles on top of each other so that you aren't leaning forwards or back. Using forearm and feet as a base, lift hips up to form a high arch with your body. Gently tap your hip on the floor and up again. Repeat on both sides. If this bothers your shoulder, do side crunches with your knees off to one side.
4. Push Ups: Get 90 degrees at the elbow. Keep body straight and butts down. Work your way up to doing all on your toes and hands.

Workout C:

1. Toe Touches: Legs straight up, soles of your feet towards the sky. Reach to either side of your toes with both hands (ie. Reach left, reach right = 1). These are supposed to be done quickly. See how fast you can complete the set.
2. Slow Curl Down: Full sit-up, slow curl down counting to 6. Think about touching vertebrae by vertebrae down on the ground.
3. Lateral Leg Lowers: Legs straight up, arms out in a T position. Keeping 90 degrees at the hip, drop legs over to one side in a controlled fashion. Using your abs, lift your legs and swing them over to other side. Every movement is controlled and precise.
4. Superman Hold: On stomach. Lift both arms and legs and extend through hands and feet. You should feel this through your entire back and glutes.