



Softball Winter Break 1 2011



	Week 1	Week 2	Week 3	Week 4
DAY 1	Warmup- Complex # 1	Warmup- Complex # 3	Warmup- Complex # 2	Warmup- Complex # 1
	Bench Depth Jump to Broad Jump- (10,8,6,5)	Bench Side Depth Jump to Side Broad Jump R/S (5,4,3)	Bench Rotate Depth Jump to Broad Jump R/S (6,5,4)	"Helen "
	Bench Speed Front Squat (65,75,70,80,75%)	Speed Front Squat- (85x8%)	Speed Front Squat- (65,75,70,80,75%)	Roll Session- Calves, Quad, Piriformis, IT Band, Spine, Lats
	1 DB Side Lunge R/S- (75,82.5,80,85%)	DB Alt Side Lunge (55,65,60,70%)	DB Shoulder Alt Height Side Lunge (55,65,60,70%)	
	SB Back Extensions 3x20	SB Back Extensions 3x25	SB Back Extensions 3x30	
	Stretch- Atlas, Roll Calves/IT Band	Stretch- Atlas, Roll Piriformis, Quad	Stretch-Atlas, Ball Calves, Tri Ham/Quad	
DAY 2	Warmup- Complex # 4	Warmup- Complex # 5	Warmup- Complex # 6	Warmup- Complex # 5
	DB Plank Row R/S- (65,75,70,80,75%)	Bar BOR- (55,65,60,70,65%)	Bench Balance DB Row R/S- (65,75,70,80,75%)	Pillar Circuit #23- 3x15 or 45s
	Pushup- (10,9,8,7,6)	One Foot Push Ups- (14,12,10,8,6)	Ft Elevated Pushup - (10,9,8,7,6)	Strap Stretch- Hamstring, Across Hip, Away Hip, Shoulder Pull Up/Down
	Horizontal Supinated Pullups- (20,18,16,14,12)	Horizontal Pronated Pullups (20,18,16,14,12)	Horizontal Pronated Slide Pullups (12,11,10,9,8)	
	DB Speed Shoulder Press- (55,65,60,70,65%)	DB Speed Contract Alt Shoulder Press R/S- (65,75,70,80,75%)	DB Complex Shoulder Press- (80,85,82.5,87,85%)	
	Stretch- Atlas,Ball Chest/Lats, Rotator Cuff	Stretch- Atlas, Strap Shoulder, Cat/Camel	Stretch- Atlas, Down/Up Dog, Thread Needle	
DAY 3	Warmup- Complex # 2	Warmup- Complex # 1	Warmup- Complex # 3	Warmup- Complex # 2
	Bench Speed Run Step Up R/S - (30,25,20,15)	Behind Head Prisoner Squat Tuck Jumps- (10,9,8,7,6)	Split Jump Lunges- (30,25,20,15)	"Fran"
	DB Power Switch Step Up (60,70,65,75,70%)	DB Powe Side Step Up and Over (60,70,65,75,70%)	Bar Split Stance Squat R/S- (65,75,70,80,%)	Stretch- Tri-Plane Hamstring/Quad, Ball Calf, Groin (Frog), IT Band
	Hamstring Curls (22,20,18,16,14)	SB Hamstring Curls- (30,26,22,18,14)	SB SL Hamstring Curls R/S (12,10,8,6)	
	Side Plank R/S- 3x30sec	Sied Plank R/S- 3x45sec	Side Plank R/S- 3x1min	
	Stretch- Atlas, Strap Quad/Hamstring	Stretch- Atlas, IT Band/Groin (Frog)	Stretch- Atlas, Strap Away/Across Hip	