

ATHLETE CONSTRUCTION SOFTBALL  
PREHAB SERIES



PREHAB					
SERIES A		SERIES B		SERIES C	
T-Spine Extension (over foam roller)	1x10	Quadriped Extension-Rotation	1x10	Seated Rotation (stick)	1x10
1/2 Kneeling T's (thumbs up)*	2x10	Wall Press	2x10	Reach-Roll-Lift	2x5ea.
1/2 Kneeling Y's (thumbs up)*	2x10	Wall Abduction	2x10	Cord 1/2 Kneeling Scap Row	2x5ea.
1/2 Kneeling I's (thumbs up)*	2x10	Bentover Lateral Raise	2x10	Cord 1/2 Kneeling 90' Row w/ External Rotation	2x10
*hold a softball or light weight plate (1-2lbs) in each hand					
PROGRESSION: Increase reps by 2 every 1-2 weeks up to a max of 20					