

ATHLETE CONSTRUCTION SOFTBALL
CORE SERIES



CORE					
SERIES A		SERIES B		SERIES C	
Quadruped Opposites	2x5ea.	Pushup Bridge w/ Opp. Shldr. Tap	2x:5ea.	Kneeling Band Press ISO Hold	2x5ea.
Elbow Bridge	2x:20	Heel Bridge	2x:20	Med Ball 1/2 Kneeling Overhead Throw*	2x5ea.
Side Bridge (legs split)	2x:20	SB Kneeling Rollout	2x10	Med Ball 1/2 Kneeling Side Throw*	2x5ea.
				*4-6lb medicine ball	
PROGRESSION: Increase reps by 2ea. or :10 every 1-2 weeks up to a max of 10ea. Or :40ea.					