

ATHLETE CONSTRUCTION SOFTBALL
STRENGTH SERIES



| STRENGTH | | | | | |
|--|----------|--|----------|--------------------------------------|----------|
| SERIES A | | SERIES B | | SERIES C | |
| Rear-foot Elevated Split Squat w/ Bat | x6ea. | Medicine Ball (MB) RDL | x10 | Single-leg Box Squat | x6ea. |
| Cord 2-Arm Horizontal Press | x10 | Narrow-base Pushups | x6 | Pause Incline Pushups (hands on box) | x6 (:03) |
| Medicine Ball Pushup Hold | x:20 | Medicine Ball (MB) 1-Leg RDL | x6ea. | Supine Hip Extension | x10 |
| Walking Lunge | x6ea. | Cord 1-Arm Rotational Row | x6ea. | Bench Straight-Arm Side Bridge | x:20ea. |
| Cord 2-Arm Horizontal Row | x10 | Medicine Ball Alt. Lateral Lunge & Press | x6ea. | MB Overhead Step-up & Hold | x6ea. |
| | 2-5 SETS | | 2-5 SETS | | 2-5 SETS |
| PROGRESSION: Increase by 2 reps or :10/week up to a max of 2 or :60, then increase load by adding external resistance (weighted vest, heavier medicine ball, heavier resistance cord) | | | | | |