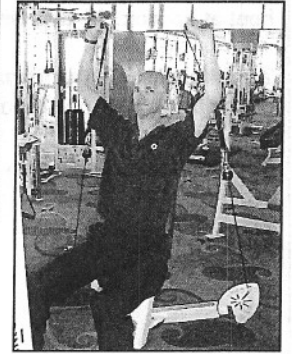
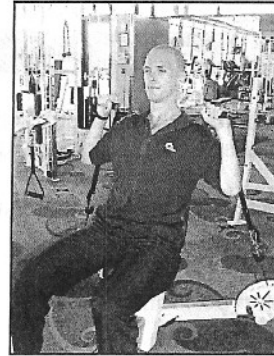


Softball

FREE MOTION SHOULDER

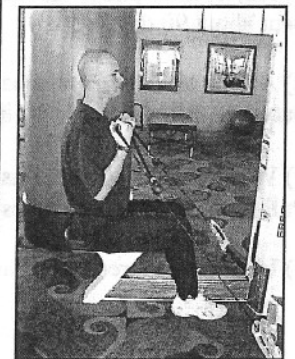
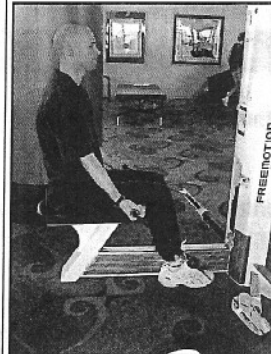
- 1) Sit with back firmly and comfortably against pad.
- 2) Grasp handles and hold with palms facing forward, arms bent and hands at/in front of shoulders.
- 3) While exhaling, push straight upward to almost full arm extension. Do not lock elbows.
- 4) Inhale as you return to start position.



Date	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight

FREE MOTION BICEP

- 1) Grasp handles with palms upward and pull up toward your torso until elbows are at your sides.
- 2) Exhale as you bend arms at the elbows raising hands toward front of shoulders. Be sure to keep elbows tight at your sides.
- 3) Inhale as you return to start position.



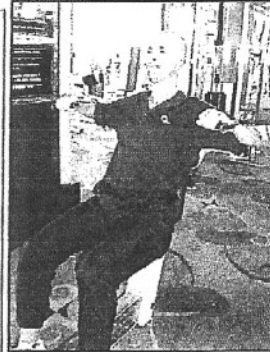
Date	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight

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Softball

FREE MOTION CHEST

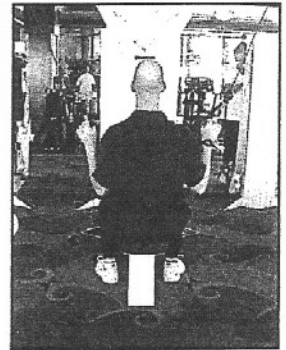
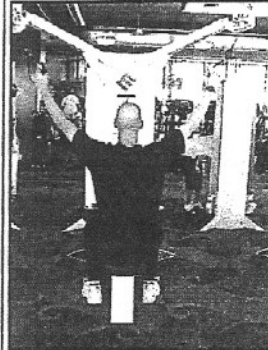
- 1) Sit on seat with back comfortably against pad. Grasp handles with elbows bent at approx. 90 degrees and shoulders elevated to approx. 90 degrees.
- 2) Exhale as you push arms straight forward to point near full extension of elbows. Do not lock elbows.
- 3) Inhale as you return to start position.



Date	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight

FREE MOTION LAT

- 1) Adjust knee pad height so that pad is comfortably against thighs with knees bent about 90 degrees.
- 2) As you sit down, grasp handles and hold with arms at an angle upward and outward. Sit with back strait
- 3) While exhaling, pull arms down and in toward your torso bending at elbows. Pull until elbows reach sides of your torso. Maintain strait back.
- 4) Inhale as you return to start position.

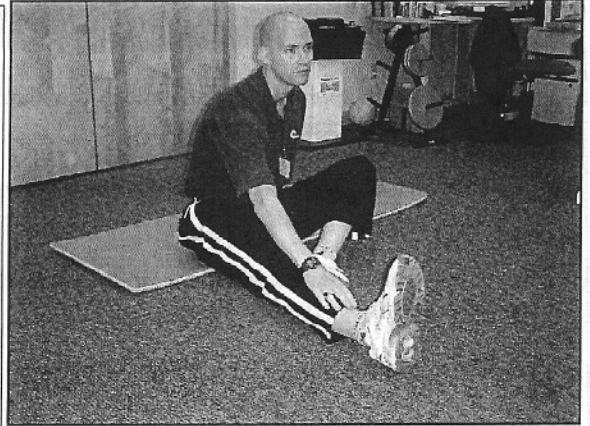


Date	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight

Softball

SINGLE LEG HAMSTRING STRETCH

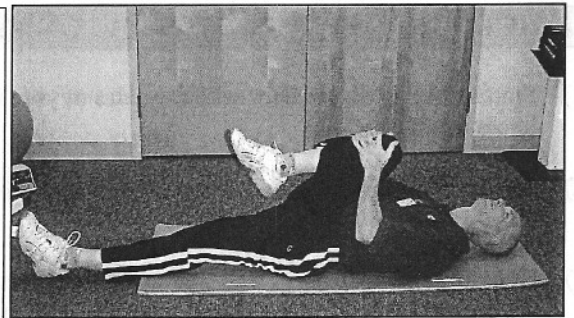
- 1) Sit on floor with one leg fully extended in front of you. Toes should point straight up toward ceiling (vertical foot). Other leg should be bent with foot on floor close to extended knee.
- 2) Start with back straight and upright. Extend arm toward far toe and lean forward reaching toward far foot.
- 3) Keep back straight and be sure bend comes from hip. Lean far enough to feel tension on underside of outstretched leg.
- 4) Hold for 30 seconds. Do not bob or bounce.
- 5) Switch legs and repeat.



Date	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight

KNEE PULL TO CHEST

- 1) Lying supine, bring your right knee up and toward your chest.
- 2) Bring your hands onto your knee/shin-or behind knee-and interlock fingers
- 3) Apply pressure pulling knee toward the chest and upward until you feel tension
- 4) Hold for 30 seconds. Do not bob or bounce.
- 5) Switch legs and repeat.



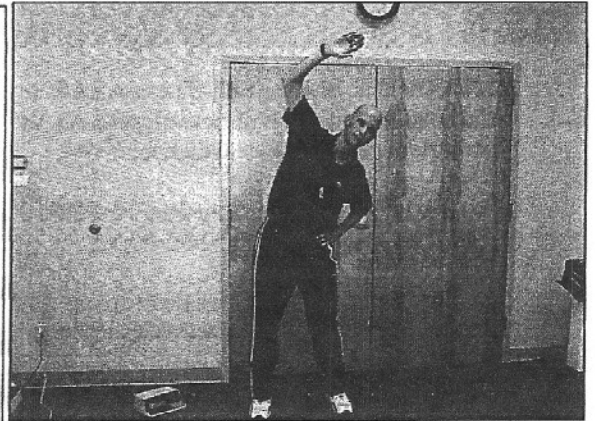
Date	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight

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Softball

SIDE LEAN, ARM OVERHEAD

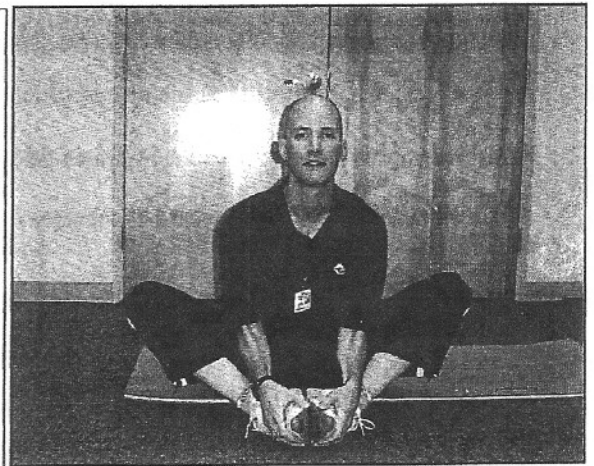
- 1) Stand with feet approximately shoulder width apart and slight bend in knees. Raise right arm overhead.
- 2) Place left hand on hip and slowly lean/bend to your left side from your hips. Right arm will naturally fall overhead.
- 3) Use right arm to help increase the stretch by reaching up and over. Stretch only until you feel light tension.
- 4) Hold for 30 seconds. Do not bob or bounce.
- 5) Repeat for other side.



Date	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight

INNER THIGH STRETCH

- 1) Start by sitting on the floor with the soles of your feet together, legs bent, knees up and out.
- 2) Stretch by pulling your feet with your hands to within a few inches of your crotch.
- 3) Hold this position as you lean forward from the waist, keeping your chin up, and knees down as far as possible. Feel tension in the inner thigh and groin area.
- 4) Hold for 30 seconds. Do not bob or bounce.

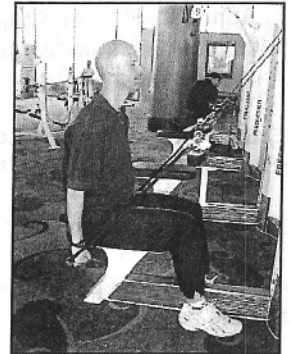
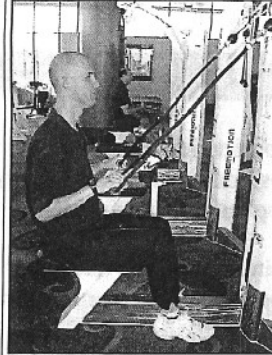


Date	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight

Softball

FREE MOTION TRICEP

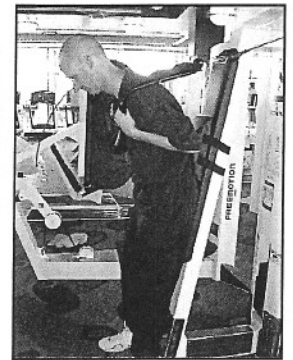
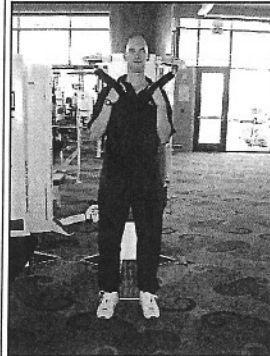
- 1) Sit on bench and grasp handles with palms facing downward and elbows at sides.
- 2) Exhale as you push downward pivoting arms at elbows and straitening arms.
- 3) Inhale as you raise hands to return to start position. Be sure to keep elbows tight at your sides.



Date	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight

FREE MOTION ABDOMINAL

- 1) Standing with back toward pad and feet shoulder-width apart, adjust pad to conform comfortably with lower back.
- 2) Grasp hand pads at position with arms comfortably in front of shoulders and pad against shoulders.
- 3) Exhale as you curl torso forward keeping hips and buttocks firmly against pad. Maintain slight bend in knees.
- 4) Inhale while returning to start position.



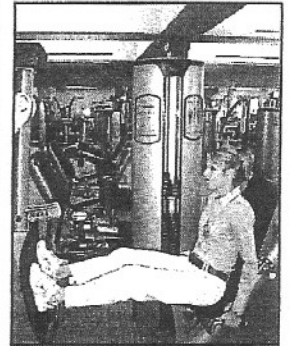
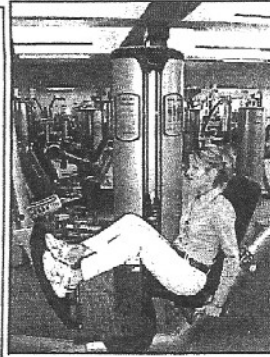
Date	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight

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Softball

LEG PRESS

- 1) Adjust angle of back support so hip position is comfortable (usually in middle). A more upright position emphasizes hamstrings and gluteal muscles. A more reclined position emphasizes thigh muscles.
- 2) Sit with feet flat on plate in front of you and about hip width apart. Feet should be positioned with toes slightly higher than knees.
- 3) Plate position should be adjusted for knees to be about a right angle.
- 4) Exhale as you push forward with your legs to a point where knees are still slightly bent. **DO NOT LOCK KNEES.**
- 5) Inhale as you return to start position.



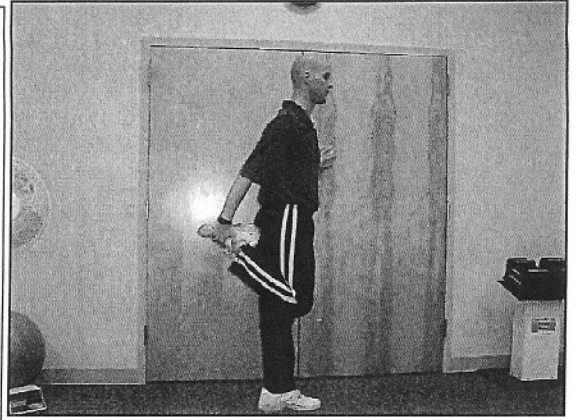
Date	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight

Date	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight

Softball

STANDING QUADRICEP PULL

- 1) Stand on left leg and hold onto steady object.
- 2) Bend right leg behind you at knee and grasp foot.
- 3) Pull up and back until you feel tension in right thigh.
- 4) Hold for 30 seconds. Do not bob or bounce.
- 5) Switch legs and repeat.



Date	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight

Date	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight