

# 2015 Softball Summer Phase 1

## Summer Circuit Workout Phase I/ June 2<sup>nd</sup> to June 30<sup>th</sup>

### Week 1&2

#### Monday Bodyweight Circuit

Dynamic warm up using Jump Rope 200 rotations

Below workout should be done 3x.

Jumping Jacks	20
Inverted rows	8
Prisoner Squats	15
Push Ups	10
Lunges matrix (12 o'clock, 2 o'clock, 4 o'clock, 6 o'clock) rt/lt <b>(2x)</b>	
Body weight Dips	10 (on bench or chair)
Crunches	30 (legs vertical)
Toe Touches	30 (single leg off a step)
*Cool Downs Jog 1.5 miles	

#### Tuesday Jump Rope 200, 20 min. swim

#### Wednesday Bodyweight Circuit

Dynamic warm up, A-Skips, B-Skips, Butt Kicks, Backward Run, Carioca, High Knees 2x 20yds.

Below workout should be done 3x.

Jump Rope	55 rotations
Rev. Lunges	6ea.
Clap Push Ups	5
Jump Rope	55 rotations
Lunge Jumps	5ea.
Box Jumps	8 18in. box
Planks	30sec.
Jump Rope	55 rotations
V-ups	15
MB/Body weight Step-ups	10ea.

#### Thursday Jump Rope 200, 20 min. swim

#### Friday Bodyweight Circuit

Warm up with 12min jog

Repeat program 3x

Jump Rope/ single leg	25
Lunges w/Good morning	6ea.
Decline Push Ups	5 feet on box
Squat Jumps	10
Bear crawl	15yds. Fwd only
Box Jumps	6
Side Planks (on elbows, rt/lt)	30sec.
Single leg box squats	10ea.
Single leg toe touches	50
Sprint 20m backward	3x

# 2015 Softball Summer Phase 1

## Summer Circuit Workout Phase I/ June 2<sup>nd</sup> to June 30<sup>th</sup>

### Week 3&4

#### Monday Bodyweight Circuit

Dynamic warm up using Jump Rope 200 rotations,

Below workout should be done 3x.

Jumping Jacks	20
Inverted Rows	10
Band Squats	20
Push Ups	20
MB Lunges matrix (12 o'clock, 2 o'clock, 4 o'clock, 6 o'clock) rt/lt	<b>(2x)</b>
Bench Dips	10
Bicycle Crunches	30 (legs vertical)
Burpees	10 (plus jump)
*Cool Downs Jog 1 miles	

#### Tuesday Swim 10 laps (25m pool)

#### Wednesday Bodyweight Circuit

Dynamic warm up, A-Skips, B-Skips, Butt Kicks, Backward Run, Carioca, High Knees 2x 20yds.

Workout should be done 3x.

Jump Rope	55 rotations
Rev. Lunges+MB Press	6ea.
Clap Push Ups	5
Jump Rope	55 rotations
Lunge Jumps	5ea.
Box Jumps	8 18in. box
Planks	:30 sec.
Jump Rope	55 rotations
V-ups	15
MB Step-ups	10ea.

#### Thursday Jump Rope 200, Swim 15 laps (25m pool)

#### Friday Bodyweight Circuit

Warm up with 12min jog

Repeat program 3x

Board Jump	5
Lunges w/Good morning	6ea.
Band Pull aparts	15
Squat Jumps	10
Backward Bear crawl	15yds.
MB Russian Twist	15
Side Planks (on elbows, rt/lt)	30sec.
Single leg box squats	10ea.
Toe touches	50
Sprint 30m (backward)	3x