

UCSD SOFTBALL III

Day 1

Dynamic Warm-Up Hip Flexor Stretch+Pec Stretch+Hip Mobility+1 set max pull-ups+1 set max push-ups

Shoulder Stability Elbow Pushups Wk 1 & 2 = 10 reps, Wk 3 & 4 = 12 reps x 2 sets, I-Y-T's x 8 each wk 1 & 2, 10 reps wk 3 & 4 x 2 sets

Glute Act/Strength DL Hip Bridge x10-wk1&2, x12 wk3&4, Birddogs x 8ea wk1&2, x10ea wk3&4

Notes VIDEOS OF EXERCISE AVAILABLE ON STRENGTH AND CONDITIONING HOME PAGE

Order	Max	Exercise	Set	15-Aug		22-Aug		29-Aug		5-Sep	
				Week 1 wt	Week 1 reps	Week 2 wt	Week 2 reps	Week 3 wt	Week 3 reps	Week 4 wt	Week 4 reps
1	#N/A	BB Clean Complex Deadlift-Clean Pull-Muscle Clean-Front Sgt Pair with Band Anti Rotation Hold x 15sec ea	1		x 1e		x 2e		x 1e		x 2e
			2		x 2e		x 3e		x 1e		x 3e
			3		x 2e		x 3e		x 2e		x 4e
			4		x 2e		x 3e				x 5e
2	#N/A	Goblet Split Squat Pair with Below	1		x 8e		x 6e		x 8e		x 6e
			2		x 6e		x 10e		x 6e		x 10e
			3		x 6e		x 10e		x 6e		x 10e
			4		x MAX		x Max		x MAX		x Max
3	#N/A	Box Jumps	1		x 5		x 3		x 6		x 4
			2		x 5		x 3		x 6		x 4
			3		x 5		x 3		x 6		x 4
			4		x 5		x 3		x 6		x 4
4	#N/A	Inverted Row 1 foot off the ground-Go to failure, keep track of reps, get to # in as few of sets as possible	1		x 24		x 40		x 30		x 50
			2								
			3								
5	#N/A	Half Kneeling Alt DB Shoulder Press DB's Alt from the top	1		x 10e		x 3e		x 20e		x 6e
			2		x 10e		x 3e		x 20e		x 6e
			3		x 10e		x 3e		x 1		x 6e
6	#N/A	SL DB RDL Use 1 DB	1		x 6		x 6		x 6		x 6
			2		x 6		x 6		x 6		x 6
			3		x 6		x 6		x 6		x 6

Day 2

Dynamic Warm-Up Hip Flexor Stretch+Pec Stretch+Hip Mobility+1 set max pull-ups+1 set max push-ups

Shoulder Stability Blackburns x10 wk1&2, x 12 wk3&4, W's & V's x 10ea wk1&2 x 12ea wk 3&4

Glute Act/Strength SL Hip Bridge x10ea wk1&2 x 12ea wk3&4, Firdhydrants x 8ea wk1&2 x 10ea wk 3&4

Order	Max	Exercise	Set	Week 1		Week 2		Week 3		Week 4	
				wt	reps	wt	reps	wt	reps	wt	reps
1	#N/A	CG Snatch Grey set = Warm-up Pair with Side Bridge Hip Touch x 15e	1		x 3		x 3		x 3		x 3
			2		x 3		x 3		x 3		x 3
			3		x 3		x 3		x 3		x 3
			4		x 3		x 3		x 3		x 3
			5		x 3		x 3		x 3		x 3
2	#N/A	DB or KB Swing Go up in wt in Wk 3 & 4	1		x 15		x 25		x 15		x 25
			2		x 15		x 25		x 15		x 25
			3		x 15				x 15		
3	#N/A	SL Medial/Lateral Mini Hurdle Hops "Clockwise and Counter Clock wise" Reps= # of Hurdles or Barriers	1		x 3		x 4		x 5		x 6
			2		x 3		x 4		x 5		x 6
			3		x 3		x 4		x 5		x 6
4	#N/A	Chin Up 3-5 sec eccentric (the way down) Get reps in as few of sets as possible	1		x 16		x 18		x 20		x 22
			2								
			3								
5	#N/A	Incline DB Alt Bench Press Determine wt based on reps	1		x 10e		x 3e		x 20e		x 6e
			2		x 10e		x 3e		x 20e		x 6e
			3		x 10e		x 3e				x 6e
6	#N/A	SL Pick Up	1		x 6		x 8		x 10		x 12
			2		x 6		x 8		x 10		x 12
			3		x 6		x 8		x 10		x 12

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Day 3

Dynamic Warm-Up Hip Flexor Stretch+Pec Stretch+Hip Mobility+1 set max pull-ups+1 set max push-ups

Shoulder Stability I-Y-T-W-V x 5ea wk1&2 x 6ea wk 3&4 - perform on a bench

Glute Act/Strength DL Hip Bridge Holds x 10sec x 2 wk1&2 x 15sec wk3&4

8/15/2011

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8/29/2011

9/5/2011

18-Jul

25-Jul

1-Aug

8-Aug

Order	Max	Exercise	Set	Week 1 wt	x	Week 1 reps	Week 2 wt	x	Week 2 reps	Week 3 wt	x	Week 3 reps	Week 4 wt	x	Week 4 reps
1	#N/A	Hang Clean Grey = Warm-ups Pair with Band Chop x 10e side	1		x	3		x	3		x	3		x	3
			2		x	3		x	3		x	3		x	3
			3		x	3		x	3		x	3		x	3
			4		x	3		x	3		x	3		x	3
			5		x	3		x	3		x	3		x	3
2	#N/A	Front Squat Grey = Warm-ups Pair with Below	1		x	8		x	6		x	8		x	6
			2		x	6		x	10		x	6		x	10
			3		x	6		x	10		x	6		x	10
			4		x	MAX		x	Max		x	MAX		x	Max
3	#N/A	SL Medial/Lateral Bounce + Box Jump Small bounce on ground then quickly onto box Step down and repeat facing other way	1		x	2e		x	3e		x	3e		x	5e
			2		x	2e		x	3e		x	3e		x	5e
			3		x	2e		x	3e		x	4e		x	5e
4	#N/A	Face Pulls Squeeze shoulder blades together	1		x	6		x	10		x	8		x	25
			2		x	6		x	10		x	8		x	25
			3		x	6		x	10		x	8		x	1
			4		x	6		x	10		x	1		x	1
5	#N/A	Pushup Plus Squeeze scapula's, push apart, then pushup Go to failure until reps are achieved	1		x	25		x	45		x	35		x	55
			2												
			3												
6	#N/A	SL SB Leg Curl	1		x	6e		x	8e		x	10e		x	12e
			2		x	6e		x	8e		x	10e		x	12e
			3		x	6e		x	8e		x	10e		x	12e