

UCSD SOFTBALL

Day 1

Dynamic Warm Up Jumping Jacks x 20, Split Jacks x 20, Mountain Climbers x 20, High Knees, Butt Kicks, A-Skips, B-Skips, Power Skips, St Leg Skips, Leg Swings

Shoulder Stability I, Y, T Plate Catches 2 x 15 (use small plate 2.5 - 5lb, raise it up in I, Y, or T - release and catch it - repeat)

Glute Act/Strength SL Hip Bridge Shoulders on Bench 2 x 15 each Add Weight each week!

Conditioning Stairs, Stadiums, or Hill Sprints - Start at 14 reps - add 1 rep per week - Recovery = walk down hill or stairs

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
		Clean Complex RDL, Pull, High Pull, Clean, Front Squat		x 5 ea			x 5 ea			x 5 ea		
1	#N/A	Hang Clean Max Speed!	1	warm up set #1		x 2	x 3		x 4			
			2	warm up set #2		x 2	x 3		x 4			
			3		x 2	x 3		x 4				
			4		x 2	x 3		x 4				
			5		x 2	x 3		x 4				
		Pair w/ Below										
2	#N/A	Split Squat	1	warm up set #1		x 5	x 6		x 7			
			2	warm up set #2		x 5	x 6		x 7			
			3		x 5	x 6		x 7				
			4		x 5	x 6		x 7				
			5		x 5	x 6		x 7				
			6		x 5	x 6		x 3				
		Pair w/ Below										
3	#N/A	SL Line Hops Counter Attack - Hold-Jump-Stick	1		x 20		x 30		x 40			
4	#N/A	DB Alt Bench press	1		x 6e		x 7e		x 8e			
			2		x 6e		x 7e		x 8e			
			3		x 6e		x 7e		x 8e			
		Pair w/ Below										
5	#N/A	Chin-ups	1		x 6		x 7		x 8			
			2		x 6		x 7		x 8			
			3		x 6		x 7		x 8			

Day 2

Dynamic Warm-Up Jump Rope 3:00 min, Knee Hugs, Lateral Lunge, Figure 4, Lunge & Twist x 10 each - Hurdle Mobility: High Hurdle Walk overs- Lateral Walk Overs, Over/Unders x 6 hurdles

Glute Strength SL Mini Hurdle Hops Turn 90° each Jump 2 x 8 Hurdles R/L

Shoulder Stability Blackburns 2 x 15, W-Press 2 x 15

Conditioning Acceleration: Kneeling R/L x 5/On Stomach x 6/Lateral Kneeling R/L x 5/Pushup Position x 6 - all x 20 yards

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
		Jerk Complex Shoulder Press, Push Press, Push Jerk, Split Jerk		x 5 ea			x 5 ea			x 5 ea		
1	#N/A	DB Shoulder Press	1	warm up set #1		x 4	x 5		x 6			
			2	warm up set #2		x 4	x 5		x 6			
			3		x 4	x 5		x 6				
			4		x 4	x 5		x 6				
			5		x 4	x 5		x 6				
			6		x 2	x 2		x 6				
		Pair w/ Below										
2	#N/A	Hang Snatch Max Speed!	1	warm up set #1		x 3	x 3		x 3			
			2	warm up set #2		x 3	x 3		x 3			
			3		x 3	x 3		x 3				
			4		x 3	x 3		x 3				
			5		x 3	x 3		x 3				
			6		x 3	x 3		x 3				
		Pair w/ Below										
3	#N/A	BB Lunge	1		x 5e		x 6e		x 7e			
4	#N/A	SB Double Threat Feet on ball- Hip bridge + Leg Curl =Dbl threat Pair w/ Below	1		x 6		x 7		x 8			
			2		x 6		x 7		x 8			
			3		x 6		x 7		x 8			
		Pair w/ Below										
5	#N/A	DB Alt Bent-Over Row R/L alt which arm rows	1		x 8		x 8		x 8			
			2		x 8		x 8		x 8			
			3		x 8		x 8		x 8			

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Day 3

Dynamic Warm Up Speed Ladder (Pick Drill) + 15yd Sprint x 8

Shoulder Stability Band Internal/External Rotation x 20 each, Arm Adducted Internal/External Rotation x 20 each

Glute Act/Strength SL Hip Bridge - Feet on bench 2 x 15 each

Conditioning Power Skips x 15 yards, Bounding x 15 yards, Long Jump x 15 yards, SL Speed Hop R/L x 15 yards - On Track: Sprint 50 meters x 8 - walk back recovery - add 1 rep per week

Order Max Exercise
CG Snatch Complex
RDL, Bent Over Row, Pull, High Pull, CG Snatch

Set	Week 1 wt	x	Week 1 reps	Week 2 wt	x	Week 2 reps	Week 3 wt	x	Week 3 reps
	x 5 ea			x 5 ea			x 5 ea		

1	#N/A	Push Press GET HEAVIER EACH WEEK! Pair w/ Below
2	#N/A	Lateral Lunge Pair w/ Below
3	#N/A	Box Jump Counter Attack - Hold-Jump-Stick
4		SL Goodmorning Increase Weight Each Week Pair w/ Below
5		DB Pushup Row Increase Weight Each Week

1	warm up set #1	x	2		x	2		x	2
2	warm up set #2	x	2		x	2		x	2
3		x	2		x	2		x	2
4		x	2		x	2		x	2
5		x	2		x	2		x	2
6		x	2		x	2		x	2

1	warm up set #1	x	5		x	6		x	7
2	warm up set #2	x	5		x	6		x	7
3		x	5		x	6		x	7
4		x	5		x	6		x	7
5		x	5		x	6		x	7
6		x	5		x	6		x	7

1		x	5		x	5		x	5
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1		x	6e		x	6e		x	6e
2		x	6e		x	6e		x	6e
3		x	6e		x	6e		x	6e

1		x	6		x	7		x	8
2		x	6		x	7		x	8
3		x	6		x	7		x	8

