Summer lifting session #3

Hello Chap Softballers,

I hope this finds you and your families safe, healthy and happy. Here is what we hope will be the last of the summer workouts you will do before we start getting together in person. This summer we will focus on IMPROVEMENT and TOUGHNESS. With that being said, when we start getting together, there will be a few baseline tests we will do. For that reason, I highly recommend you do these workouts over the next couple of weeks.

A few notes about the workouts:

* There are 3 workouts. Each workout should be completed 1 time per week.
* You are welcome to YouTube any that you are not familiar with or text me

and I will send you a video of what they are.

* Our expectation is that you come to summer workouts and have knowledge

of these movements when you are asked to do them.

* There are videos of several of the movements on our website and this document can be found there as well. If you are unsure of any others, text me and ask.

Few things prepare you for competition and being an athlete more than strength

and conditioning. Please take this seriously, complete it to the best of your ability

and make sure you are not letting your teammates down by not making yourself

better over the next several weeks.

If you have ANY questions at all about the workout, what you should be doing or

how to complete the exercises, please don’t hesitate to call or text. 303-915-7186.

I CANNOT WAIT to see all of you!

Coach Alex

WORKOUT DAY 1:

Warm-up: 1 mile run

ABS/CORE:

1 minute plank

Jack knifes 1x15

1 minute plank with shoulder taps

Crunches 1x30

ROUND 1:

Squats (3x20) -&gt; 30 Seconds of burpees in between each set

REST 1 Minute

Row w/ workout band/dumbbell/gallon jug (3x15) -&gt; 15 squat jumps

between each set

REST 1 Minute

Push-ups (3x12) -&gt; 1 Minute of mountain climbers between each set

REST 1 Minute

Walking Lunges (3x24 steps) -&gt; Broad jump back to where you started in

between each set.

REST 1 Minute

Reverse Grip Pull-Up or Curls (can/jug/band) (3x15) -&gt; 30 seconds of split

squat jumps between each set

REST 1 Minute Tricep extension/dip (3x15) -&gt; 40 yd dash between each set

COOL DOWN AND STRETCH

WORKOUT DAY 2:

WARMUP: 12minute jump rope – 60 sec jump/30 second rest

ROUND 1:

36 Squats

18 Good Mornings (NO WEIGHT)

1 Minute Mountain Climbers

ROUND 2:

20 Push Ups

20 Dips

1 Minute Burpees

ROUND 3:

24 side lunges (12 each side)

24 alternating lunges (12 each leg)

1 Minute Squat Jumps

ROUND 4:

Glute Bridges (20)

Side Plank (30 sec each side)

Super Woman’s (20)

Flutter Kicks (20 each side)

Round 5:

20 curls (use a gallon jug, cans, workout band or dumbells)

20 rows (use a gallon jug, cans, workout band or dumbells)

Up-down planks (1 minute)

\*\*Complete rounds 1-5 in order 2 times through\*\*

COOL DOWN AND STRETCH