



Prairie State College Softball Summer Conditioning 2015

Cycle 1: June 29 To July 24

TEAM WORKOUT

use these first weeks to create a foundation of good form; increase after 2 wks same weight

Monday	Week 1		Wk 2	Wk 3	Wk 4	Wednesday	Week 1		Wk 2	Wk 3	Wk 4	Friday	Week 1		Wk 2	Wk 3	Wk 4
	Reps	Weight					Reps	Weight					Reps	Weight			
Bench	10 X 70%					Hang Clean	10					Incline D.B. Press	10				
	4 X 90%						10						10				
	10 X 70%						10						10				
InCline Press	10 X 70%					Squat	10 X 70%					Bent over Row	10				
Pitchers D.B	4 X 90%						4 X 90%						10				
Everyone Else Barebell	10 X 70%						10 X 70%						10				
	10					Leg Curl	15					D.B Row -Palms In-	10				
Laying D.B Twisting Press	10						15						10				
	10						15						10				
Seated Pully Row	10					Leg Extensions	15					Cable Tricep Extensions	10				
	10						15						10				
	10						15						10				
Preacher Curls	10					Leg Press	15					D.B.Wrist Rolls	10				
	10						15						10				
	10						15						10				
D.B. Flyers	10					Walking D.B. Lunges	15					Box Jumps	10				
	10						15						10				
	10						15						10				
Bench Dips	10					Step-Ups on Bench	15					Lunge Matrix					
	10						15					forward	10				
	10						15					side	10				
CORE						CORE						back	10				
See Core Workout						See Core Workout						CORE					
												See Core Workout					



CORE WORKOUT

MONDAY CORE		TUESDAY CORE	WEDNESDAY CORE		THURSDAY CORE	FRIDAY CORE	
Bicycles- kick legs straight out	30 Sec.	500 ON YOUR OWN	Both Lergs straight up & spread them and reach through them	30 Sec.	500 ON YOUR OWN	Bicycles- kick legs straight out	30 Sec.
Both Legs straight up Reach for Toes	30 Sec.		Russian Twist	30 Sec.		Both Legs straight up Reach for Toes	30 Sec.
Small scissors w/feet	30 seconds		Both Legs straight up Reach for Toes	30 Sec		Knees To Chest	45 seconds
Hands under Butt leg off floor & flutter Kicks	30 seconds		Legs stay straigh-up raise-em up	30 sec		Hands under Butt leg off floor & flutter Kicks	30 seconds
Russian Twist	45 seconds		Leg Raises to Toe Touch	45 sec		Small scissors w/feet	30 seconds
Knees To Chest	45 seconds		Legs @ 90 degress- lower heels to floor	1 min		Russian Twist	45 seconds
Both Lergs straight up & spread them and reach through them	45 Sec.		Heel Touches	1 min	b	Knees To Chest	45 seconds
Bicycles- kick legs straight out	1 min		Crunch	1 min		Bicycles- kick legs straight out	1 min
Pilates 100 (lay on back, head up, put legs up@ 45 degree angle, and pump hands at your sides)	1 min		Plank	1 min		Toe Touches (legs straight up)	1 min
Toe Touches (legs straight up)	1 min		Side Planks and Switch sides	45 Sec. Each		Heel Touches	1 min
Legs Straigh Up & Move Legs Side to Side (lightly taping the floor)	1 min		Star Plank	1 Min.		Bicycles- kick legs straight out	1 Min.
Side V-Ups	1 min		Legs Straight 6" Off the Ground	1 Min.		Legs Straight 6" Off the Ground	1 Min.