



**Tuesdays & Thursdays**  
**Riverside Weight Room**  
**7:00 AM-8:15 AM**  
**September 12-December 12**  
**\$25 (12 weeks)**

## **FALL 2017: PRE-SEASON STRENGTH & CONDITIONING**



### **RVHS Softball Pre-Season Phase 1:**

**PRCS ID#121573-01**

**[Register via WebTrac](#)**

- Pre-season baseline and movement quality analysis setting the standard for improvements going forward.
- Focus will be on addressing pre-existing injuries, refining movement, speed mechanics and building their baseline of strength and conditioning (for Pre-Season, Phase 2 - Build).
- The program will be comprised of five components: movement quality and prehab/rehab (including concussion severity reduction), speed & agility, multi-planar power, strength, and conditioning.
- Phase 1 will work through four, three-week cycles in which athletes will work on improving foundational lifts and build conditioning then implement contrast-training, which will pair lifts with explosive movements maximizing the power and strength developments required for upper level sports.
- No workouts Nov 6-15 (Dead Period) or Thursday, Nov 23 (Thanksgiving).