

SPARTAN SOFTBALL OFF-SEASON CONDITIONING PLAN

Adapted for team use from **The Softball Strength Training Manual** © Wasserman Strength, LLC.
 For additional information or to purchase the individual program see <https://www.wassermanstrength.com>.

STRENGTH TRAINING THROUGH MOVEMENT

Strength training through movement provides YOU with the foundation for body control and coordination. It is all about how the body learns movement, learns how to produce force and learns how to produce force through movement. This type of training response maximizes YOUR training potential and minimizes the risk of injury to help keep YOU on the field! Keep in mind training is a function over time. It is not like skill development where you see rapid changes. You must be consistent with the workouts in order to be prepared for the movements and the unknown stimuli that may occur during a game! With this program over time YOU can become accountable for YOUR training.

DYNAMIC, ISOMETRIC, PLYOMETRIC, STRENGTH/ISOTONIC EXERCISES AND GUIDELINES

- DYNAMIC stretches should be used as part of your warm-up routine before any athletic event, whether competitive or not. A complete athletic warm-up should incorporate about 5 to 10 minutes of low- to moderate-intensity swimming, jogging, cycling, jumping jacks, etc. followed by DYNAMIC stretching. This form of stretching improves speed, agility and acceleration. It involves the active tightening of your muscles and moving your joints through their full range of motion throughout the stretch. These functional and sport-specific movements help increase muscle temperature and decrease muscle stiffness. **DYNAMIC stretch movements should be performed over a distance of 15 to 20 yards. Review the Spartan Softball Stretch Sheet for a list of these exercises.**
- ISOMETRIC exercises involve the active contraction of your muscles without the movements of your joints. They create a constant tension within the muscles by holding different challenging exercise positions for several seconds or a few minutes. They are incredibly useful for building strength and stability. Pilates and yoga are examples of this type of exercise. YIELDING isometrics are when you hold a weight in a fixed position. It can be free weights, weight machines, or elastic/cable equipment or your own body weight. **YIELDING ISOMETRICS can generally be performed in 3 to 5 sets of 15 to 30 second holds depending on difficulty.** OVERCOMING isometrics are when an unstoppable force meets an immovable object and involve pushing or pulling against the resistance of an object that absolutely won't move. **OVERCOMING ISOMETRIC exercises are recommended to be performed in 6-10 second sets.**
- PLYOMETRIC exercises train your muscles to produce maximum strength in the shortest possible amount of time. (Strength + Speed = Explosiveness). They use active lengthening followed by a quick active shortening phase of the muscles (Stretch-Shortening Cycle). This allows athletes to produce more force and move quicker. Being strong is different from being explosive. Strength means being able to move an object from one place to another. Explosiveness means being able to move fast and produce powerful movements such as changing direction or jumping high in the air. **PLYOS should NOT be performed every day. PLYOS are measured in "touches"—basically another word for reps, or the number of times your feet contact the ground. Generally speaking, a heavier athlete should get fewer touches (perform fewer reps) than a light athlete, and a veteran athlete can handle more touches than a beginner. A typical workout should consist of 3 to 6 sets of 3 to 8 powerful and clean reps. Depending on the exercise, the rest period between sets should be from 30 to 60 seconds.**
- STRENGTH/ISOTONIC exercises (resistance training) involves contraction of your muscles against resistance or weight. Resistance can come from dumbbells, bands, machines, or even your own bodyweight (calisthenics). It effectively increases your muscle size and promotes change in your body composition improving physique and overall body proportions. Muscle STRENGTH or muscle ENDURANCE can be produced from these exercises. Muscular STRENGTH is the amount of force you can put out or the amount of weight you can lift. **To build STRENGTH perform 3 to 4 sets of 8 to 12 reps.** Muscular ENDURANCE is how many times you can move that weight without getting exhausted (very tired). **To build ENDURANCE perform 3 sets of 15 to 20 reps, more or less reps can be performed depending if the exercise involves body weight and your level of fitness. For all of these exercises the tempo of the lift must be controlled and you should feel fatigue in the muscle group by the last set. If you cannot perform the last set the weight should be reduced. External loads can be increased when fatigue is no longer felt in the muscle group by the last set but should not be increased by more than 5-10 lbs at a time. Alternatively the number of reps per set can also be increased to strengthen ENDURANCE.**

GENERAL INSTRUCTIONS

- Record the exercises you do for each workout along with the sets, reps and weight so you can track your progress and increase or decrease load if necessary.
- Exercises are divided by the general area of the body worked and type of exercise below. Prior to each workout perform a DYNAMIC warm-up routine.
- Remember to BREATHE. INHALE on relaxation. EXHALE on exertion.
- Remember to work opposing sides of the body and to VARY the exercises performed.
- BLUE exercises are performed BEFORE to the Strength/Isometric workout.
- GREEN exercises are performed 3 days a week. Pick any 3 of the Lower Body and 2-4 of the Upper Body exercises to perform on these days. If you pick a chest exercise you should also pick a back exercise to match it. Opposing muscles must be worked to prevent imbalance.
- YELLOW PLYOS/MEDICINE BALL exercises can be performed on the same day as strength training (if you have time) OR on opposite days of strength training! When performing these exercises, make sure you start at a sub-max effort and move through the exercise in a slow and controlled manner, creating a stable platform before increasing the intensity! Pick any 3 of these exercises and perform 2 days per week. Remember to work opposite sides and vary the exercises performed.
- GROUNDWORK exercises are those that are performed while on the ground and are noted as such so you don't have to get up between them!

	Type	Exercise	Video Link	Available		Notes/Workout Component (Sets x Reps)
				Online	Offline	

STRETCH/CORE/LOWER BODY/BALANCE - PICK ANY 3-4, PERFORM BEFORE STRENGTH/ISOMETRIC WORKOUT

Stretch		Cat/Cow Pelvic Tilts	https://vimeo.com/491799743	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Groundwork. 2-3 x 10.
Stretch		Quadruped External Rotation	https://vimeo.com/230359241	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Groundwork. 2-3 x 10.
Stretch		Supine Twist	https://vimeo.com/230360944	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Groundwork. 2-3 x 10.
Stretch		Spiderman Stretch	https://vimeo.com/230374515	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Groundwork. 2-3 x 30 sec. to 1 min.
Stretch		Spiderman T -Spine	https://vimeo.com/230360616	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Groundwork. 2-3 x 10.
Stretch		Worlds Greatest Stretch	https://vimeo.com/438280335	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Groundwork. 2-3 x 10.
Stretch		Hip Rotator Stretch	https://vimeo.com/230356398	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Groundwork. 2-3 x 30 sec. to 1 min.
Stretch		Supine Hip Mobility External/Internal Rotation	https://vimeo.com/211335307	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Groundwork. 2-3 x 10.
Stretch		Adductor Rocker	https://vimeo.com/230266093	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Groundwork. 2-3 x 30 sec. to 1 min.
Strength		Rotary Reach	https://vimeo.com/230359466	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Groundwork. 2-3 x 10.
Strength		Stability Ball Dead Bugs	https://vimeo.com/230359685	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Groundwork. 2-3 x 10.
Isometric		Glute Bridge w/ Knee Drive	https://vimeo.com/631263954	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Groundwork. 2-3 x 10 or 2-3 x 30 sec.
Stretch		Prone Lying ITYW	https://vimeo.com/510875328	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Groundwork. 2-3 x 30 sec. to 1 min.
Isometric		Hip Flexion Holds	https://vimeo.com/230356336	<input checked="" type="checkbox"/>	<input type="checkbox"/>	2-3 x 30 sec. to 1 min.
Balance/Stretch		Single Leg Dead Lift Reach	https://vimeo.com/230374194	<input checked="" type="checkbox"/>	<input type="checkbox"/>	2-3 x 10.

ALL MUSCLE GROUPS - PICK ANY 1, PERFORM BEFORE STRENGTH/ISOMETRIC WORKOUT

Isometric		Planks	https://vimeo.com/328032114	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Groundwork. 3-5 x 20 sec. to 1 min.
Isometric		Side Plank w/ Clams	https://vimeo.com/420108950	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Groundwork. 3-5 x 20 sec. to 1 min.
Isometric		Side Planks	https://vimeo.com/344929102	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Groundwork. 3-5 x 20 sec. to 1 min.

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2	Exercises are divided by the general area of the body worked and type of exercise below. Prior to each workout perform a DYNAMIC warm-up routine.					
3	Remember to BREATHE. INHALE on relaxation. EXHALE on exertion.					
4	Remember to work opposing sides of the body and to VARY the exercises performed.					
5	BLUE exercises are performed BEFORE to the Strength/Isometric workout.					
6	GREEN exercises are performed 3 days a week. Pick any 3 of the Lower Body and 2-4 of the Upper Body exercises to perform on these days. If you pick a chest exercise you should also pick a back exercise to match it. Opposing muscles must be worked to prevent imbalance.					
7	YELLOW PLYOS/MEDICINE BALL exercises can be performed on the same day as strength training (if you have time) OR on opposite days of strength training! When performing these exercises, make sure you start at a sub-max effort and move through the exercise in a slow and controlled manner, creating a stable platform before increasing the intensity! Pick any 3 of these exercises and perform 2 days per week. Remember to work opposite sides and vary the exercises performed.					
8	GROUNDWORK exercises are those that are performed while on the ground and are noted as such so you don't have to get up between them!					
	Type	Exercise	Video Link	Available		Notes/Workout Component (Sets x Reps)
				Online	Offline	
LOWER BODY/CORE - PICK ANY 3, PERFORM 3 DAYS PER WEEK						
	Isometric	Single Leg Bridge Hold	https://vimeo.com/189808879	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Groundwork. 2-3 x 30 sec. to 1 min.
	Strength/Isometric	Straight Leg Raise	https://vimeo.com/328259768	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Groundwork. 2-3 x 8-12.
	Strength/Isometric	No Band Leg Lowers	https://vimeo.com/230358669	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Groundwork. 2-3 x 8-12.
	Isometric	Band Leg Lowers	https://vimeo.com/230266254	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Groundwork. 2-3 x 8-12.
	Isometric	Band Hip Flexion	https://vimeo.com/230266217	<input checked="" type="checkbox"/>	<input type="checkbox"/>	2-3 x 8-12.
	Strength	Hands Free Front Squat	https://vimeo.com/230356286	<input checked="" type="checkbox"/>	<input type="checkbox"/>	2-4 x 8-15 (fitness/fatigue level).
	Strength	Body Weight Squats	https://vimeo.com/230266663	<input checked="" type="checkbox"/>	<input type="checkbox"/>	2-4 x 8-15 (fitness/fatigue level).
	Strength	Kettlebell Dead Lifts	https://vimeo.com/230356564	<input checked="" type="checkbox"/>	<input type="checkbox"/>	2-3 x 10.
	Strength	Medicine Ball Cossack Squats	https://vimeo.com/388858369	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	2-3 x 8-10 (4-5 on each leg).
	Strength/Isometric	Kettlebell Sumo Hold	https://vimeo.com/230356621	<input checked="" type="checkbox"/>	<input type="checkbox"/>	2-3 x 8-12.
	Strength	Dumbbell Step Ups	https://vimeo.com/548983670	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	2-3 x 8-12.
	Strength	Step Ups w/ Knee Drive	https://vimeo.com/528970314	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	2-4 x 10-15.
	Strength	Lateral Step Ups	https://vimeo.com/476066894	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	2-3 x 8-12.
	Strength	Forward Lunge	https://vimeo.com/528999903	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	2-3 x 10-15.
	Strength	Walking Lunge	https://vimeo.com/185029741	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	2-3 x 8-12.
	Strength	Walking Lunge Knee Drive	https://vimeo.com/230361381	<input checked="" type="checkbox"/>	<input type="checkbox"/>	2-3 x 8-12.
	Strength	Side Lunge	https://vimeo.com/230266625	<input checked="" type="checkbox"/>	<input type="checkbox"/>	2-3 x 8-12.
	Strength	Lunge w/ Twist	https://vimeo.com/465949293	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	2-3 x 8-12.
	Strength	Goblet Side Lunge	https://vimeo.com/370991635	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	2-3 x 8-12.
	Strength	Goblet Scorpion Lunge	https://vimeo.com/506336963	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	2-3 x 8-12.
	Strength/Isometric	Lunge Holds	https://vimeo.com/230358387	<input checked="" type="checkbox"/>	<input type="checkbox"/>	3-5 x 5 to 20 sec.
UPPER BODY/CORE/BALANCE - PICK ANY 2-4 MATCHING OPPOSING MUSCLE GROUPS, PERFORM 3 DAYS PER WEEK						
	Strength	Kettlebell Bottoms Up Bench Press	https://vimeo.com/528962810	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	3 x 10-15.
	Strength	Landmine Press	https://vimeo.com/230357914	<input checked="" type="checkbox"/>	<input type="checkbox"/>	2-3 x 8-12.
	Strength	Dumbbell Bench Press	https://vimeo.com/528963664	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	3 x 10-15.
	Strength	Dumbbell Rows	https://vimeo.com/344929506	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	3 x 10-15.
	Strength	Straight Arm Dumbbell Pullover	https://vimeo.com/528964701	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	3 x 10-15.
	Strength/Isometric	Dead Bug Floor Press	https://vimeo.com/469594092	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Groundwork. 3 x 10-15.
	Strength/Isometric	Bird Dog Row	https://vimeo.com/446866174	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	3 x 10-15.
	Strength/Isometric	Bear Crawl Row	https://vimeo.com/506332959	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Groundwork. 2-4 x 8-15 (fitness/fatigue level).
	Strength/Isometric/Balance	Turkish Get Ups	https://vimeo.com/519648895	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	2-4 x 5-6 per side.
	Strength/Isometric	Flamingo Press	https://vimeo.com/476478400	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	3 x 10-15.
	Strength/Isometric	Plank Transitions	https://vimeo.com/230359006	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Groundwork. 2-4 x 8-15 (fitness/fatigue level).
	Strength	Shoulder Taps	https://vimeo.com/230360005	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Groundwork. 2-4 x 8-15 (fitness/fatigue level).
	Strength	Flat Push Up w/ Rotation	https://vimeo.com/447890371	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Groundwork. 2-3 x fitness/fatigue level.
	Strength/Isometric	Scap Push-Ups	https://vimeo.com/230359914	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Groundwork. 2-3 x 10.
	Strength	Incline Push Up w/ Rotation	https://vimeo.com/630411630	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	2-4 x fitness/fatigue level.
	Strength	Foam Roll Wall Slide	https://vimeo.com/211329006	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	2-3 x 8-12.
	Strength	Band Wall Walks	https://vimeo.com/211326779	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	2-3 x 8-12.
PLYOMETRIC/EXPLOSIVE - PICK ANY 2-3, PERFORM 2 DAYS PER WEEK						
	Plyometric	Single Leg Dead Lift to Power Skip	https://vimeo.com/230360500	<input checked="" type="checkbox"/>	<input type="checkbox"/>	3 x 4-8.
	Plyometric	Squat Jumps	https://vimeo.com/230360813	<input checked="" type="checkbox"/>	<input type="checkbox"/>	3 x 4-8.
	Plyometric	Lateral Skips	https://vimeo.com/631235429	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	3 x 4-8.
	Plyometric	Lateral Bounds	https://vimeo.com/230358005	<input checked="" type="checkbox"/>	<input type="checkbox"/>	3 x 4-8.
	Plyometric	45 Lateral Bounds	https://vimeo.com/549010320	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	3 x 4-8.
	Plyometric	45 Hurtle Bounds	https://vimeo.com/610971228	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	3 x 4-8.

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PLYOMETRIC/EXPLOSIVE - PICK ANY 2-3, PERFORM 2 DAYS PER WEEK					
Plyometric	Broad Jumps	https://vimeo.com/230266721	<input checked="" type="checkbox"/>	<input type="checkbox"/>	3 x 4-8.
Plyometric	Lateral Box Jumps	https://vimeo.com/520111688	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	2 x 4-8.
Plyometric	Forward Bear Crawls	https://vimeo.com/230355799	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Groundwork.*This must be performed slow and in control to minimize injury risk. Focus on form. 2 x 2-5.
Plyometric/Agility	Agility Short Work Progression	https://vimeo.com/189809363	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	3 x 4-8.
Plyometric/Agility	Outfield Weave Throughs	https://vimeo.com/420106574	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	3 x 4-8.
MEDICINE/WEIGHTED BALLS - PICK ANY 2-3, PERFORM 2 DAYS PER WEEK					
Plyometric	Half Knee MB Slams	https://vimeo.com/230356192	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Groundwork. 2 x 10.
Plyometric	Tall Kneeling MB Slams	https://vimeo.com/230361093	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Groundwork. 2 x 10.
Plyometric	Tall Kneeling MB Deceleration	https://vimeo.com/630297106	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Groundwork. 2 x 10.
Plyometric	MB Rotation Throw (Wall)	https://vimeo.com/396528123	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	2 x 10.
Plyometric	MB Chop Slams	https://vimeo.com/630437856	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	2 x 10.
Plyometric	MB Skate Jumps	https://vimeo.com/339768702	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	2 x 10.
Plyometric	Single Leg Ball Slams	https://vimeo.com/622663681	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	2 x 10.
Plyometric/Hand-Eye	Rebounders	https://vimeo.com/630518414	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	2 x 10.