

GET IN SHAPE 2

#baseball
#softball

GLOBAL WARM UP
(MOBILITY + PREPARING
CARDIO-VASCULAR SYSTEM)
HASTOBEDONEBEFOREEVERY
SESSION.
IT'STHESTARTOFAWORKOUT.
TOTAL DURATION = +/- 10MIN



MOBILITY (+/- 7 MIN) - VIDEO - PERFORM SEQUENCE 2 TIMES, NO REST

EXERCISE	TIME	REMARK
ANKLE ROCKING	30 sec / side	<ul style="list-style-type: none"> Keep heel & fore-foot down Feel resistance in the ankle joint
BIG TOE STRETCH	40 sec	<ul style="list-style-type: none"> Push knee over toes Keep toe base on the ground
HIP ROTATIONS	40 sec	<ul style="list-style-type: none"> Stay back with extended arms Get the knees close to the ground
FRONTAL HIP STRETCH	30 sec / side	<ul style="list-style-type: none"> Tuck pelvis in (tension abs) Lean forward without bending over
CAT COW	40 sec	<ul style="list-style-type: none"> Slow execution Reach for the ceiling with mid back
DIAGONAL EXTENSIONS	30 sec / side	<ul style="list-style-type: none"> Rotating and stepping at the same time Look towards arms
FULL BODY ROTATIONS	40 sec	<ul style="list-style-type: none"> Look towards side of rotation Look up end range

PREPARING CARDIO-VASCULAR SYSTEM (+/- 5 MIN): VIDEO

EXAMPLES

SQUAT JACKS	UNILATERAL KNEE	JUMPING JACKS
SHUFFLES	BURPEES	ROPESKIPPING...

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START WITH WARMING UP
STRENGTH SESSION CONTAINS 8
EX.
PERFORM ROUND WITHOUT REST
AFTER A FULL ROUND, 3' REST
DURATION 1 ROUND + REST 10'
TRY TO COMPLETE MIN 3 ROUNDS



STRENGTH SESSION 1: UPPER BODY & CORE

EXERCISE	TIME	REMARK
<u>DYNAMIC DOWNWARD FACING DOG</u>	40 sec	<ul style="list-style-type: none"> - Get the feet close to hands - Look up tension in legs - Stay stable during exercise
<u>STATIC BEAR CRAWL</u>	40 sec	<ul style="list-style-type: none"> - Tuck pelvis in (tension abs) - Raise knees slightly: stay close to the ground - Lean with shoulders over hands
<u>JIG SAW PLANK</u>	40 sec	<ul style="list-style-type: none"> - Straight lower back - Push elbows to the front when going back - Knees (beginner) – feet (advanced)
<u>FULL BODY PUSH-UP</u>	40 sec	<ul style="list-style-type: none"> - Hands at fore head - Straight back – come up in one block - Knees (beginner) – feet (advanced)
<u>ECCENTRIC BICEP LOAD</u>	20 sec / side	<ul style="list-style-type: none"> - Slow execution (not too aggressive) - Look for tension around chest/bicep area
<u>FULL ROM FLIES</u>	40 sec	<ul style="list-style-type: none"> - Fore head on the ground - Hands do not touch ground
<u>PUSH-UP HOLD WITH SHOULDER TAPS</u>	40 sec	<ul style="list-style-type: none"> - Push out in shoulders - Stay stable during exercise
<u>SEATED V'S & W'S</u>	40 sec	<ul style="list-style-type: none"> - Lower back, shoulders and arms against wall - As high as you can without losing contact

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2

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TRY TO COMPLETE MIN 3 ROUNDS



STRENGTH SESSION 2: LOWER BODY AND CORE

EXERCISE	TIME	REMARK
<u>LUNGES WITH ROTATION</u>	40 sec	<ul style="list-style-type: none">- Big steps- Keep balance
POSTERIOR CHAIN BRIDGE	40 sec	<ul style="list-style-type: none">- Tuck in pelvis (tension abs)- Use buttock to lift hips- Push fore feet into the step (heels of the ground)
<u>SPLIT SQUAT</u>	40 sec / side	<ul style="list-style-type: none">- Stay upright- Drop back knee down- Don't fully extend in front knee
<u>SQUAT</u>	40 sec	<ul style="list-style-type: none">- Slow execution: lowering should last 3 sec- Ass to the grass!- Keep the trunk as upright as possible
<u>SINGLE LEG DEAD LIFT</u>	40 sec / side	<ul style="list-style-type: none">- Slightly bend the knee in standing leg- Bend in hips with a straight back- Look up tension in back of standing leg
<u>SIDEWAY CALF WALKS</u>	40 sec	<ul style="list-style-type: none">- Bend knees- Move sideways for 5 meter or so- Stay high on the toes
<u>WALL EXTENSIONS</u>	40 sec	<ul style="list-style-type: none">- Start in low squat- Push out to the wall- Reach as high as possible (feet, legs and arms)
<u>SKATE JUMPS</u>	40 sec	<ul style="list-style-type: none">- Start with short hops; then go further- Maintain balance during landing- Load in knee and hip; then push out

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2
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RUNNING: 1 RUN/WEEK

RUNNING	EXERCISE
30 - 40 MIN	DISTANCE DOES NOT MATTER
TRY AND COMPLETE THE RUN WITHOUT STOPPING > PACE YOURSELF	
AFTER THE RUN; KEEP WALKING FOR 6 MIN TO GET THE HEART RATE SLOWLY BACK TO NORMAL	

