

Softball Workout

"Core Workout #1"

By Coach Lia Roque

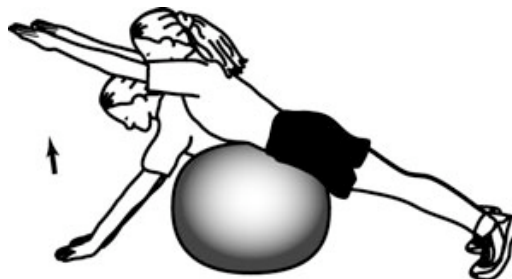
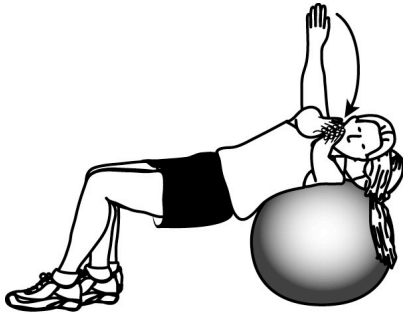
Softball Peak Performance Coach

<http://www.softballperformance.com>

Having a strong mid-section is essential in a sport that uses rotational movement as its primary motion during skill execution. A strong core is needed for batting, pitching, throwing and running.

Execute these exercises before your resistance workout or before starting your workout on the field. Do the workout 3 times per week on non-consecutive days. Do each exercise 2 times with 15 reps each set. You will need a stability ball and a medicine ball for the workout.

2 sets X 15 reps



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