

HOME WORKOUT SOFTBALL

GOAL TRAINING	Fit and health for softball
TRAININGSVORM	strength and endurance
TRAINING METHODS	Mixed
FULLBODY OR SPLIT	FULLBODY
AMOUNT Off TRAININGS	8



NAME EXERSISE	REPS	SETS	WHEIGHT	PAUSE
Basic Warm-up				
World greatest stretch				
TABATA HBH / superman on floor static				
EMOM Jumpsqauts / banded reverse fly				
EMOM Mini band Hip bridge / lunges				
amrap banded tricep overhead extension / leg kick or situps				
Stetic stretching				

HOME WORKOUT SOFTBALL

TABATA PROGRESION

WORKOUT 1 6x 15/15

WORKOUT 2 6x 20/15

WORKOUT 3 8x 15/15

WORKOUT 4 8x 20/15

WORKOUT 5 8x 15/10

WORKOUT 6 8x 20/10

WORKOUT 7 10x 15/10

WORKOUT 8 10x 20/10

EMOM PROGRESION

WORKOUT 1 10 reps 4 rounds

WORKOUT 2 11 reps 4 rounds

WORKOUT 3 12 reps 4 rounds

WORKOUT 4 13 reps 4 rounds

WORKOUT 5 10 reps 5 rounds

WORKOUT 6 11 reps 5 rounds

WORKOUT 7 12 reps 5 rounds

WORKOUT 8 10 reps 6 rounds

AMRAP PROGRESION

WORKOUT 1 10 minutes 10/10/10

WORKOUT 2 10 minutes 12/12/12

WORKOUT 3 12 minutes 10/10/10

WORKOUT 4 12 minutes 12/12/12

WORKOUT 5 14 minutes 10/10/10

WORKOUT 6 14 minutes 12/12/12

WORKOUT 7 16 minutes 10/10/10

WORKOUT 8 16 minutes 12/12/12