



Special Olympics ***Kentucky***

At Home Exercises to Prepare for SOKY Softball Season

The most common softball injuries are usually focused around the shoulder and the elbow. A way to keep those ligaments strong and flexible for pitching, throwing or swinging is to condition and strengthen them. Here are 5 Softball Workout Circuits you can use in the off season to gain an advantage over your competitor and make yourself less prone to injuries on the field.

This 5-part Softball Workout Circuit will help you in those trouble areas. We will focus on gradually building strength to prevent injuries due to overuse, building a strong core for balance (especially when twisting) and building agility and generating power from your lower body muscles.

Workout Instructions: These circuits should each be done weekly leading up to the SOKY softball season. If you stay committed to this softball workout regime you will gain huge benefits when the season comes around. All of these can be done in the comfort of your own home. If you need assistance with these workouts, please check out the video links provided by each at home workout.

1. Circuit One: Stretching

1.) Arm Circles [Video](#)

20 small circles going forward. Repeat going backward.
20 medium circles going forward. Repeat going backward.
20 large circles going forward. Repeat going backward.

2.) Cross Body Stretch [Video](#)

Hold left arm across your chest for 20 seconds.
Hold right arm across your chest for 20 seconds.

3.) Hamstring Stretch [Video](#)

Stand with your feet hips-width apart.
Keeping legs straight, bend over.
Hold for 20 seconds.

5.) Quad Stretch [Video](#)

Standing on one leg. Hold for 20 seconds.
Switch leg. Hold for 20 seconds.

6.) Wall Calf Stretches [Video](#)

Hold for 20 seconds.

2. Circuit Two: Lower Body Agility. The "Warm Up"

- 1.) **Butt Kicks** standing in place for 20 seconds. Twice. [Video](#)
- 2.) **Back Pedal** for 10-20 yards. Twice. [Video](#)
- 3.) **Side shuffle** for 10-20 yards. Twice [Video](#)
- 4.) **High knees** for 10-20 yards. Twice [Video](#)
- 5.) **Front lunge** for 10-20 yards. Twice. [Video](#)
- 6.) **Reverse lunge** for 10-20 yards. Twice. [Video](#)

3. Circuit Three: Lower-Body Strength Training

- 1.) **Calf Raises:** 15 reps.-Muscles being targeted: Calves [Video](#)
- 2.) **Glute Hamstring Raise:** 15 reps- Muscles being targeted: Hamstrings [Video](#)
- 3.) **Body Squats:** 15 reps. Muscles being targeted: Hamstrings/Quads/Calves [Video](#)

4. Circuit Four: Light Upper Body Strengthening

- 1.) **Wall or Regular Push-ups:** As many as you can do. Muscles being targeted: Upper Body. [Video](#)
- 2.) **Tri-cep Dips:** 10-15 reps. Muscles being targeted: Triceps
- 3.) **Body Up's:** 10-15 reps. Muscles being targeted: Triceps [Video](#)
- 4.) **Hyperextensions on floor (Back Extensions):** Lower Back [Video](#)

5. Circuit Five: Targeting Core

- 1.) **Leg Lifts:** 10 reps [Video](#)
- 2.) **Bicycle Crunches:** 10 reps [Video](#)
- 3.) **Windshield Wipers:** 10 reps [Video](#)
- 4.) **Side Plank:** Hold on each side for 15-30 seconds. [Video](#)
- 5.) **Regular Plank:** Hold for 15-30 seconds. [Video](#)
- 6.) **Regular crunches:** 10 reps. [Video](#)

Enjoy your Softball Workout Circuit! Be sure to stretch and cool down by jogging or walking for 5 minutes, and don't forget to hydrate and focus on breathing!



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