

Loy Norrix Softball – At Home Winter Strength and Conditioning

IMPORTANT NOTES:

- This workout schedule has three purposes: to increase strength, to increase agility, and to decrease the risk of in-season injury.
- This schedule includes 30 workouts – all of which can be done at home without gym equipment. That would be about 2 workouts a week between now and March when the season starts.
- These workouts increase in difficulty; the length of each workout ranges from 30-60 minutes. Follow them in the order written, but you can “superset” them (for example: doing one set of each in order instead of all 3 sets of 1 thing at a time).
- There are links for the exercises to show how each is done. If you ever have questions, ask. If ever you feel pain doing an exercise, stop.
- Most importantly: always stretch at the end of a workout and ice any sore muscles!

Coach Johnson (johnsonjt@kalamazoopublicschools.net)

Day 1	
Exercise	Sets x Reps
<u>Jumping Jacks</u>	3 x 30
<u>Body Weight Squats</u>	3 x 10
<u>Push Ups</u>	3 x 6
<u>Planks (front and sides)</u>	2 x 30 seconds
<u>Side Leg Raises</u> (Lay flat on side. Raise top leg up toward ceiling. Lower and repeat)	3 x 10 each leg
<u>Triceps Dips</u> (On a bench or step...Place your hands at your side on the bench and slide your butt off the front of the bench with your legs extended out in front of you. Slowly bend your elbows to lower your body toward the floor, and push back up)	3 x 8
<u>Ab Crunches</u>	3 x 20
Jogging	3 mins

Day 2	
<u>Squat Jumps</u>	3 x 10
<u>Lunges</u>	3 x 10 each leg
<u>Inchworms</u> (Start standing...Bend forward and touch your hands to the floor. Walk your hands out until you're in high plank position, and your body is a straight line from head to heels. Walk your hands back to start, and return to standing)	3 x 6
<u>6 inch leg raises</u> (Lie flat on your back and place your hands under your butt. Lift your legs 6 inches off the ground and hold)	3 x 30 seconds
<u>Calf Raises</u> (Putt your toes on a step with your heels hanging off the back. Dip your heels down and then flex up to your tip toes)	3 x 10
<u>Donkey Kicks</u>	3 x 10 each leg
<u>Towel Pull Ups</u> (Grab a kitchen towel. Lie on your stomach and hold the towel above your head while pulling to the sides as hard as you can. Then pull the towel down to your chest keeping your hands apart the whole time. Return and repeat)	3 x 8
Sprints (if it is icy – jog instead, or sprint in place indoors) (Pace out about 20 large steps on your street or sidewalk (be safe!))	4 x 60 feet

Day 3	
<u>Burpees</u>	2 x 10
<u>Split Squats</u> (Stand about 2 or 3 feet in front of a couch or chair. Place one leg behind you with the top of your foot on the cushion. Squat by bending the leg on the ground to a 90 degree angle and then push back up)	3 x 10 each leg
<u>Dive Bomber Push ups</u>	3 x 6
<u>Planks (front and sides)</u>	3 x 30 seconds
<u>Fire Hydrants</u>	3 x 10 each leg
<u>Shoulder Taps</u>	3 x 8 each arm
<u>Grip flicks</u> (Start with hands at side. Flick your fingers out and then back into a fist quickly and repeatedly (over and over). After 30 seconds, raise your arms straight out in front of you and continue flicking your fingers quickly out and in. At the 60 second mark, lift your hands over your head and continue flicking. Keep your arms straight the whole time)	90 seconds
<u>Sumo Squat</u>	3 x 10
Jogging	3 mins, 1 min rest, 3 mins

Day 4	
Jumping Jacks	3 x 30
Body Weight Squats	3 x 15
Towel Pull Ups	3 x 8
Planks (front and sides)	3 x 30 seconds
Side Lunges	3 x 8 each leg
Triceps Dips	3 x 10
Ab Twists	3 x 30 seconds
Mountain Climbers	3 x 30 seconds
Split Squat Jumps	3 x 8 each leg
Jogging	4 mins, 1 min rest, 4 mins

Day 5	
Squat Jumps	3 x 10
Lunges	3 x 10 each leg
Push Ups	3 x 8
6 inch leg raises	3 x 30 seconds
Sumo Squat	3 x 10
Single Leg Hinges (Start with feet shoulder width apart, with soft knees and flat back. With one leg on the ground, slowly bend at the waist, reaching both arms out in front of you and bringing the opposite leg back so that it is parallel to the ground.)	3 x 8 each leg
Bicycle Crunches	3 x 30 seconds
Shoulder Taps	3 x 8 each arm
Fire Hydrants	3 x 10 each leg
Sprints (if it is icy – jog instead, or sprint in place indoors)	4 x 60 feet

Day 6	
Burpees	3 x 10
Push Ups	3 x 10
Split Squats	3 x 10 each leg
Supermans	3 x 10
Calf Raises	3 x 10 each leg
Triceps Dips	3 x 10
Planks (front and sides)	3 x 30 seconds
Dive Bomber Push ups	3 x 6
Grip flicks	90 seconds
Jogging	5 mins, 2 mins rest, 5 mins

Day 7	
Jumping Jacks	3 x 40
Body Weight Squats	3 x 15
Push Ups	3 x 8
Planks (front and sides)	3 x 30 seconds
Side Leg Raises	3 x 12 each leg
Triceps Dips	3 x 10
Ab Crunches	3 x 20
Single Leg Hip Thrust	3 x 8 each leg
Jogging	6 mins, 2 mins rest, 4 mins

Day 8	
Squat Jumps	3 x 30 seconds
Lunges	3 x 12 each leg
Inchworms	3 x 8
6 inch leg raises	3 x 30 seconds
Calf Raises	3 x 12
Donkey Kicks	3 x 12 each leg
Towel Pull Ups	3 x 10
Sprints (if it is icy – jog instead, or sprint in place indoors)	6 x 60 feet

Day 9	
Burpees	3 x 10
Split Squats	3 x 10 each leg
Dive Bomber Push ups	3 x 8
Planks (front and sides)	3 x 30 seconds
Fire Hydrants	3 x 10 each leg
Shoulder Taps	3 x 8 each arm
Grip flicks	90 seconds
Sumo Squat	3 x 10
Jogging	6 mins, 1 min rest, 4 mins

Day 10	
Jumping Jacks	3 x 40
Body Weight Squats	4 x 15
Towel Pull Ups	3 x 10
Planks (front and sides)	3 x 30 seconds
Side Lunges	3 x 10 each leg
Triceps Dips	3 x 12
Ab Twists	3 x 30 seconds
Mountain Climbers	3 x 30 seconds
Split Squat Jumps	3 x 10 each leg
Sprints (pace out 30 large steps. Modify if icy!)	4 x 90 feet

Day 11	
Squat Jumps	3 x 10
Lunges	3 x 10 each leg
Push Ups	3 x 8
6 inch leg raises	3 x 30 seconds
Sumo Squat	3 x 10
Single Leg Hinges	3 x 8 each leg
Bicycle Crunches	3 x 30 seconds
Shoulder Taps	3 x 8 each arm
Fire Hydrants	3 x 10 each leg
Jogging	7 mins, 2 min rest, 4 mins

Day 12	
Burpees	3 x 10
Push Ups	3 x 10
Split Squats	3 x 10 each leg
Supermans	3 x 10
Calf Raises	3 x 10
Triceps Dips	3 x 10
Planks (front and sides)	3 x 30 seconds
Dive Bomber Push ups	3 x 6
Wall Sit	3 x 30 seconds
Grip flicks	90 seconds
Sprints (Modify if icy!)	4 x 90 feet

Day 13	
Jumping Jacks	4 x 30
Body Weight Squats	4 x 15
Push Ups	3 x 10
Planks (front and sides)	3 x 40 seconds
Side Leg Raises	3 x 15 each leg
Sprint in place	3 x 20 seconds
Triceps Dips	3 x 12
Ab Crunches	3 x 30
Single Leg Hip Thrust	3 x 10 each leg
Jogging	7 mins, 1 min rest, 4 mins

Day 14	
Squat Jumps	4 x 30 seconds
Lunges	3 x 12 each leg
Inchworms	3 x 10
6 inch leg raises	4 x 30 seconds
Calf Raises	3 x 15
Donkey Kicks	3 x 15 each leg
Towel Pull Ups	3 x 10
Sprints (Modify if icy!)	4 x 90 feet

Day 15	
Burpees	3 x 12
Split Squats	3 x 12 each leg
Dive Bomber Push ups	3 x 8
Planks (front and sides)	3 x 40 seconds
Fire Hydrants	3 x 15 each leg
Shoulder Taps	3 x 10 each arm
Grip flicks	90 seconds
Sumo Squat	3 x 12
Jogging	6 mins, 1 min rest, 6 mins

Day 16	
Jumping Jacks	4 x 40
Body Weight Squats	4 x 15
Towel Pull Ups	3 x 10
Planks (front and sides)	3 x 30 seconds
Side Lunges	3 x 12 each leg
Triceps Dips	4 x 10
Ab Twists	4 x 30 seconds
Mountain Climbers	3 x 30 seconds
Split Squat Jumps	3 x 10 each leg
Sprints (Modify if icy!)	4 x 90 feet

Day 17	
Squat Jumps	3 x 10
Lunges	3 x 10 each leg
Push Ups	3 x 8
6 inch leg raises	3 x 30 seconds
Sumo Squat	3 x 10
Single Leg Hinges	3 x 10 each leg
Bicycle Crunches	3 x 30 seconds
Shoulder Taps	3 x 8 each arm
Fire Hydrants	3 x 10 each leg
Jogging	10 minutes

Day 18	
Burpees	3 x 12
Push Ups	3 x 10
Split Squats	3 x 12 each leg
Supermans	3 x 12
Calf Raises	3 x 15
Triceps Dips	4 x 10
Planks (front and sides)	3 x 40 seconds
Dive Bomber Push ups	3 x 8
Wall Sit	3 x 40 seconds
Grip flicks	90 seconds
Sprints (Modify if icy!)	6 x 90 feet

Day 19	
Jumping Jacks	4 x 30
Body Weight Squats	4 x 15
Push Ups	3 x 10
Planks (front and sides)	3 x 40 seconds
Side Leg Raises	3 x 15 each leg
Sprint in place	3 x 30 seconds
Triceps Dips	3 x 12
Ab Crunches	3 x 30
Single Leg Hip Thrust	3 x 10 each leg
Jogging	10 minutes

Day 20	
Squat Jumps	4 x 30 seconds
Lunges	3 x 15 each leg
Inchworms	3 x 10
6 inch leg raises	3 x 40 seconds
Up-Down Planks	3 x 30 seconds
Calf Raises	3 x 15
Donkey Kicks	4 x 15 each leg
Towel Pull Ups	3 x 12
Sprints (Modify if icy!)	6 x 90 feet

Day 21	
Burpees	3 x 12
Split Squats	4 x 10 each leg
Dive Bomber Push ups	3 x 10
Planks (front and sides)	3 x 40 seconds
Fire Hydrants	4 x 15 each leg
Shoulder Taps	3 x 12 each arm
Grip flicks	90 seconds
Sumo Squat	3 x 12
Jogging	10 minutes

Day 22	
Jumping Jacks	4 x 40
Body Weight Squats	4 x 20
Towel Pull Ups	4 x 10
Planks (front and sides)	4 x 30 seconds
Side Lunges	4 x 10 each leg
Triceps Dips	4 x 10
Ab Twists	4 x 30 seconds
Mountain Climbers	4 x 30 seconds
Split Squat Jumps	4 x 8 each leg
Sprints (Modify if icy!) (pace off 40 large steps)	4 x 120 feet

Day 23	
Squat Jumps	3 x 15
Lunges	3 x 15 each leg
Push Ups	3 x 10
6 inch leg raises	3 x 45 seconds
Sumo Squat	3 x 15
Single Leg Hinges	3 x 12 each leg
Bicycle Crunches	4 x 30 seconds
Shoulder Taps	3 x 12 each arm
Wall Sit	3 x 45 seconds
Fire Hydrants	3 x 15 each leg
Jogging	10 minutes

Day 24	
Burpees	4 x 10
Push Ups	4 x 8
Split Squats	4 x 15 each leg
Supermans	4 x 10
Calf Raises	4 x 15
Triceps Dips	4 x 12
Planks (front and sides)	4 x 30 seconds
Dive Bomber Push ups	4 x 8
Wall Sit	4 x 30 seconds
Grip flicks	2 x 90 seconds
Sprints (Modify if icy!)	4 x 120 feet

Day 25	
Jumping Jacks	4 x 40
Body Weight Squats	4 x 20
Push Ups	4 x 8
Planks (front and sides)	4 x 30 seconds
Side Leg Raises	4 x 15 each leg
Sprint in place	4 x 30 seconds
Triceps Dips	4 x 10
Ab Crunches	4 x 30
Single Leg Hip Thrust	4 x 10 each leg
Jogging	10 minutes

Day 26	
Squat Jumps	4 x 30 seconds
Lunges	4 x 12 each leg
Inchworms	4 x 8
6 inch leg raises	4 x 30 seconds
Up-Down Planks	4 x 30 seconds
Calf Raises	4 x 15
Donkey Kicks	4 x 15 each leg
Towel Pull Ups	4 x 10
Sprints (Modify if icy!)	60, 90, 120 feet (2 each)

Day 27	
Burpees	4 x 10
Split Squats	4 x 12 each leg
Dive Bomber Push ups	4 x 8
Planks (front and sides)	4 x 30 seconds
Fire Hydrants	4 x 15 each leg
Shoulder Taps	4 x 10 each arm
Grip flicks	2 x 90 seconds
Sumo Squat	4 x 10
Jogging	10 minutes

Day 28	
Jumping Jacks	4 x 50
Body Weight Squats	4 x 20
Towel Pull Ups	4 x 10
Planks (front and sides)	4 x 30 seconds
Side Lunges	4 x 12 each leg
Triceps Dips	4 x 10
Ab Twists	4 x 30 seconds
Mountain Climbers	4 x 30 seconds
Split Squat Jumps	4 x 10 each leg
Sprints (Modify if icy!)	60, 90, 120 feet (2 each)

Day 29	
Squat Jumps	4 x 20
Lunges	4 x 15 each leg
Push Ups	4 x 10
6 inch leg raises	4 x 45 seconds
Sumo Squat	4 x 15
Single Leg Hinges	4 x 15 each leg
Bicycle Crunches	4 x 30 seconds
Shoulder Taps	4 x 10 each arm
Wall Sit	4 x 45 seconds
Fire Hydrants	4 x 15 each leg
Jogging	10 minutes

Day 30	
Burpees	4 x 10
Split Squats	4 x 15 each leg
Supermans	4 x 15
Calf Raises	4 x 15
Triceps Dips	4 x 15
Planks (front and sides)	4 x 30 seconds
Dive Bomber Push ups	4 x 10
Wall Sit	4 x 45 seconds
Grip flicks	2 x 90 seconds
Sprints (Modify if icy!)	60, 90, 120 feet (2 each)