

## Osseo Softball Off-Season Workouts

### General Information

- ~ The weight room is usually open every morning, but Coach Ruska will open it 3 – 4 mornings a week. During the Fall it will be open between 6:00 & 6:15 on Monday, Wednesday & Thursday (and most Fridays), during the winter it will be open Mondays & Wednesdays (and most Fridays) by 6:15.
- ~ During the fall, you may come into workout starting at 2:30 PM most Monday, Wednesday and Fridays.
- ~ During the winter, afternoon workouts will have to be done in collaboration with Speed-n-Strength.
- ~ It is just expected that you work on strength and some conditioning in the off-season. It will help all parts of your game. Especially focus on legs & core/balance/abs.
- ~ Strength should be done 3 times a week and some aerobic conditioning twice a week.
- ~ If you do strength more than 3 times a week, you can fill in extra work on any aspect, but don't do it in place of aerobic conditioning.
- ~ Sets should be broken down into different lifts for that area of the body
- ~ If you can't work out at school, then definitely do something at home

### Strength Programs

#### **Phase One (Sep & Oct)**

##### Day 1

Legs (6sets of 8 reps)  
Back (2X10)  
Core (3 X 25)  
Plyo (2 X 10)

##### Day 2

Arms – Biceps (4 X 8)  
Shoulders (2 X10)  
Core (2 X 50)  
Plyo (3 X15)

##### Day 3

Legs (2 X 8)  
Arms – Triceps (3 X 10)  
Core (3 X Fatigue)  
Plyo (2 X10)

#### **Phase Two (Nov & Dec)**

##### Day 1

Legs (6sets of 10reps)  
Back (2X12)  
Core (3 X 35)  
Plyo (2 X 12)

##### Day 2

Arms – Biceps (3 X 10)  
Shoulders (2 X12)  
Core (3 X 50)  
Plyo (2 X20)

##### Day 3

Legs (2 X 12)  
Arms – Triceps (3 X 15)  
Core (2 X Fatigue)  
Plyo (2 X12)

#### **Phase Three (Jan & Feb)**

##### Day 1

Legs (4sets of 10reps)  
Back (2X10)  
Core (2 X 45)  
Plyo (2 X 15)

##### Day 2

Arms – Biceps/chest (3 X 12)  
Shoulders (2 X10)  
Core (4 X 50)  
Plyo (3 X15)

##### Day 3

Legs (3 X 10)  
Arms – Triceps (4 X 8)  
Core (3 X Fatigue)  
Plyo (2 X15)

## Example Lifts for Main Body Areas

### Legs *(one should be a type of squat or deadlift each leg session)*

Squat  
Split Squat  
Deadlifts  
Roman Deadlifts-single leg  
Straight leg deadlift  
Weighted Lunges  
Curls  
Extensions  
Weighted Calf Raises

### Back

Lateral Pulldowns – Wide Grip and narrow grip  
Seated Rows  
Upright Rows  
Straight Arm Pulldown  
Single arm rows (with machine or free weight)

### Arms – Biceps/Chest

Chest Press (either on bench or coreball)  
Chest flies  
Standing Bicep Curls-Alternating Dumbbells  
Standing Bicep Curls – Barbell  
Standing Reverse curls – using bent bar  
Coreball pushup  
Inverted pull-ups  
Incline chest press

### Shoulders

Lateral raises  
Front raises  
Bentover raises  
Seated Shoulder press

### Arms – Triceps

Two-handed Tricep push down (machine)  
Single handed Tricep pull down (machine)  
Overhead extension  
Skull Crusher  
Coreball dips  
Regular Dips  
Narrow grip bench press

### Plyo

Pogo Jumps  
Squat Jumps  
Rocket Jumps  
Butt-kick jumps  
Tuck Jumps  
Star Jumps  
Scissors jumps  
Side-to-side jumps over cone  
Box Jumps  
Depth Jumps  
Dot Drill  
Lateral Bounds  
Jump Rope  
Double Box jumps  
Box to Box jumps  
Mountain Climbers  
Lateral Box Jumps

### Core

Crunches  
Decline Crunches  
Russian Twists  
Weighted Standing Twists  
Front Planks (on elbows or hands)  
Side Planks  
Skydivers  
Swimmers Kicks  
6" Leg holds  
V-ups  
Hanging leg lifts from chair  
The Hundred  
Cross over crunches  
Bike Crunches (slow)  
Coreball leg curls