**Softball in-season workouts**

Warm-up

Run or jump rope x 2-3 minutes

Ladder drills

Dot drills or quick feet steps 2 x 30 seconds

Workout

After your workout-

* Foam roll
* Stretch
* Ice anything that is sore

Squat with overhead press 2 x 10

Hang cleans 2 x 10

Split squat jumps 2 x 10

Supine pull-ups 2 x 10

Dumbbell bench press 2 x 10

Front plank x 30-60 seconds

Side plank x 30-60 seconds each side

Bird dogs x 10 each side

Supine leg press/overhead press with elastic band 2 x 10

Trunk rotations with elastic bands x 20 each way