

Base Phase**SOFTBALL****6 WEEK CYCLE****Monday**

EXERCISE	SETS	REPS	% MAX	REST INTERVAL	SPECIAL NOTE
BENCH PRESS	3	15	50	1 MIN	GOOD ASSISTED SPOT
PULL OVERS	3	12	N/A	1 MIN	LOCK ELBOWS
TRICEPS PUSH DOWN	3	20	N/A	1 MIN	KEEP ELBOWS IN FRONT
LEG PRESS	3	10	N/A	1 MIN	DO NOT LOCK KNEES
BENT BAR CURL	3	15	N/A	1 MIN	DO NOT SWING BAR UP
LEG CURL	3	12	N/A	1 MIN	
<u>SUPERSET</u>					
FULL RANGE CRUNCH / RUSSIAN TWIS	4	30 / 20	N/A	1 MIN	

Wednesday

EXERCISE	SETS	REPS	% MAX	REST INTERVAL	SPECIAL NOTE
LUNGES	4	12	N/A	90 SEC	90 DEGREE ANGLE
UPRIGHT ROW	3	12	N/A	1 MIN	TOUCH UNDER CHIN WITH BAR
DIPS	2	10	N/A	1 MIN	
ONE ARM HAMMER JAMMER	3	10	N/A	1 MIN	
FRONT DUMBBELL RAISES	3	15	N/A	1 MIN	
INCLINE DUMBBELL	3	15	N/A	1 MIN	
<u>SUPERSET</u>					
HANGING ABS / CRUNCHES	4	15 / 30	N/A	45 SEC	NO BREAK BETWEEN SUPERSETS

Friday

EXERCISE	SETS	REPS	% MAX	REST INTERVAL	SPECIAL NOTE
SQUATS	3	12	50	90 SEC	USE YOUR QUADS
LATERAL RAISES	2	12	N/A	1 MIN	
CONCENTRATION CURL	3	12	N/A	1 MIN	
SHOULDER SHRUGS	3	15	N/A	1 MIN	
FOREARM CURLS	3	15	N/A	1 MIN	
LEG EXT	3	15	N/A	1 MIN	LOCK AND HOLD AT TOP 1 SECOND
<u>SUPERSET</u>					
LEG THROWS / CALF RAISES	3	20 / 30	N/A	45 SEC	LEGS TOGETHER: DO NOT LET YOUR FEET HIT THE

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