

2008 GHS SOFTBALL

WINTER BREAK DAILY WORKOUT ROUTINE

I. MONDAY; WEDNESDAY; FRIDAY

<u>TYPE OF EXERCISE</u>	<u>NUMBER OF REPS</u>	<u>SETS</u>
REGULAR CRUNCHES	15	3*
RT. LEG STRAIGHT; LT BENT	10	3
LT. LEG STRAIGHT, RT BENT	10	3
TOE TOUCH	10	3
HEEL/CALF RAISES (Hold on to chair; lift one leg at time)	10	3
“V”- UP (Lie on back and jackknife up so fingers meet toes above waist)	10	2
SUPERMAN	10	2
RUSSIAN LEG LIFTS (Lift both legs same time w/ arms flat on floor pointed away from body; bring legs up and over to touch one hand w/out lifting either hand.)	5 to each hand	2
JUMP ROPE (or run in place)	2 min.	3
WALL SIT	1 min.	2

II. TUESDAY; THURSDAY; SATURDAY

<u>TYPE OF EXERCISE</u>	<u>NUMBER OF REPS</u>	<u>SETS</u>
PUSH UPS (ON KNEES)	10	3*
PUSH UPS (NORMAL)	10	3
LEG LIFTS (Hands behind head)	10	3
LEG LIFTS (Spread legs apart & back)	10	3
KNEE BENDS TO PARALLEL (Stand; hands on hip; bend down until thighs are parallel to floor)	10	3
REVERSE CRUNCH (Lie on back; lift legs; ea count bring knees in & straighten them out)	10	3
FLUTTER KICKS (Hands under hips) (Keep legs straight; legs 6 inches off floor, and flutter between 6 and 12 inches)	10 sec.	3
PILLOW HUGGER (Lay face down; brace on forearms and toes; lift hips off floor and hold for 10 seconds)	10 sec.	3
JUMP ROPE (or run in place)	2 min.	3
SQUEEZE TENNIS (or Rubber) BALL	10 each hand	5

* Allow ten (10) seconds rest in between each set.

** EAT AS NUTRITIONALLY SOUND AS POSSIBLE THROUGHOUT THE HOLIDAY!

*** RUN (OR RIDE A BIKE) FOR 20 MINUTES EVERY OTHER DAY.