



Prepare To Train – Youth Softball Program

Instructions

- Numbered exercises are part of a circuit. Perform each exercise for the given repetitions and then rest for the amount of time listed to the right of the exercise before continuing to the next exercise in the sequence.
- Exercises that do not have numbers listed in front (L) of them are not part of a circuit. Perform those exercises for the given repetitions then rest.
- Some exercises are performed on both sides of the body. These exercises are called unilateral exercises (UE). Some UE require alternation and others do not. If a UE is to be alternated, it will include “Alternating” in its name. This means you will perform one repetition on the left and then alternate by performing a repetition of the right.
- The first phase is comprised solely of bodyweight exercises. Each exercise in the next 3 phases incorporates dumbbells (DB) in some way. The final phase combines both bodyweight and DB exercises.



Phase 1— Weeks 1,2,3	Set	1	2	3	4	5
<i>Bodyweight GPP</i>						
Upper	Rest					
1. Push-up	0:15	8	8	8	8	8
2. Inverted Row	0:15	8	8	8	8	8
3. Inch Worms	0:15	8	8	8	8	8
4. Crab Walks	0:15	8 (4L,4R)	8 (4L,4R)	8 (4L,4R)	8 (4L,4R)	8 (4L,4R)
5. Front Leaning Rest Sidewalks	0:15	8 (4L,4R)	8 (4L,4R)	8 (4L,4R)	8 (4L,4R)	8 (4L,4R)
6. V-Ups	1:30	8	8	8	8	8

Phase 1— Weeks 1,2,3	Set	1	2	3	4	5
<i>Bodyweight GPP</i>						
Lower	Rest					
1. Squat	0:15	8	8	8	8	8
2. Lunge	0:15	8 (4L,4R)	8 (4L,4R)	8 (4L,4R)	8 (4L,4R)	8 (4L,4R)
3. Split Squat	0:15	8 (4L,4R)	8 (4L,4R)	8 (4L,4R)	8 (4L,4R)	8 (4L,4R)
4. Alternating Reverse Lunge	0:15	8 (4L,4R)	8 (4L,4R)	8 (4L,4R)	8 (4L,4R)	8 (4L,4R)
5. Alternating Split Jump	0:15	8 (4L,4R)	8 (4L,4R)	8 (4L,4R)	8 (4L,4R)	8 (4L,4R)
6. Alternating Toe Touch Sit- ups	1:30	8 (4L,4R)	8 (4L,4R)	8 (4L,4R)	8 (4L,4R)	8 (4L,4R)



Phase 1— Weeks 1,2,3	Set	1	2	3	4	5
<i>Bodyweight GPP</i>						
Total	Rest					
1. Deck Squat	0:15	8	8	8	8	8
2. Alt. Inch Worm into Sky Reach	0:15	8 (4L,4R)	8 (4L,4R)	8 (4L,4R)	8 (4L,4R)	8 (4L,4R)
3. Arm Raise into Deep Squat	0:15	8	8	8	8	8
4. Alternating Reverse Lunges w/ Arms Overhead	0:15	8 (4L,4R)	8 (4L,4R)	8 (4L,4R)	8 (4L,4R)	8 (4L,4R)
5. Skater Squats with Arms Out	0:15	8 (4L,4R)	8 (4L,4R)	8 (4L,4R)	8 (4L,4R)	8 (4L,4R)
6. Burpees	1:30	8	8	8	8	8

Phase 2— Weeks 4,5,6	Set	1	2	3	4	5
<i>General Circuits</i>						
Chest Circuit	Rest					
1.DB Floor Press	0:15	6	6	6	6	8
2. DB Floor Flyes	0:15	6	6	6	6	8
3. DB Floor Crusher Press	0:15	6	6	6	6	8
4. DB Floor Key Press	0:15	6	6	6	6	8
Hip Circuit						
1. DB Reverse Lunges	0:15	8 (4L,4R)	8 (4L,4R)	8 (4L,4R)		
2. DB Washer Squats	0:15	8 (4L,4R)	8 (4L,4R)	8 (4L,4R)		
3. DB Swings	1:00	8	8	8		



Phase 2— Weeks 4,5,6	Set	1	2	3	4	5
<i>General Circuits</i>						
Shoulder Circuit	Rest					
1. Push-up	0:15	8	8	8	8	8
2. Inverted Row	0:15	8	8	8	8	8
3. Inch Worms	0:15	8	8	8	8	8
4. Front Leaning Rest Alphabets	1:30	A-F both sides	G-L both sides	M-R both sides	S-X both sides	Y-D both sides
Leg Circuit						
1. DB Goblet Squats	0:15	8	8	8		
2. DB Reverse Lunges (Alternating)	0:15	8 (4L,4R)	8 (4L,4R)	8 (4L,4R)		
3. Split Jumps	1:00	8 (4L,4R)	8 (4L,4R)	8 (4L,4R)		

Phase 2— Weeks 4,5,6	Set	1	2	3	4	5
<i>General Circuits</i>						
Total Circuit	Rest					
1.DB High Pull	0:15	8	8	8	8	8
2. Alternating DB Lunge and Curl	0:15	8 (4L,4R)	8 (4L,4R)	8 (4L,4R)	8 (4L,4R)	8 (4L,4R)
3. DB Big Swing	0:15	8	8	8	8	8
4. Alt. DB Step- up and Press	0:15	8 (4L,4R)	8 (4L,4R)	8 (4L,4R)	8 (4L,4R)	8 (4L,4R)
Root (Deep Abs) Circuit						
1.DB Clamps	0:15	8 (4L,4R)	8 (4L,4R)	8 (4L,4R)		
2. DB Floor Wipers	0:15	8 (4L,4R)	8 (4L,4R)	8 (4L,4R)		
3. DB Alternating Upper Cut Sit- ups	1:00	8 (4L,4R)	8 (4L,4R)	8 (4L,4R)		



Phase 3— Weeks 7,8,9	Set	1	2	3	4	5	6
<i>Sport-specific</i>							
Upper	Rest						
DB 1 Arm Shoulder Press	1:00	4L,4R	4L,4R	4L,4R	4L,4R	4L,4R	4L,4R
DB Alternating Foam Roller Press	1:00	5L,5R	5L,5R	5L,5R	5L,5R	5L,5R	
DB Reverse Front Raises	1:00	6	6	6	6		
DB Off-set Alternating Rows	1:00	6L,6R	6L,6R	6L,6R	6L,6R		
Hip Circuit 2							
1. Cross-over Reverse Lunges (Alt.)	0:15	12 (6L,6R)	12 (6L,6R)	12 (6L,6R)			
2. Goblet Monster Walks	0:15	12 (6L,6R)	12 (6L,6R)	12 (6L,6R)			
3. Goblet Hurdle Lunge (Alt.)	1:30	12 (6L,6R)	12 (6L,6R)	12 (6L,6R)			

Phase 3— Weeks 7,8,9	Set	1	2	3	4	5	6
<i>Sport-specific</i>							
Lower	Rest						
Goblet Squat	0:15	4	4	4	4	4	
DB Split Front Squats		5L,5R	5L,5R	5L,5R	5L,5R	5L,5R	
DB Asterisk Lunge	0:15	5L,5R	5L,5R	5L,5R	5L,5R		
DB Alternating Step-ups	0:15	6L,6R	6L,6R	6L,6R	6L,6R		
Core Circuit							
1. DB Overhead Reverse Crunches	0:15	12	12	12			
2. DB Sky Reaches (Alt.)	0:15	12 (6L,6R)	12 (6L,6R)	12 (6L,6R)			
3. Kneeling DB Torques (Rev. Chops)	1:00	12 (6L,6R)	12 (6L,6R)	12 (6L,6R)			

Phase 3 – Weeks 7,8,9	Set	1	2	3	4	5	6
<i>Sport-specific</i>	Rest						
Total							
Goblet Squat	0:15	4	4	4	4	4	
DB Split Front Squats	0:15	5L,5R	5L,5R	5L,5R	5L,5R	5L,5R	
DB Asterisk Lunge	0:15	6	6	6	6		
DB Alternating Step-ups	0:15	6L,6R	6L,6R	6L,6R	6L,6R		
Shoulder Circuit							
1.DB Arnold Presses	0:30	12	12	12			
2. Alternating DB Front Raises	0:30	12 (6L,6R)	12 (6L,6R)	12 (6L,6R)			
3. DB Reverse Flies	0:30	12	12	12			
4. DB Internal/External Rotations	1:30	12 (6I,6E)	12 (6I,6E)	12 (6I,6E)			

Phase 4– Weeks 10,11,12	Set	1	2	3	4	5	6
<i>Conversion + Maintenance</i>	Rest						
Total							
Mobility	-	Inch Worm into Sky Reach	Bird Dogs	Squat and Reach	Lunge and Overhead Counter-Twist		
DB Snap Swing	1:30	3	3	3	3	3	3
DB 1 Arm High Pull	1:30	4	4	4	4	4	
Maintenance Circuit 1							
1.DB Sumo Deadlift	0:30	12	12	12			
2. DB Reverse Front Raises	0:30	12 (6L,6R)	12 (6L,6R)	12 (6L,6R)			
3. DB Split Squats	0:30	12	12	12			
4. Core	1:30	12 (6I,6E)	12 (6I,6E)	12 (6I,6E)			



Phase 4– Weeks 10,11,12	Set	1	2	3	4	5	6
<i>Conversion + Maintenance</i>	Rest						
Upper Conversion							
Mobility	-	Shoulder Circles	Band Shoulder Dislocations	Band Pull- aparts	Band Rows	Band Scarecrows	
Plyo Push-ups	1:30	3	3	3	3	3	3
DB Push Press	1:30	4	4	4	4	4	
Maintenance Circuit 2							
1. Floor Press	0:30	12	12	12			
2. 45 Degree Lunges (Alt.)	0:30	12 (6L,6R)	12 (6L,6R)	12 (6L,6R)			
3. DB Step-up and Press (Alt.)	0:30	12 (6L,6R)	12 (6L,6R)	12 (6L,6R)			
4. DB Clamps	1:30	12 (6L,6R)	12 (6L,6E)	12 (6L,6E)			

Phase 4 – Weeks 10,11,12	Set	1	2	3	4	5	6
<i>Conversion + Maintenance</i>							
Lower Conversion	Rest						
Mobility	-	Walking High Kicks	Knee to Chest + Grab	Walking Hip Abduction	Donkey Kicks	Fire Hydrants	
Jump Squat	1:30	3	3	3	3	3	3
Goblet Monster Walk + Jump	1:30	4	4	4	4	4	
Maintenance Circuit 3							
1. Split Front Squat	0:30	12 (6L,6R)	12 (6L,6R)	12 (6L,6R)			
2. DB High Pull	0:30	12	12	12			
3. DB Flyes	0:30	12	12	12			
4. DB Floor Wipers	1:30	12 (6L,6R)	12 (6L,6R)	12 (6L,6R)			