

## Leg Strength-Focused Workout

This Workout is:

Focused on the legs-

Goal: to work on gaining strength in legs for maximum push off, stride distance, and overall explosiveness off the mound

Stretch as often as you can to help with soreness and overall flexibility!

Do each exercise for:

8-15 reps

3 sets each

2-3 times per week

- Walking Lunges
  - Step forward go down to lunge, bring the other leg forward go immediately down to lunge (knee should touch but not rest on ground!) and repeat, walk it out!
- Squats
  - Chest up, shoot your butt straight back, as though you're about to sit in a chair, keep knees in line but tracking them no further than over your 2 and 3 toes.
- Sumo squats
  - Toes will point outwards instead of straight ahead with normal squats, these are also called plie squats
- Calf raises
  - Strong calves mean strong knees! Try to balance and do one leg at a time instead of having both feet on the stair
- Good mornings/One leg toe reaches
  - Start by balancing on one leg that's slightly bent, reach forward with the same arm as leg that is extending out behind you. Keep chest straight, return back to standing, but try to leave swing leg off ground
- Mountain Climbers
  - Push up position, make sure hands are directly under shoulders, alternate bringing knees to chest



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