


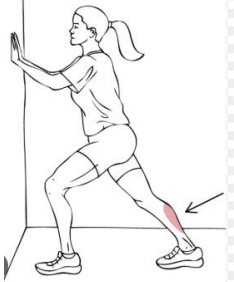


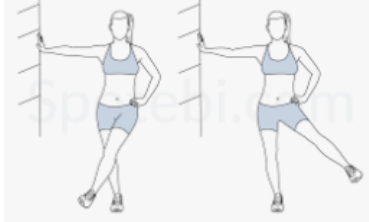
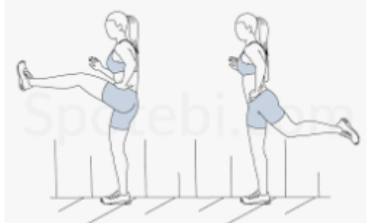
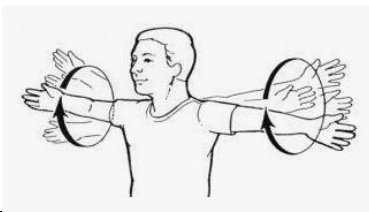


WECSSO Softball Warm up and Stretch Routine

- 1) Light jog 40 yards or to the back fence.
- 2) Dynamic (moving) Stretch for 8 to 10 reps each exercise below.

No.	Stretch	Muscle Group	Illustration
(i)	Step lunge with a twist	Hamstrings, IT Band, Abs	
(ii)	Quad Stretch / Ankle grasp	Quads	
(ii)	Knee to Chest	Hip Flexors & Hamstrings	
(iv)	Toe Glides	Calves (Gastrocnemius)	
(v)	Side Lunge Right/Left	Groin and Hamstrings	

(vi)	Open and Close the gate	Hips & Groin/Balance	
(vii)	Leg Swings Side to side	Hips & Groin	
(viii)	Leg Swings Front to back	Hamstrings	
(ix)	Upper Body Arm rotations	Shoulders	
(x)	Throwing: start light and increase distance and velocity		

Cool Down: Repeat all the above exercises but in a Static stretch (Hold for 30 sec).
 Helps with post game stiffness.