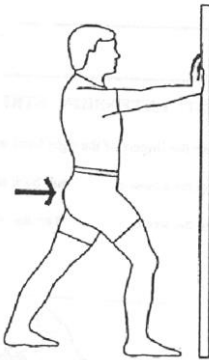


PRE-GAME WARM-UPS

Proper warm-up exercises prepare the muscles, tendons and joints of your body to maximize your performance and help prevent injuries. All stretches should be held for 10 seconds and repeated 3 times. Move in and out of each stretch slowly, and do not bounce while stretching. If you feel pain during these exercises, you are stretching too far or too fast. Performing this routine and additional 3-4 times per week will help you increase your flexibility and your ability to play better and healthier softball.

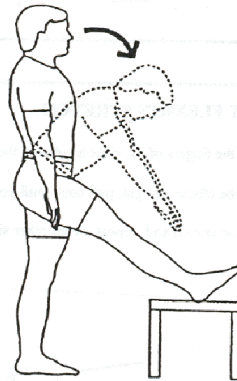
CALF STRETCH

- Stand facing fence.
- Step forward with the right foot keep rear leg straight and heel on the ground.
- Lean forward with hips until you feel the stretch.
- Repeat with other leg.



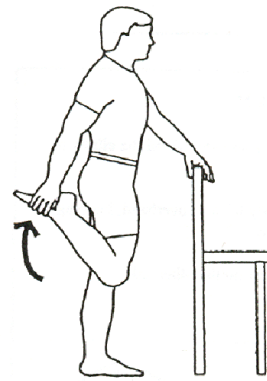
HAMSTRING STRETCH

- Stand with your heel propped on the bench, knee straight.
- Slowly lean forward at your waist, keeping your back straight.



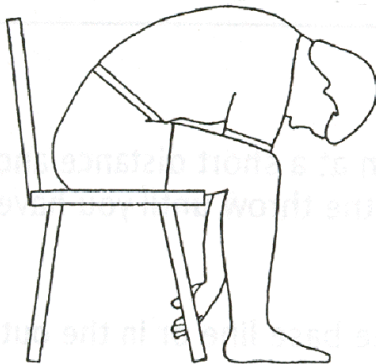
QUADRICEPS STRETCH

- Stand on left leg, use the fence for balance.
- Grasp your right foot and pull toward your buttocks. Hold the stretch.
- Repeat with other leg.



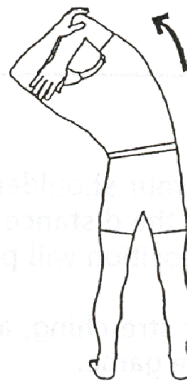
LOW BACK STRETCH

- Sitting on the bench with legs apart.
- Slowly bend forward & reach between your legs. Hold stretch.
- To return to starting position, place hands on knees and push up.



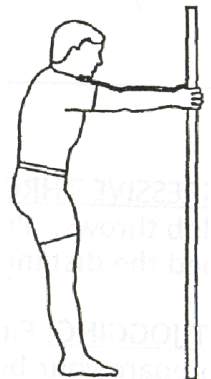
SIDE STRETCH

- Raise right arm over head, holding with left hand.
- Bend knees slightly for balance.
- Pull on the arm as you slowly bend sideways, hold stretch.
- Repeat on other side.



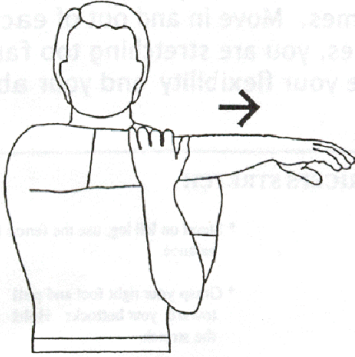
UPPER BACK STRETCH

- Hold onto fence or rail with both hands.
- Keep your elbows straight and lean back as shown until a gentle stretch is felt between your shoulder blades.
- Hold stretch.



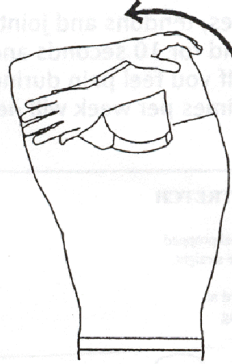
REAR SHOULDER STRETCH

- Bring your right arm across your body as shown.
- Holding the elbow with the left hand.
- Gently pull across the chest until you feel a stretch. Hold the stretch.
- Repeat on the other side.



INFERIOR SHOULDER STRETCH

- Raise the right arm over and behind your head.
- Grasp the elbow with your left hand and gently pull until you feel a stretch.
- Do not bend at the waist.



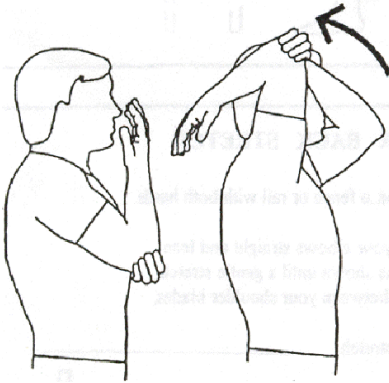
NECK STRETCH

- Place the right arm behind your neck.
- Grasp your right hand with your left hand and gently pull while bending your neck to the left. Hold the stretch.
- Repeat on the other side.



TRICEPS STRETCH

- Begin with your arm at your side. Bend the elbow of right arm.
- With the left arm, slowly lift arm overhead, keeping the elbow bent as shown.
- Hold the stretch
- Repeat on the other side.



WRIST FLEXION STRETCH

- Grasp the fingers of the right hand with the left.
- Keep the elbow straight; pull back until you feel a stretch.
- Hold the stretch and repeat on other side.



WRIST EXTENSION STRETCH

- Grasp the fingers of the right hand with the left.
- Keep the elbow straight, pull back until you feel a stretch.
- Hold the stretch. And repeat on the other side.



PROGRESSIVE THROWING: To warm up your shoulder for throwing, begin at a short distance and with lob throws. Progressively increase the distance and the velocity of the throw until you have reached the distance from which your position will play.

LIGHT JOGGING: Finally, after all of your stretching, a light jog around the base line or in the outfield will prepare your body and lungs for the game.

NOW LET'S PLAY BALL !!!!!