

Softball Mobility Routine



- ❖ Cat/Cow
 - 10 controlled w/pelvic tilts
- ❖ Thread the needle
 - 10 each side - reach further each time
- ❖ Latissimus Stretch
 - Contract 3x each side for 3 seconds
- ❖ Book Openers
 - 10 each side – slide hand out before rotation
- ❖ Floor sweepers
 - 10 each side – reach as far as you can
- ❖ Hip 90/90
 - forward and back lean 5x (gentle)
- ❖ Hip 90/90 switch
 - rotate back and forth between front legs 10 total
- ❖ Pigeon stretch
 - 3x each leg hold 5 seconds
- ❖ ½ kneeling psoas stretch
 - 3x each leg hold 5 seconds
- ❖ Cervical ROM
 - Head circles 5x each direction (draw circle with nose)
- ❖ Arm circles
 - start circle size of softball, up to full circle 10 each direction
- ❖ Single Arm Circle
 - 10 each arm – each direction (20 total)