



**THE SOFTBALL EXPRESS**

*ALL ABOUT SLOWPITCH SOFTBALL!*

## Effective Warm-Up Routines to Avoid Strains

### Your 10 Point Warm-up Checklist

**With any type of exercise, you want to start slow. Take your time, do what you can without overdoing it.**

1. Start with standing stretches - Stretch your legs, arms, and torso (Hip circles)
2. Warm up your arms with Arm Circles, forward and backward motions
3. Continue with Triceps Extension and Rotator Cuff Stretch
4. Warm up your legs with Leg Swings and High Knees marches
5. While standing, cross your foot over the other, lean down and reach for your laces
6. Warm up your throwing arm with short-distance tosses, work on your aim
7. Do timed drills- swing the bat, and run from home to 1<sup>st</sup> base.
8. Hydrate before, during, and after warm-ups - dehydration increases injury risk
9. Listen to your body - if something feels tight or painful, address it before playing
10. Allow 15-20 minutes total for a complete warm-up routine (don't rush it)

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