

Before and After Baseball/Softball

Approximately 8 Minutes

Jog around the baseball field once before stretching.



5 seconds
2-3 times
(page 46)



8-10 seconds
each arm
(page 47)



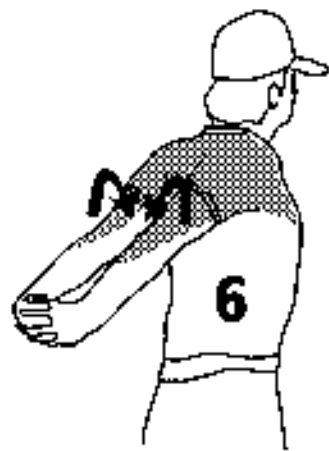
8-10 seconds
each arm
(page 44)



10 seconds
each side
(page 44)



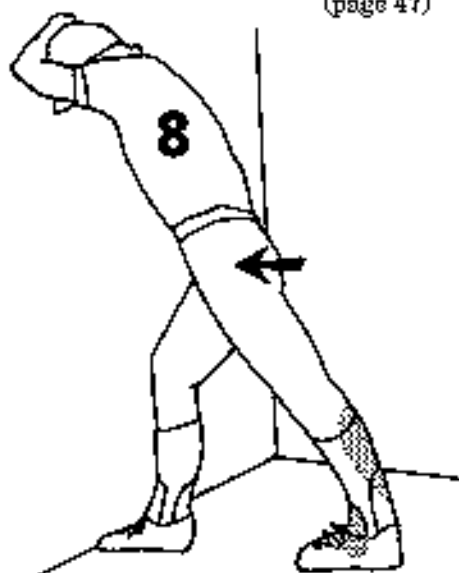
15 seconds
each arm
(page 43)



10-15 seconds
each arm
2 times
(page 47)



10-20 seconds
(page 43)



15-20 seconds
each leg
(page 71)