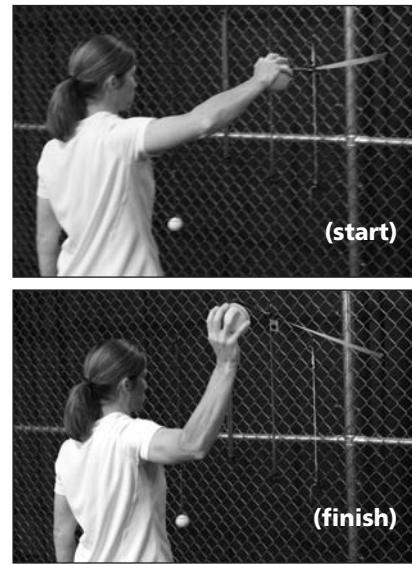


EXTERNAL ROTATION AT 0°

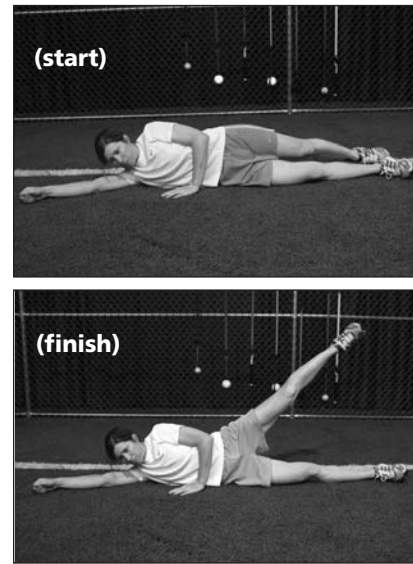
Attach band at hip height. Grasp Ball or Handle with palm facing downward. Stand with side exercising toward fixation point. With palm facing inward, maintain elbow at 90 degrees and close to side, rotate shoulder and wrist out and away from body. Maintain elbow at 90 degrees throughout the motion.

EXTERNAL ROTATION AT 90°

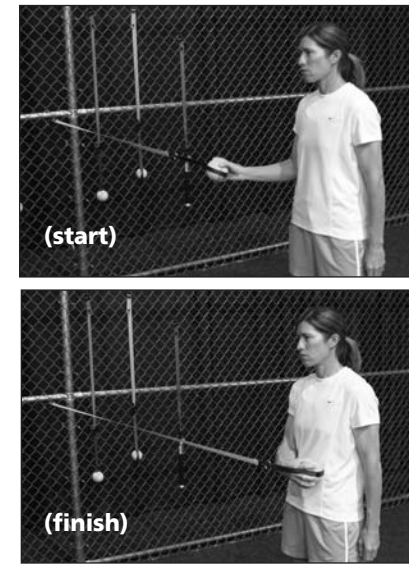
Attach band at shoulder height. Stand facing fixation point. Grasp Ball or Handle with palm facing downward. Raise elbow to shoulder height with hand facing forward. While maintaining elbow and shoulder at 90 degrees, rotate hand backward until forearm is vertical to ground.

FORWARD FLEXION

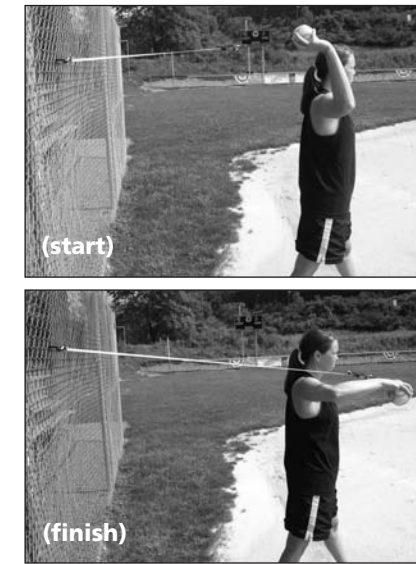
Attach band to Attachment Strap attached around right foot, or low on fence. Grasp Ball or Handle with palm facing downward. With arm in front, palm down and while maintaining straight elbow, raise arm to shoulder height.

HIP ABDUCTION

Lay on right side with elbow at 90 degrees and knees together. While keeping left knee straight, raise left leg directly upwards.

INTERNAL ROTATION AT 0°

Attach band at hip height. Stand with side exercising toward fixation point. Grasp Ball or Handle with palm facing inward. While maintaining elbow at 90 degrees and close to your side, rotate arm in against resistance pulling hand toward stomach.

INTERNAL ROTATION AT 90°

Attach band at shoulder height. Stand with back toward fixation point. Grasp Ball or Handle with palm facing forward. Raise elbow to height of shoulder. While maintaining elbow at 90 degrees, rotate forearm forward until parallel to ground.

LATERAL RAISE

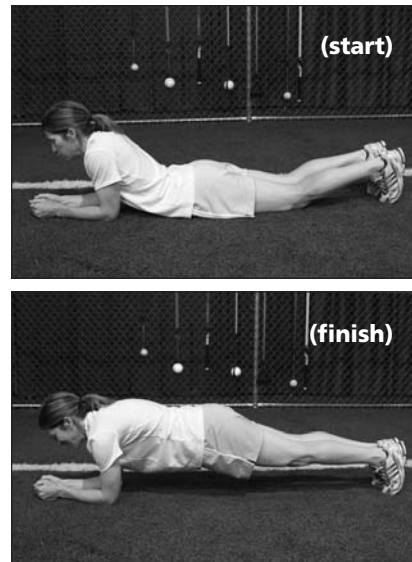
Attach band to Attachment Strap attached around right foot, or low on fence. Grasp Ball or Handle with palm facing downward. While maintaining straight elbow, raise arm to shoulder height.

DURABAND®

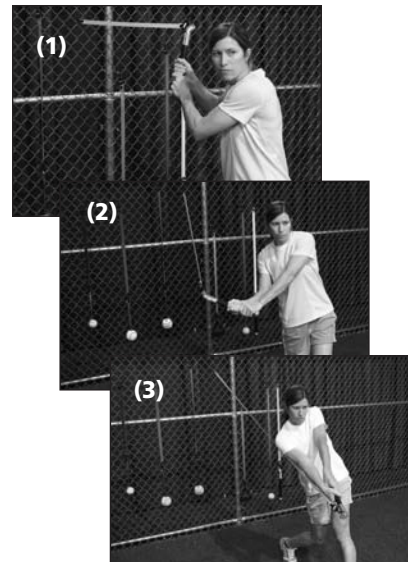
COMPLETE SOFTBALL TRAINER

OVER SPEED SWING TRAINING

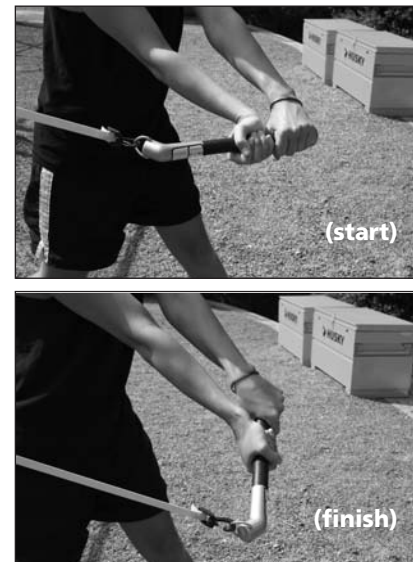
Attach band at knee height. Stand with swing side furthest from fixation point. With tension in the band, quickly simulate the swing of the DURABAT® forward to stimulate the muscles used in hitting. In this exercise the band pulls you through the swing cycle.

PRONE PLANK

Lie on stomach with elbows under shoulders and hands directly in front. While keeping body straight and in a flat position, raise hips upwards.

SIMULATED RESISTED SWING

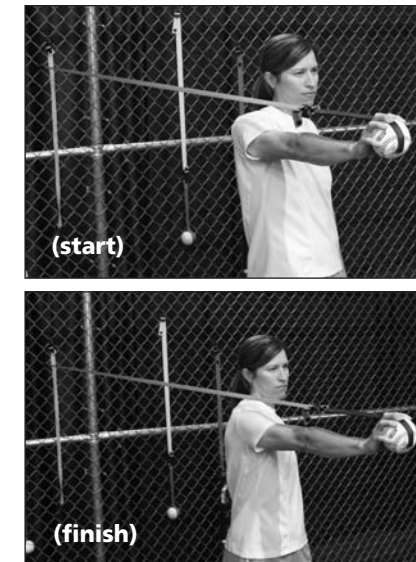
Attach band at shoulder height. Stand with swing side towards fixation point. With tension in the band slowly simulate swing of the DURABAT® forward to contract the muscles used in hitting. Finish with wrist snapped to ensure strengthening of wrist and forearm muscles. Control bat path for proprioceptive feedback.

RESISTED WHIP HITTING DRILL

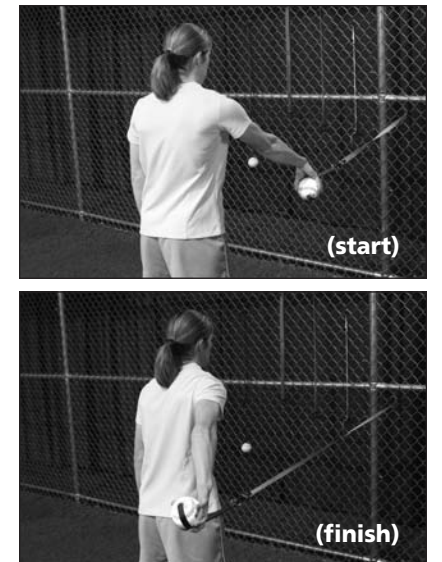
Attach band at shoulder height. Stand with swing side towards fixation point. With tension in the band, quickly curl wrists toward impact position. Repeat quick movements to build muscle memory and training hands to go right to the ball. A tee can be set up to simulate an outside, inside or down the middle pitch to further help with this drill.

SCAPTION

Attach band to Attachment Strap attached around right foot, or low on fence. Grasp Handle with palm facing downward. Extend elbow straight and roll shoulder so thumb points directly downward. Move hand upward away from body at a 45 degree angle, while keeping your thumb pointing directly downward throughout entire exercise. Finish with hand below shoulder height.

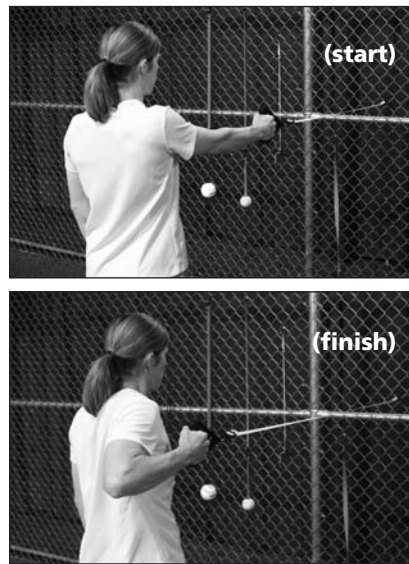
SERRATUS PUNCH

Attach band at shoulder height. Grasp Ball or Handle with palm facing downward. Stand with back toward fixation point and arm straight out. Push arm straight ahead as if reaching out. Keep elbow straight, movement occurs with shoulder blade moving forward around rib cage.

SHOULDER EXTENSION

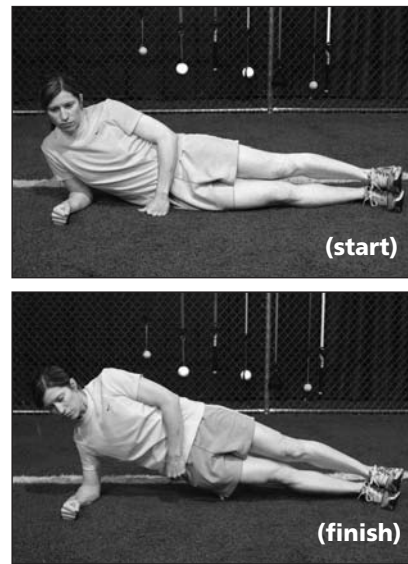
Attach band at shoulder height. Stand facing fixation point. Grasp Ball or Handle with palm facing downward. With arm in front and maintaining straight elbow, move arm straight backwards squeezing shoulder blade inward.

SHOULDER ROW



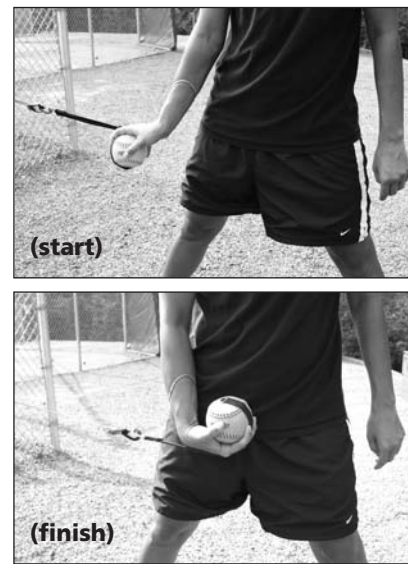
Attach band at shoulder height. Stand facing fixation point. Grasp Ball or Handle with palm facing downward. With straight elbow and hand in front, bend below and bring elbow and shoulder directly backwards squeezing shoulder blade inward.

SIDE PLANK



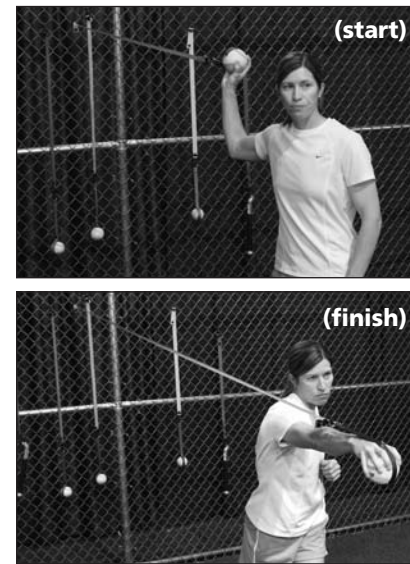
Lie on side with elbow at 90 degrees and knees together. While maintaining body in straight position and knees together, raise hips upward.

RESISTED UNDERHAND THROWING



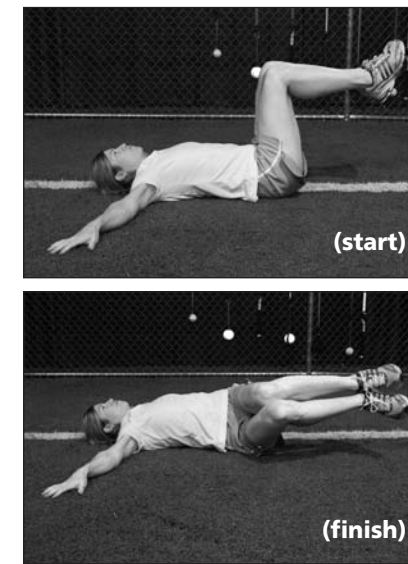
Attach band at hip level. Stand with throwing side toward fixation point. With arm straight, slowly roll wrist inward with **DURABAND®** Softball to contract wrist and forearm muscles used in the acceleration phase of throwing and to prevent elbow injuries. Finish with wrist flexed and ball rotated forward to ensure strengthening of wrist and forearm muscles.

SIMULATED RESISTED THROWING



Attach band at head level. Stand with back toward fixation point. Slowly simulate a forward throw with the **DURABAND®** Softball to contract the muscles used in the acceleration phase of throwing. Finish with wrist flexed and ball rotated forward to ensure strengthening of wrist and forearm muscles.

TRUNK ROTATION



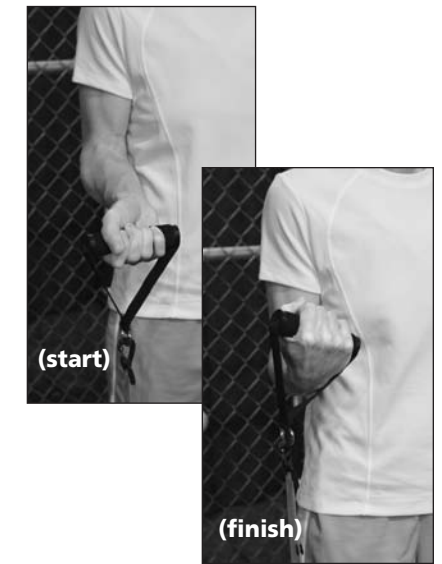
Lie flat on back with knees up at 90 degrees and both arms extended to sides with palms facing downward. While keeping back flat and knees together, rotate knees to side 45 degrees, first to one side, then the other.

WRIST EXTENSION



Attach band to Attachment Strap attached around foot, or low on fence. Grasp Handle with palm facing downward, elbow maintained at 90 degrees and at side. Rotate wrist slowly upward.

WRIST FLEXION



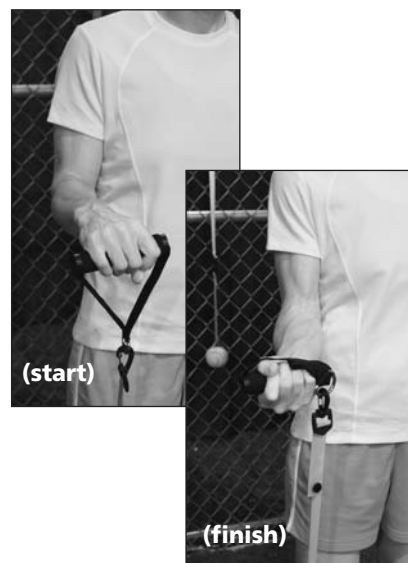
Attach band to Attachment Strap attached around foot, or low on fence. Grasp Handle with palm facing upward, elbow maintained at 90 degrees and at side. Rotate wrist slowly upward.

WRIST PRONATION



Attach band to Attachment Strap attached around foot. Grasp Handle with palm facing upward, elbow maintained at 90 degrees and at side. Rotate wrist slowly around and downward so palm faces the ground.

WRIST SUPINATION



Attach band to Attachment Strap attached around foot. Grasp Handle with palm facing downward, elbow maintained at 90 degrees and at side. Rotate wrist slowly around and upward so palm faces up.

PROPER WAY TO GRIP BALL



1. Red nylon that covers one half of softball should be facing upward.
2. Rotate ball so D-Ring is directly over forearm of arm that will be gripping ball.
3. Grip ball with pointer finger on ball to one side of nylon and middle finger on ball to other side of nylon.
4. With tension in the band begin throwing motion making certain to finish with wrist flexed under and ball rotated forward to ensure strengthening of wrist and forearm muscles as well as rotator cuff muscles.

EXERCISE PROGRESSION

- In general start with 1 set of 10 repetitions for each exercise with a color band that you can perform at least 10 repetitions.
- Progress to 3 sets of 10 repetitions for each exercise as you are able.
- After 3 sets of 10 can be performed comfortably, progress to the next color band, (remember: red – orange – green – blue – violet is the progression from easiest to most difficult)
- After switching colors, start with 1 set and again progress to 3 sets of 10 as tolerated.
- Perform every exercise with correct form. Don't progress sets, reps or band color if the exercise can't be performed with correct motion for all repetitions.
- For a detailed softball exercise training program, log on to www.duraband.com and print your in-season and off-season conditioning program.



Holly Aprile is in her second year as head coach of the University of Pittsburgh softball team. Aprile came to the University of Pittsburgh after nine seasons as an assistant coach at the University of South Carolina. From 1995-2003, Aprile helped guide the Gamecocks to seven NCAA Regional appearances and a College World Series berth in 1997.

As an undergraduate, Aprile was an All-America pitcher/outfielder for the University of Massachusetts and helped guide the Minutewomen to four Atlantic 10 titles from 1989-92. She was a four-time All-Atlantic 10 first team selection and three-time A-10 Player of the Year honoree. As a senior, she led UMass to its first trip to the College World Series, finishing her career with a then-school record 77 victories. In honor of her achievements, she was inducted into the UMass Hall of Fame in 2005.

From 1993-99, Aprile was also a participant on the United States National Team, competing in the U.S. Olympic Festival (1993-97), Pan Am Qualifying (1994, 1997) and the South Pacific Classic (1998).



Brenna Reed is in her second year as an assistant coach with Fairfield University. Reed came to Fairfield University from Robert Morris University in 2008, where she served as team captain during her senior season. She helped the team win the 2004 Northeast Conference regular season and tournament title, which carried an automatic berth to the NCAA tournament. In 2008, Reed led the Colonials with 33 RBI's, six home runs and finished fourth on the team with a .324 batting average. As a pitcher, she posted a 2.59 ERA and struck out 110 batters.

From 2000 – 2004 while playing high school softball in Pennsylvania, Reed was selected 1st Team All State all four years, recorded a 0.41 earned run average and .489 batting average in her senior season, and in 2003 was honored as the Pittsburgh Post-Gazette Player of the Year.

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