



OFFICIAL SOFTBALL PROTOCOL

CROSSOVER SYMMETRY IS PATENT PENDING.

In/Off Season Applications for Adult and Youth Softball Players

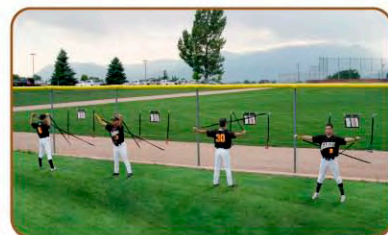
The following protocol outlines proper integration of the Crossover Symmetry System for adult and youth softball players. It is expressed using the three following applications: dynamic warm-up (DW), strengthening/injury prevention (SIP), and performance enhancement (PE). If this is your first time using the Crossover Symmetry System, perform only the Standard Workout (DW & SIP) for 1-2 weeks or until you have mastered the movements of all the exercises. Once you can perform all of the exercises in the Standard Workout (DW & SIP) with proper technique, integrate the Advanced Plyometric Workout (PE) as it calls for in the Softball Protocol. If you are under the age of 14, you should not perform the Advanced Plyometric Workout (PE) and follow the youth protocol on page 4.

Dynamic Warm-up (DW)

Perform the Standard Workout

Crossover Symmetry provides an outstanding pre-activity warm-up routine that effectively facilitates the rotator cuff and scapular stabilizers in preparation for athletic activity. For a dynamic warm-up, the Standard Workout is performed pre-activity (before practice or a game) with the recommended resistance.

PRE → ACTIVITY



Strengthening and Injury Prevention (SIP)

Perform the Standard Workout (Use Heavier Resistance*)

For strengthening and injury prevention, the Standard Workout is performed post-activity (after practice or a game) with a heavier resistance. The athlete should only use a heavier resistance if he/she can maintain good form and not compensate by using larger muscle groups.

POST → ACTIVITY

*For example, an athlete using a level 3 setup can use a yellow cord for their light cord rather than a purple cord, with a red as their heavy cord. (See below for level recommendations)



Performance Enhancement (PE)

Perform the Advanced Workout









For performance enhancement, the Advanced Workout is performed post-activity (after practice or a game). In each oscillation, the resisted forward action preloads the muscle, and the quick reverse action completes the explosive plyometric movement. Since speed is the key when performing plyometrics, the athlete should to use the recommended resistance cord.



POST → ACTIVITY





Skill Levels and Crossover Cord Resistance

		Light Cord	Heavy Cord	Recommended For
Level 1	 	Green	Purple	Children and Seniors
Level 2	 	Purple	Yellow	Adults - Beginner
Level 3	 	Purple	Red	Adults - Athletic
Level 4	 	Yellow	Blue	Elite Athletes


Super-Light		Green	3.5 lbs.
Light		Purple	7 lbs.
Medium		Yellow	10 lbs.
Heavy		Red	15 lbs.
Super Heavy		Blue	25 lbs.

ADULT PROTOCOL - HIGH SCHOOL, COLLEGIATE, PROFESSIONAL





IN SEASON PROGRAM - ALL PLAYERS

Every Day:

 1x10 reps DW


2x Per Week: (3 days in-between)


 1x10 reps SIP


 1x6 reps x 5 oscillations PE

OFF SEASON PROGRAM - ALL PLAYERS

Monday: Long Toss

 1x10 reps DW

 1x10 reps SIP

 1x6 reps x 5 oscillations PE

Tuesday: Off

(continued on next page)



Wednesday: Long Toss

PRE → 1x10 reps DW

POST → 2x15 reps SIP

Thursday: Off**Friday: Long Toss**

PRE → 1x10 reps DW

POST → 1x10 reps SIP

POST → 1x6 reps x 5 oscillations PE

YOUTH PROTOCOL - AGES 14 AND UNDER**IN SEASON PROGRAM - ALL PLAYERS****Every Day:**

PRE → 1x10 reps DW

2x Per Week: (3 days in-between)

POST → 2x10 reps SIP

OFF SEASON PROGRAM - ALL PLAYERS**Monday: Long Toss**

PRE → 1x10 reps DW

POST → 2x10 reps SIP

Tuesday: Off**Wednesday: Long Toss**

PRE → 1x10 reps DW

POST → 2x10 reps SIP

Thursday: Off**Friday: Long Toss**

PRE → 1x10 reps DW

POST → 2x10 reps SIP