

WEIGHTED TRAINING/CONDITIONING BALLS

BASEBALLS		SOFTBALLS	
Weight	Color	Weight	Color
7 oz.	Red	-	-
8 oz.	Maroon	-	-
9 oz.	Green	9 oz.	Green
10 oz.	Blue	10 oz.	Blue
11 oz.	Yellow	11 oz.	Yellow
12 oz.	Black	12 oz.	Black

CONCEPT

Conditioning with weighted balls has been referred to as "Overload Training." Many players agree that training with weighted balls can improve their velocity when playing with a regulation game ball. As with other types of weight training, a player can gradually increase the strength of his or her arm by training with progressively heavier balls.

TRAINING PROGRAM

- 1) Warm up using regulation (5 oz. baseball or 6.8 oz. softball) for at least 20 throws from a distance of about 30 ft. Gradually increase the distance stepping back several steps after each 5 throws. Continue moving 4-5 steps farther apart until you reach a distance you feel is the longest you can comfortably throw. By this time, you should be sufficiently loose and warmed up.
- 2) Stand about 40 feet from a net and throw the next heaviest ball (7 oz. baseball or 9 oz. softball) at the net taking care to maintain proper motion and followthrough. Throw this ball at about 60% of your normal throwing velocity. Throw this ball at the net for about 5 minutes and then move back 4-5 steps and continue throwing for another 5 minutes. Continue to move back every 5 minutes until you have reached your maximum comfortable throwing distance.
- 3) Switch back to regulation weight ball and throw for about 10 minutes at normal velocity from 40-50ft.
- 4) Progress to the next heaviest weighted ball in your next workout. Repeat the same warm-up procedure outlined above in subsequent workouts using progressively heavier balls if your arm does not feel strained.
- 5) Even after warming up, the player should not attempt to throw weighted balls at full velocity.

WARNING

Weighted training balls are intended to be used with caution in a supervised muscle development program. As with any physical activity, injuries may occur. Even when used properly, there is a certain degree of risk. Weighted balls should not be hit with a bat or thrown to another player. They should only be thrown into screens or used for stretching exercises. The manufacturer can assume no responsibility from injuries resulting from the use of weighted training balls.