

Parks and Recreation Return To Play

Baseball/Softball Specific Exercise Progression

Name of Athlete: _____

Date symptom-free: _____

	EXERCISE	DATE	COMPLETED / COMMENTS	
Day 1	<i>Goal is to reach 30-40% of maximum heart rate</i> Walking at 2.5 mph or riding a stationary bike for 20-30 minutes		YES NO	<i>Coach/Parent initials</i>
Day 2	<i>Goal is to reach 40-60% of maximum heart rate</i> Jogging (light pace) for 20-30 minutes; sit-ups x 25, push-ups x 20, lunge walks x 20		YES NO	<i>Coach/Parent initials</i>
Day 3	<i>Goal is to reach 60-80% of maximum heart rate</i> Jogging (medium pace) or running poles in outfield for 30 minutes Sit-ups x 40, push-ups x 25, lunge walks x 30 Soft toss/catch with partner		YES NO	<i>Coach/Parent initials</i>
Day 4	<i>Goal is to reach 80% of maximum heart rate</i> Jogging (medium to fast pace) for 20 minutes. Agilities including high knees, butt kicks, carioca, tin soldiers (20 yards) x 2 each Soft toss/catch with partner (not to exceed 60 ft) Hit off tee, short toss hitting/bunting in cages Fielding ground & fly balls Burpees w/jump x 10.		YES NO	<i>Coach/Parent initials</i>
	<i>Must Have doctors clearance note turned into parks and recreation supervisor to go onto day 5.</i>			<i>Supervisor's initial</i>
Day 5	<i>Goal is to reach full exertion.</i> Participate in full-contact practice including live hitting/bunting, fielding live balls, base running.		YES NO	<i>Coach/Parent initials</i>
Day 6	<i>Goal is to reach & maintain full exertion.</i> Resume full participation in competition.		YES NO	<i>Coach/Parent initials</i>