

Hi guys,

We will start our throwing workouts by doing 7 repetitions of each exercise that has a red blank next to it, and 15 repetitions of the exercises that have a blue blank next to it.

We can increase the number of reps as we feel stronger. While we are trying to strengthen our rotator cuffs and feel a “good burn”, we should not rush through these exercises. Your movements should be slow, controlled and smooth, not “hurky-jerky”. If you feel “bad pain” in your shoulders then stop.

Warm-Up with Bands

15 - banded dislocates
15 - pull apart (underhand grip)
15 - pull apart (overhand grips)

Dumbbells

Palms down - _____ front raises + _____ at 45 degrees + _____ side raises
Thumbs up - _____ front raises + _____ at 45 degrees + _____ side raises
Thumbs down _____ front raises + _____ at 45 degrees + _____ side raises

_____ x Empty Cans + _____ “oppo” raises + _____ upright rows

You can use bands or dumbbells for these exercises

3 x _____ internal rotations (L)
3 x _____ external rotations

Towel Drill

_____ towel drill pitches

1) Balance 2) Reverse toe tap 3) throw a “whole” pitch (throw it hard)

Some of the best teams are fun to be around because your friends are willing to work and sacrifice to accomplish a common goal with you. We do this work because other teammates are counting on us, and we all want to have a fun, successful and healthy baseball season.