



Workout Guide Included

In this 8-week PowerArm program you will utilize our *PowerBands*, *Plyo balls*, and our *Powernet Weighted Baseballs*. The PowerArm program will help improve the players mechanics by reinforcing the feeling of better movements when throwing different *Weighted Baseballs*. This PowerArm program can improve arm health and create a more efficient arm action. It will ultimately lead to an increase in arm strength and velocity.



GERMAN MARQUEZ
PITCHER | COLORADO



POWER ARM PROGRAM

VIDEO
WORK
OUTS



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Visit our YouTube channel to view these and other exercises for the PowerBands.

Depending on your level each workout will vary in weight and resistance. Be sure to follow along with this guide and check out our videos for more information.



QUICK TIPS

1. This PowerArm program is a great program to get you ready for the season. It is not recommended to be used during the season.
2. It's a marathon not a sprint. Taking shortcuts will ultimately result in less gains and greater chance for injury.
3. Only play catch on Tuesdays and Thursdays. No Weighted Baseballs or Long toss on those days.
4. Don't forget to eat well, get good sleep and take your off days to recover.

Arm Care

There is always risk of injury when you throw anything. Following this program, it is crucial to follow each step. Throwing the *Plyo Balls* and the *Weighted Baseballs* will help you form a proper throwing position with good arm action. Each step is important and will give you the best results with less chance of injury.

WEEK 1-2

WARM-UP : MONDAY-FRIDAY

- **Stretch**
- **Arm Circles**
- **PowerBand Exercises**

1 SET X 20 REPS

Visit the PowerNet YouTube channel to view the exercises below with the PowerNet Pros

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1. Overhead Pull-Down
2. Side Stretch
3. Forward Flies
4. Reverse Flies

5. Standing Y's
6. Standing A's
7. Internal Rotation
8. External Rotation

9. Elevated Internal Rotation
10. Elevated External Rotation
11. Reverse Throwing
12. Forward Throwing

WEEK 1-2

PLYO BALLS : MONDAY-FRIDAY

1. Reverse Throws

2 SETS X 10 REPS



2. Opposite Foot Throws

2 SETS X 10 REPS



RECOMMENDATION: Don't chase your balls, use the 7x7 Training Net as a catcher.



The formula for success is simple: practice and concentrate, then repeat.

COACHES TIP: Plyo Balls are meant to be thrown everyday and to be used for drills. They are also good for arm care.

WEEK 1-2

LONG TOSS: MONDAY | WEDNESDAY | FRIDAY



75% EXERTION | MAX 90 FT.

• **Start:**

1. At a comfortable distance from your partner throw the 8 oz. *Weighted Baseball* with nice loose arm action. As you throw, take steps back until you reach approximately 90 ft.

Note: Working back maintain a nice loose arm action creating an arc on each throw. Shuffle your feet.

2. When you pass the max footage of 90 ft. switch to a regular baseball. Continue to move backward until you reach your personal max throwing distance.

Note: You have reached your max throwing distance at this point. Continue to work through the **Pull-Down Phase** with a regular baseball.

• **PULL-DOWN PHASE:**

1. Now work toward your partner. Each throw starts to create a line with less arc. **Do not get closer than 60 ft. to your partner.**

COOL DOWN

- Repeat *PowerBand* exercises 1-10 from Warm-Up on pg.3
- Stretch

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RECAP FOR WEEKS 1-2:

You just built the foundation of the PowerArm program, now you are ready for it to take off.



Visit our YouTube channel to view these and other exercises for the PowerBands.

WEEK 3-4

WARM-UP: MONDAY-FRIDAY

- **Stretch**
- **Arm Circles**
- **PowerBand Exercises**

Visit the PowerNet YouTube channel to view the exercises below with the PowerNet Pros

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1 SET X 20 REPS



1. Overhead Pull-Down
2. Side Stretch
3. Forward Flies
4. Reverse Flies
5. Standing Y's
6. Standing A's
7. Internal Rotation
8. External Rotation
9. Elevated Internal Rotation
10. Elevated External Rotation
11. Reverse Throwing
12. Forward Throwing

WEEK 3-4

PLYO BALLS : MONDAY-FRIDAY

I. Reverse Throws

2 SETS X 10 REPS



2 SETS X 10 REPS



2. Opposite Foot Throws

2 SETS X 10 REPS



2 SETS X 10 REPS

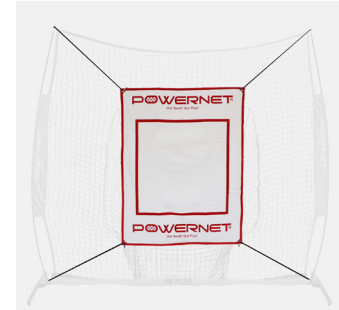


3. Walk Thru

1 SET X 10 REPS



RECOMMENDATION: Throw into the PowerNet Power Pad. Similar to the sound of a catcher's glove, the heavy-duty canvas pad and high-density foam material creates a "pop" on impact.



Some people may have more talent than you, but there is no excuse for anyone to work harder than you.

COACHES TIP: More than 50% of your time will be spent on the warm up and cool down of this PowerArm program.

WEEK 3-4

LONG TOSS: MONDAY | WEDNESDAY | FRIDAY



75% EXERTION | MAX 90 FT.

• **Start:**

1. At a comfortable distance from your partner throw the 10 oz. *Weighted Baseball* with nice loose arm action. As you throw, take steps back until you reach approximately 90 ft. **Note:** *Working back maintain a nice loose arm action creating an arc on each throw. Shuffle your feet.*

2. When you pass the max footage of 90 ft. switch to a regular baseball. Continue to move backward until you reach your personal max throwing distance.

Note: *You have reached your max throwing distance at this point. Continue to work through the **Pull-Down** Phase with a regular baseball.*

• **PULL-DOWN PHASE:**

1. Now work toward your partner. Each throw starts to create a line with less arc. **Do not get closer than 60 ft. to your partner.**

WEEK 3-4

WEIGHTED BALL RUN AND FIRE: MON | WED | FRI

1.



4 THROWS

1 THROW @ 80 %

3 THROWS @ MAX EFFORT

2.



4 THROWS

1 THROW @ 80 %

3 THROWS @ MAX EFFORT

3.



4 THROWS

1 THROW 80 %

3 THROWS @ MAX EFFORT

COOL DOWN

- Repeat *PowerBand* exercises 1-10 from Warm-Up on pg.8
- Stretch

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POWER

RECAP FOR WEEKS 3-4:

With the introduction to the Run and Fire of the PowerArm program, you are starting to see how the program is forming. Get ready the workload is going to increase.



Visit our YouTube channel to view these and other exercises for the PowerBands.

WEEK 5-6

WARM-UP : MONDAY-FRIDAY

- **Stretch**
- **Arm Circles**
- **PowerBand Exercises**

Visit the Powernet YouTube channel to view the exercises below with the PowerNet Pros

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1 SET X 20 REPS



1. Overhead Pull-Down
2. Side Stretch
3. Forward Flies
4. Reverse Flies
5. Standing Y's
6. Standing A's
7. Internal Rotation
8. External Rotation
9. Elevated Internal Rotation
10. Elevated External Rotation
11. Reverse Throwing
12. Forward Throwing

WEEK 5-6

PLYO BALLS : MONDAY-FRIDAY

1. Reverse Throws

2 SETS X 10 REPS



2 SETS X 10 REPS



2. Opposite Foot Throws

2 SETS X 10 REPS



2 SETS X 10 REPS



3. Walk Thru

1 SET X 10 REPS



4. Base Drill

1 SET X 5 REPS



1 SET X 5 REPS



1 SET X 10 REPS



RECOMMENDATION: Don't break your back, get a PowerNet Bucket Caddy!



Building a baseball player is like building a house. You find the best architects, the best builders and then you let them do their job.

COACHES TIP: *It has been proven that the best pitchers in the world have a higher range of motion when it comes to external rotation in the shoulder. The Weighted Baseballs and Plyo Balls will help stretch and create more external rotation in the shoulder.*

WEEK 5-6

LONG TOSS: MONDAY | WEDNESDAY | FRIDAY



75% EXERTION | MAX 90 FT.

• **Start:**

1. At a comfortable distance from your partner throw the 8 oz. *Weighted Baseball* with nice loose arm action. As you throw, take steps back until you reach approximately 90 ft.

Note: Working back maintain a nice loose arm action creating an arc on each throw. Shuffle your feet.

2. When you pass the max footage of 90 ft. switch to a regular baseball. Continue to move backward until you reach your personal max throwing distance.

Note: You have reached your max throwing distance at this point. Continue to work through the **Pull-Down** Phase with a regular baseball.

• **PULL-DOWN PHASE:**

1. Now work toward your partner. Each throw starts to create a line with less arc. **Do not get closer than 60 ft. to your partner.**

WEEK 5-6

WEIGHTED BASEBALL RUN AND FIRE: MON | WED | FRI

1.



4 THROWS

1 THROW @ 80 %

3 THROWS @ MAX EFFORT

2.



4 THROWS

1 THROW @ 80 %

3 THROWS @ MAX EFFORT

3.



4 THROWS

1 THROW @ 80 %

3 THROWS @ MAX EFFORT

4.



4 THROWS

@ 100 %

5.



4 THROWS

1 THROW 80 %

3 THROWS @ MAX EFFORT

COOL DOWN

- Repeat *PowerBand* exercises 1-10 from Warm-Up on pg.14
- Stretch

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Visit our YouTube channel to view these and other exercises for the PowerBands.

Recap for weeks 5-6:

As the weights increased and the number of throws amped up, the rest and recovery become more important now than ever. Final weeks ahead let's do this!

WEEK 7-8

WARM-UP : MONDAY-FRIDAY

- **Stretch**
- **Arm Circles**
- **PowerBand Exercises**

1 SET X 20 REPS

Visit the PowerNet YouTube channel to view the exercises below with the PowerNet Pros

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1. Overhead Pull-Down

2. Side Stretch

3. Forward Flies

4. Reverse Flies

5. Standing Y's

6. Standing A's

7. Internal Rotation

8. External Rotation

9. Elevated Internal Rotation

10. Elevated External Rotation

11. Reverse Throwing

12. Forward Throwing

WEEK 7-8

PLYO BALLS : MONDAY-FRIDAY

1. Reverse Throws

1 SET X 10 REPS



1 SET X 10 REPS



2. Opposite Foot Throws

1 SET X 10 REPS



1 SET X 10 REPS



3. Walk Thru

1 SET X 10 REPS



1 SET X 10 REPS



RECOMMENDATION: PowerNet Pitch Perfect Targets are a great way to practice your aim. Set them up on a fence or Net.



4. Base Drill

2 SETS X 5 REPS



2 SETS X 5 REPS



1 SETS X 5 REPS



Without self-discipline, success is impossible. Congratulations on finishing strong, you out worked and now it's time to out play!

COACHES TIP: The *Weighted Baseballs* in the PowerArm program are meant to build velocity. **Over-Weighted Balls** build strength, while the **Under-Weighted Balls** help create your fast twitch muscles.

WEEK 7-8

LONG TOSS: MONDAY | WEDNESDAY | FRIDAY



75% EXERTION | MAX 90 FT.

• **Start:**

1. At a comfortable distance from your partner throw the 12 oz. *Weighted Baseball* with nice loose arm action. As you throw, take steps back until you reach approximately 90 ft. **Note:** Working back maintain a nice loose arm action creating an arc on each throw. Shuffle your feet.

2. When you pass the max footage of 90 ft. switch to a regular baseball. Continue to move backward until you reach your personal max throwing distance.

Note: You have reached your max throwing distance at this point. Continue to work through the **Pull-Down Phase** with a regular baseball.

• **PULL-DOWN PHASE:**

1. Now work toward your partner. Each throw starts to create a line with less arc. **Do not get closer than 60 ft. to your partner.**

WEEK 7-8

WEIGHTED BASEBALL RUN AND FIRE: MON | WED | FRI

1.



4 THROWS

1 THROW @ 80 %

3 THROWS @ MAX EFFORT

2.



4 THROWS

1 THROW @ 80 %

3 THROWS @ MAX EFFORT

3.



4 THROWS

1 THROW @ 80 %

3 THROWS @ MAX EFFORT

4.



4 THROWS

@ 100 %

5.



4 THROWS

1 THROW 80 %

3 THROWS @ MAX EFFORT

6.



4 THROWS

1 THROW 80 %

3 THROWS @ MAX EFFORT

COOL DOWN

- Repeat *PowerBand* exercises 1-10 from Warm-Up on pg.19
- Stretch



Our Vision

Building confidence through sports is a far-reaching achievement that takes time and repetition.

Winners aren't built overnight. We believe the people who challenge themselves and others to create strong habits to excel in sports walk away with something even greater than the game: pride, confidence and self-respect. This places them in a position to experience sustained success in all areas. Our dedication to providing quality equipment at affordable prices has never wavered. Our commitment to getting our gear in the hands of the player continues to be our driving force. Our hope is to play a role in building winners not only in sports, but in life as well. We trust in the process of training and hard work on and off the field.

Thank you for choosing Powernet Inc.

***Out Work!
Out Play!***