

1. Wood Choppers



www.OatesSpecialties.com



2. Pillars



www.FloridaBaseballRanch.com



Oates Specialties LLC



Exercises courtesy of Randy Sullivan, MPT

3. Flies



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4. Airplanes



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5. Reverse Wood Choppers



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6. Final Arcs



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7. High X's



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8. Middle X's



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9. Low X's



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10. High Press

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11. Punch Throws



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12. Side Lying Thoracic Rows

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