

Important: Please be sure not to align the band clip in line with your face or head. Please do not stretch it more than 1-2 feet past the bands original length. Move closer to fence/wall to lower the resistance level.

I's (FWD & Reverse)



Knees bent, head straight, bring hands straight up. 3 second release down. **Reps:** 10

Y's (FWD & Reverse)



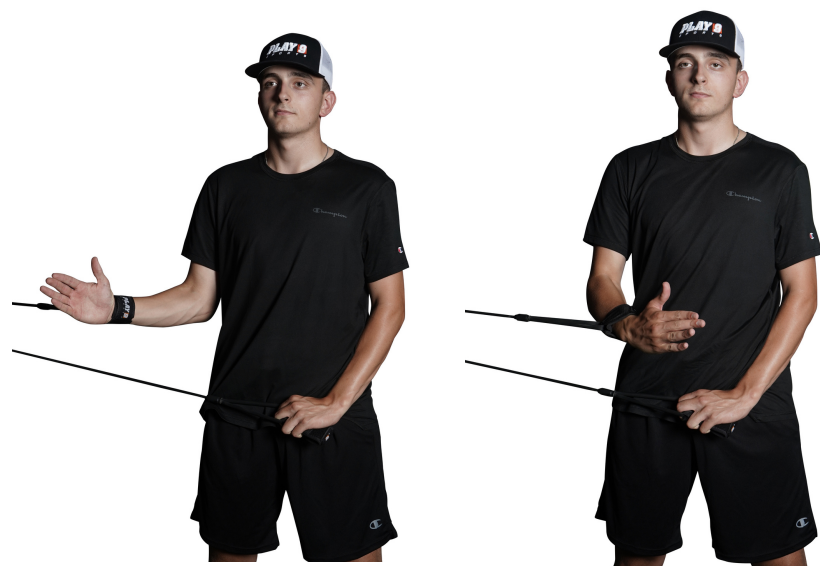
Knees bent, head straight, bring hands wide making a Y. 3 second release down. **Reps:** 10

T's (FWD & Reverse)



Palms open moving away from each other. 3 second release together. **Reps:** 10

Side Facing Internal Rotation



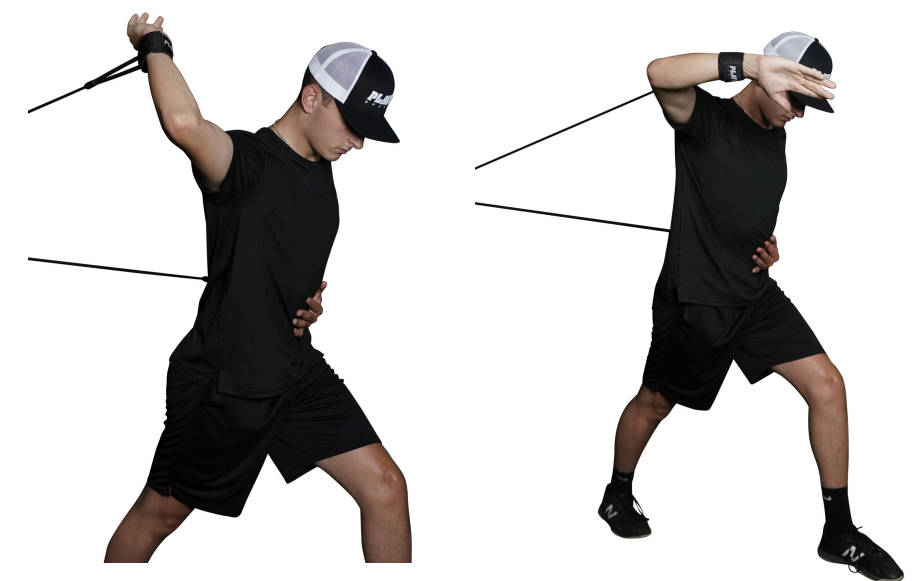
Clip at hip height, arm at right angle., elbow 3-4in's from ribcage Rotate arm towards inward. **Reps:** 10

Side Facing External Rotation



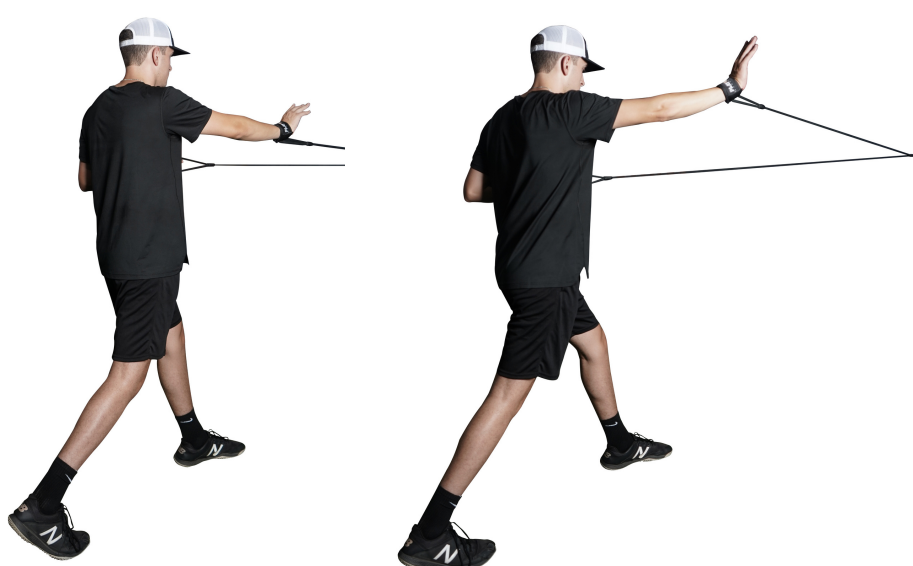
Clip at hip height, arm at right angle, elbow 3-4in's from ribcage Rotate arm towards outward. **Reps:** 10

Fwd Facing Internal Rotation



Clip above hip height, throwing arm tilted back, rotate hand forward, pronating hand inwardly. **Reps:** 10

Wax On, Wax Off



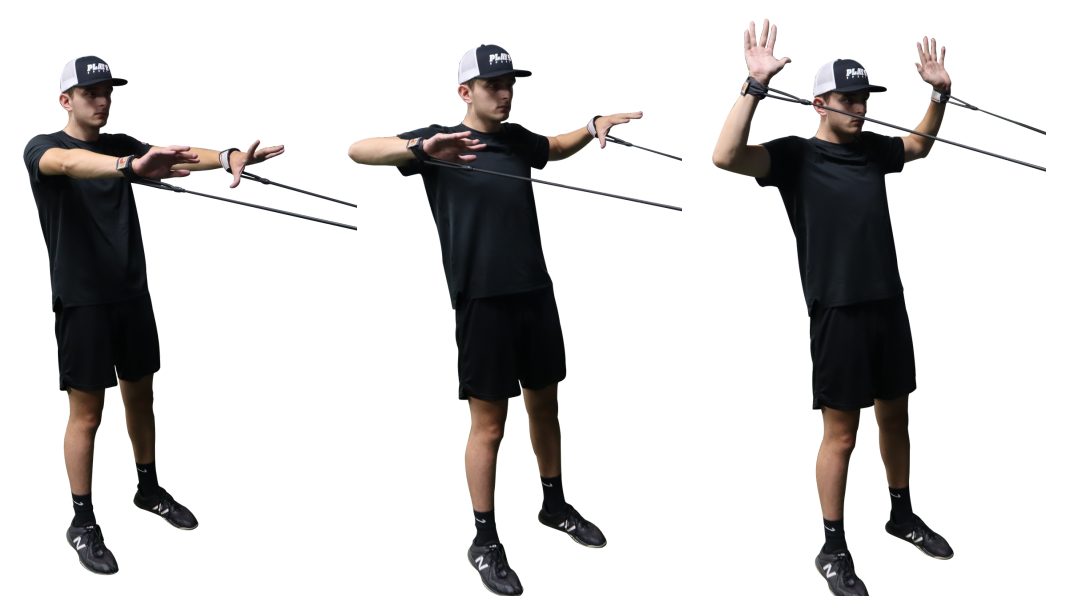
Clip at hip height, arm straight out, motion arm in circle motion keeping scap still. Switch arms, switch circle directions. **Reps:** 10

Tricep Extensions



Start with your legs separated and hands behind your head, extend arms straight out, into full extension. **Reps:** 10

Cuban Press



Pinch shoulder blades together, pull both elbows straight back., rotate hands upward, creating perfect field goal position. **Reps:** 10

Important: Perform after resistance band and plyo ball warm up. Proceed with long toss program.



Half Kneels: Start in half kneeling position with torso stacked, separate hand and throw.

Reps: 6-8
Intensity: Low



10 Toes: Start in upright 10 toes position, rotate shoulder while keeping stable lower body, toss ball high arm side and create rhythm.

Reps: 6-8
Intensity: Low



Rock Backs: Start with feet near stride length, create momentum by rocking back then throw ball forward toward target bring the back leg through.

Reps: 6-8
Intensity: Moderate



Step Overs: Start with feet shoulder width apart, bring your back foot over, lift front leg, stride forward toward target bring the back leg through.

Reps: 6-8
Intensity: Moderate



Walk In's: Start facing your target, take a step forward and rotate your foot as if you were to throw off rubber to throw off the mound, lift front leg, stride forward toward target bring the back leg through.

Reps: 6-8
Intensity: Moderate

For Advanced Players: Do 3 sets, 3 throws each with the 6oz, 5oz (regular ball), 4oz weighted baseballs as opposed to 6-8 throws with just 5oz ball.