
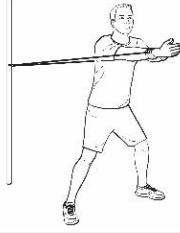
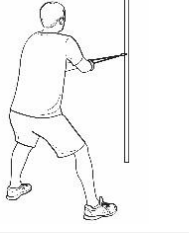
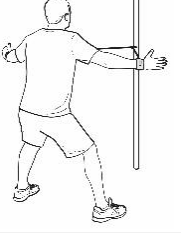
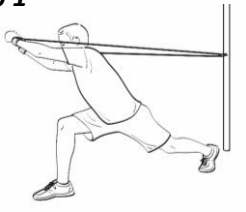






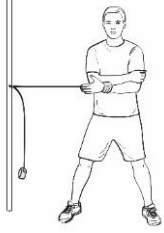
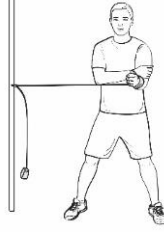
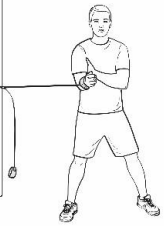
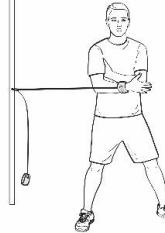
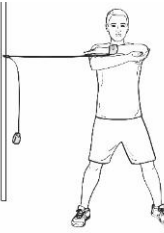
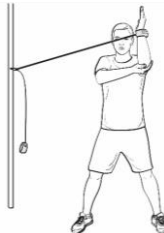

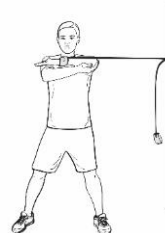


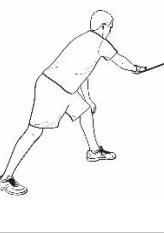
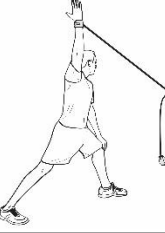


Workout Guidance

1. All exercises are designed to be done BEFORE throwing or on off throwing days
2. Do not rush exercises, perform them correctly to prevent injury and ensure maximum benefits of the band
3. Each set should contain repetitions of 20-30 per exercise based on fatigue
4. To reduce tension simply walk closer to the stationary object attached to the fence
5. Ensure that the connecting clip is never in alignment with head or face

Dual Arm Exercises			
<p>Super Fly (Forward)</p> <ol style="list-style-type: none"> 1. Connect clip at chest height 2. Raise arms to chest level, bending at elbows 3. With thumbs pointing up, bring hands together 		<p>Super Fly (Reverse)</p> <ol style="list-style-type: none"> 1. Connect clip at chest height 2. Raise arms to chest level, bending at elbows, keeping hands together in front of body 3. With thumbs pointing up, bring hands apart 	
<p>Step 1</p> 	<p>Step 2</p> 	<p>Step 1</p> 	<p>Step 2</p> 
Dual Arm Exercises			
<p>Torso Extension</p> <ol style="list-style-type: none"> 1. Connect clip at elbow height 2. Lunge with knee over ankle, extending back leg 3. Extend arms away from back hip, through fingertips, coming across body 		<p>Side Torso Extension</p> <ol style="list-style-type: none"> 1. Connect clip at shoulder height (away from head) 2. Lunge with knee over ankle, extending back leg 3. Extend arms away from back hip upwards, through fingertips, expanding side of body 	
<p>Step 1</p> 	<p>Step 2</p> 	<p>Step 1</p> 	<p>Step 2</p> 
Dual Arm Exercises			
<p>Forearm Extension</p> <ol style="list-style-type: none"> 1. Connect clip at shoulder height (away from head) 2. Lunge with knee over ankle, extending back leg 3. Begin with arms above head, extending palms forward while keeping elbows fixed 		<p>Warm up with a purpose to prevent injury, increase stamina, and improve arm strength!</p> 	
<p>Step 1</p> 	<p>Step 2</p> 		

Throwing Arm Exercises			
<p>External Shoulder Rotation</p> <ol style="list-style-type: none"> 1. Connect clip at elbow height 2. Place arm at right angle, parallel to chest 3. Rotate arm outward, across body 		<p>Internal Shoulder Rotation</p> <ol style="list-style-type: none"> 1. Connect clip at elbow height 2. Place arm at right angle, perpendicular to chest 3. Rotate arm inward, across body 	
<p><i>Step 1</i></p> 	<p><i>Step 2</i></p> 	<p><i>Step 1</i></p> 	<p><i>Step 2</i></p> 
Throwing Arm Exercises			
<p>Elevated External Shoulder Rotation</p> <ol style="list-style-type: none"> 1. Connect clip at shoulder height 2. Place arm parallel to chest, palm down 3. Keep throwing elbow stable, bring hand above head to perpendicular to chest 		<p>Elevated Internal Shoulder Rotation</p> <ol style="list-style-type: none"> 1. Connect clip at shoulder height 2. Place arm at right angle, with hand above head 3. Keep throwing elbow stable, perpendicular to chest, lower hand to shoulder, parallel to chest 	
<p><i>Step 1</i></p> 	<p><i>Step 2</i></p> 	<p><i>Step 1</i></p> 	<p><i>Step 2</i></p> 
Throwing Arm Exercises			
<p>Forward Throwing</p> <ol style="list-style-type: none"> 1. Connect clip at waist height 2. Maintain normal throwing motion 3. Extend arm out, making complete throwing motion (full circle, controlled and relaxed) 		<p>Reverse Throwing</p> <ol style="list-style-type: none"> 1. Connect clip at waist height 2. Maintain reverse throwing motion 3. Extend arm up, making complete throwing motion (full circle, controlled and relaxed) 	
<p><i>Step 1</i></p> 	<p><i>Step 2</i></p> 	<p><i>Step 1</i></p> 	<p><i>Step 2</i></p> 

Legal Disclaimer

Ensure that the connecting clip is not aligned with your face or head and avoid exercises that involve stretching the resistance bands or tubing in such a fashion that they may snap toward the head and cause injury to the head or eyes. Not intended for young children. This item must be used responsibly and appropriately. Do not use if allergic to latex. Ensure that the cuffs and latex bands can be removed easily yourself. Remove immediately and stop exercise if you experience any pain or discomfort. Always consult your physician before starting an exercise program. Use of products described in this manual can cause serious injury when used incorrectly. If you experience sharp pain, shortness of breath, dizziness or lightheadedness with any of these exercises, stop immediately and contact your healthcare provider. If these types of exercises are prescribed, protective eye wear should be worn. If experiencing pain, do not continue exercise and consult a physician. Do not overstretch resistance bands past two feet of its original length.