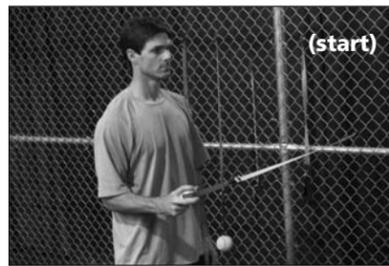


EXTERNAL ROTATION AT 0°



(start)



(finish)

Attach band at hip height. Grasp Ball or Handle with palm facing downward. Stand with side exercising fixation point. With palm facing inward, maintain elbow at 90 degrees and close to side, rotate shoulder and wrist out and away from body. Maintain elbow at 90 degrees throughout the motion.

EXTERNAL ROTATION AT 90°



(start)



(finish)

Attach band at shoulder height. Stand facing fixation point. Grasp Ball or Handle with palm facing downward. Raise elbow to shoulder height with hand facing forward. While maintaining elbow and shoulder at 90 degrees, rotate hand backward until forearm is vertical to ground.

FORWARD FLEXION



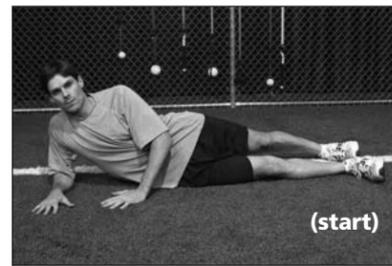
(start)



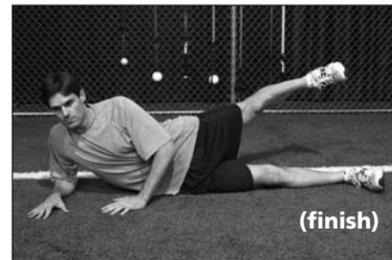
(finish)

Attach band to Attachment Strap attached around right foot, or low on fence. Grasp Ball or Handle with palm facing downward. With arm in front, palm down and while maintaining straight elbow, raise arm to shoulder height.

HIP ABDUCTION



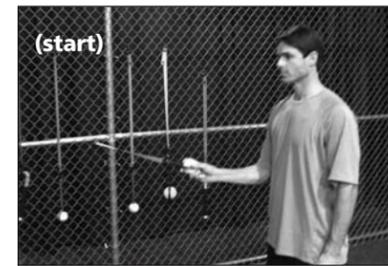
(start)



(finish)

Lie on side with elbow at 90 degrees and knees together. While keeping knee straight, raise top leg directly upward.

INTERNAL ROTATION AT 0°



(start)



(finish)

Attach band at hip height. Stand with side exercising toward fixation point. Grasp Ball or Handle with palm facing inward. While maintaining elbow at 90 degrees and close to your side, rotate arm in against resistance pulling hand toward stomach.

INTERNAL ROTATION AT 90°



(start)



(finish)

Attach band at shoulder height. Stand with back toward fixation point. Grasp Ball or Handle with palm facing forward. Raise elbow to height of shoulder. While maintaining elbow at 90 degrees, rotate forearm forward until parallel to ground.

LATERAL RAISE



(start)



(finish)

Attach band to Attachment Strap attached around right foot, or low on fence. Grasp Ball or Handle with palm facing downward. While maintaining straight elbow, raise arm to shoulder height.

DURABAND®

COMPLETE BASEBALL TRAINER

OVER SPEED SWING TRAINING



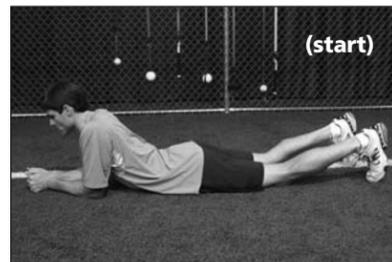
(start)



(finish)

Attach band at knee height. Stand with swing side furthest from fixation point. With tension in the band, quickly simulate the swing of the DURABAT® forward to stimulate the muscles used in hitting. In this exercise the band pulls you through the swing cycle.

PRONE PLANK



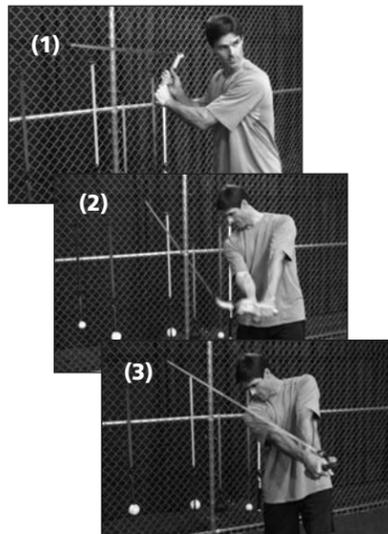
(start)



(finish)

Lie on stomach with elbows under shoulders and hands directly in front. While keeping body straight and in a flat position, raise hips upward.

SIMULATED RESISTED SWING



(1)

(2)

(3)

Attach band at shoulder height. Stand with swing side toward fixation point. With tension in the band slowly simulate swing of the DURABAT® forward to contract the muscles used in hitting. Finish with wrist snapped to ensure strengthening of wrist and forearm muscles. Control bat path for proprioceptive feedback.

SCAPTION



(start)

(finish)

Attach band to Attachment Strap attached around right foot, or low on fence. Grasp Handle with palm facing downward. Extend elbow straight and roll shoulder so thumb points directly downward. Move hand upward away from body at a 45 degree angle, while keeping your thumb pointing directly downward throughout entire exercise. Finish with hand below shoulder height.

SERRATUS PUNCH



(start)



(finish)

Attach band at shoulder height. Grasp Ball or Handle with palm facing downward. Stand with back toward fixation point and arm straight out. Push arm straight ahead as if reaching out. Keep elbow straight; movement occurs with shoulder blade moving forward around rib cage.

SHOULDER EXTENSION



(start)



(finish)

Attach band at shoulder height. Stand facing fixation point. Grasp Ball or Handle with palm facing downward. With arm in front and maintaining straight elbow, move arm straight backward, squeezing shoulder blade inward.

SHOULDER ROW



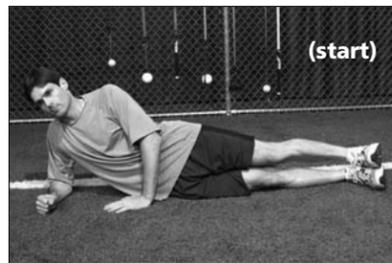
(start)



(finish)

Attach band at shoulder height. Stand facing fixation point. Grasp Ball or Handle with palm facing downward. With straight elbow and hand in front, bend below and bring elbow and shoulder directly backward squeezing shoulder blade inward.

SIDE PLANK



(start)



(finish)

Lie on side with elbow at 90 degrees and knees together. While maintaining body in straight position and knees together, raise hips upward.

SIMULATED RESISTED THROWING



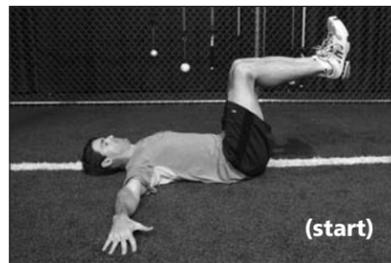
(start)



(finish)

Attach band at head level. Stand with back toward fixation point. Slowly simulate a forward throw with the DURABAND® Baseball to contract the muscles used in the acceleration phase of throwing. Finish with wrist flexed and ball rotated forward to ensure strengthening of wrist and forearm muscles.

TRUNK ROTATION



(start)



(finish)

Lie flat on back with knees up at 90 degrees and both arms extended to sides with palms facing downward. While keeping back flat and knees together, rotate knees to side 45 degrees, first to one side, then the other.

WRIST EXTENSION



(start)



(finish)

Attach band to Attachment Strap attached around foot, or low on fence. Grasp Handle with palm facing downward, elbow maintained at 90 degrees and at side. Rotate wrist slowly upward.

WRIST FLEXION



(start)



(finish)

Attach band to Attachment Strap attached around foot, or low on fence. Grasp Handle with palm facing upward, elbow maintained at 90 degrees and at side. Rotate wrist slowly upward.

WRIST PRONATION



(start)



(finish)

Attach band to Attachment Strap attached around foot. Grasp Handle with palm facing upward, elbow maintained at 90 degrees and at side. Rotate wrist slowly around and downward so palm faces the ground.

WRIST SUPINATION



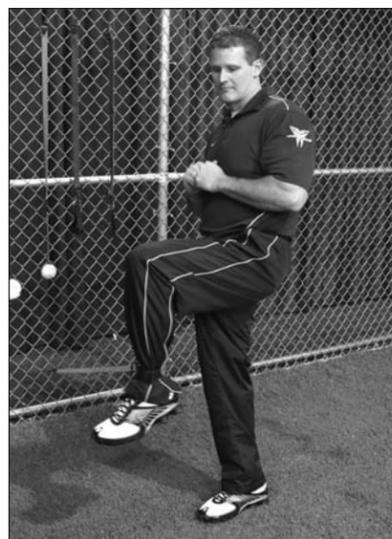
(start)



(finish)

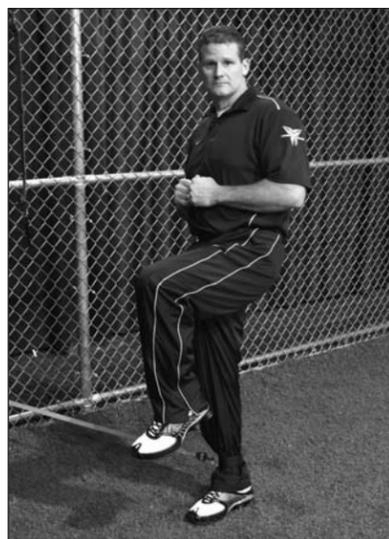
Attach band to Attachment Strap attached around foot. Grasp Handle with palm facing downward, elbow maintained at 90 degrees and at side. Rotate wrist slowly around and upward so palm faces up.

PROPRIOCEPTION, IMPROVING LEAD FOOT BALANCE



Attach band at height equal to normal lead foot set position height and to Attachment Strap attached above ankle of lead foot. Stand with plant foot side toward fixation point. Raise lead foot to normal set position height. While under resistance, keep plant foot centered and stable, and with eyes closed draw the alphabet in large letters with lead foot.

PROPRIOCEPTION, IMPROVING PLANT FOOT BALANCE



Attach band at ankle height and to Attachment Strap attached above ankle of plant foot. Stand with plant foot side toward fixation point. Raise lead foot to normal set position height. While under resistance keep plant foot centered and stable, and with eyes closed draw the alphabet in large letters with lead foot.

PROPER WAY TO GRIP BALL



1. Red nylon that covers one half of baseball should be facing upward.
2. Rotate ball so D-Ring is directly over forearm of arm that will be gripping ball.
3. Grip ball with pointer finger on ball to one side of nylon and middle finger on ball to other side of nylon.
4. With tension in the band begin throwing motion making certain to finish with wrist flexed under and ball rotated forward to ensure strengthening of wrist and forearm muscles as well as rotator cuff muscles.

EXERCISE PROGRESSION

- In general start with 1 set of 10 repetitions for each exercise with a color band that you can perform at least 10 repetitions.
- Progress to 3 sets of 10 repetitions for each exercise as you are able.
- After 3 sets of 10 can be performed comfortably, progress to the next color band, (remember: red – orange – green – blue – violet is the progression from easiest to most difficult)
- After switching colors, start with 1 set and again progress to 3 sets of 10 as tolerated.
- Perform every exercise with correct form. Don't progress sets, reps or band color if the exercise can't be performed with correct motion for all repetitions.
- For a detailed baseball exercise training program, log on to www.duraband.com and print your in-season and off-season conditioning program.



Kevin Orie played at the professional level of Major League Baseball for fourteen years. His accolades began as a two-time all-Big Ten Conference selection at Indiana, where he hit a team-best .323 with eight home runs and 57 RBI, and was among the league leaders in slugging and on-base percentage. He went on to become the first round draft pick of the Chicago Cubs in June of 1993. While with the Orlando Cubs, Orie played in the Class AA Southern League All-Star game and was among the league's best hitters. After competently working his way up through the minors, he became the Opening Day starter for the Chicago Cubs at 3B in 1997. Orie finished his rookie campaign, batting .275 with 8 homers and 44 RBI and boasting the second best fielding percentage among NL third basemen, and finished 11th in the Rookie of the Year voting. Orie spent six years with the Chicago Cubs organization and was honored as the Chicago Cubs Minor League Player of the Year in 1996. He was traded to the Florida Marlins in July of 1998 and went on to play at the Major League level until retiring in 2006.

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