



Baseball In-Season Arm Care

Scapula	Sets/Reps
1. Arm Holds Against Wall at 45 degrees	2x15sec
2. Arm Holds Against Wall at 90 degrees	2x15sec
3. Arm Holds Against Wall at 90 degrees w/ External Rotation	2x15sec
4. No Money Exercise	2x15

Exercises 1-3 Isometric hold. Exercises 4 Movement pattern.

Crossover Bands	Set/Reps
1. Scaption	2x12
2. Incline Press	2x12
3. SA Punch	2x12
4. Flexion Palms up	2x12
5. Victory	2x12
6. 90/90	2x12
7. Extension	2x12
8. Reverse Fly	2x12

All done on lower Hooks

Elbow	Sets/Reps
1. Wrist Flexion	2x12
2. Wrist Extension	2x12
3. Pronation/Supination	2x12
4. Radial/Ulnar Deviation	2x12
5. Eccentric Bicep	2x12
6. Triceps Kickback	2x12

1, 2 & 4 with weights, 3 with hammer and 5 & 6 with Bands

Stretching Session	Sets/Reps
1. Roll In Finish @ 90/90	3x20sec
2. Roll In Finish @ 45	3x20sec
3. External Rotation Towel	3x20sec