



Baseball In-Season Arm Care

| <u>Scapula</u> | <u>Sets/Reps</u> |
|--|------------------|
| 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.

| <u>Crossover Bands</u> | <u>Set/Reps</u> |
|------------------------|-----------------|
| 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

| <u>Elbow</u> | <u>Sets/Reps</u> |
|---------------------------|------------------|
| 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

| <u>Stretching Session</u> | <u>Sets/Reps</u> |
|----------------------------|------------------|
| 1. Roll In Finish @ 90/90 | 3x20sec |
| 2. Roll In Finish @ 45 | 3x20sec |
| 3. External Rotation Towel | 3x20sec |