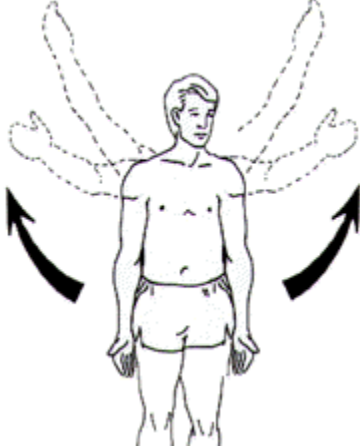
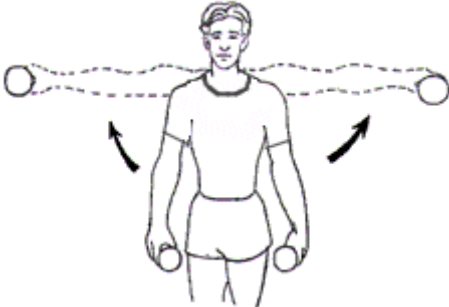


Throwing Strength Program

Special Instructions: **Exercises should be performed with special attention to proper technique.**

Exercise:	Scaption		
			
RAISE THE ARM UP IN THE PLANE OF THE SHOULDER BLADES (NOT DIRECTLY OUT TO THE SIDE) WITH THE THUMB POINTING UP.			
Repeat:	12 times	Sets:	3
Hold Time:	3 secs	Resistance/Time:	0-5 pounds
Sessions:	1 /day		

Exercise:	Abduction		
			
RAISE YOUR ARMS STRAIGHT OUT TO THE SIDE TO SHOULDER LEVEL THEN SLOWLY LOWER THEM BACK DOWN AS ILLUSTRATED.			
Repeat:	12 times	Sets:	3
Hold Time:	3 secs	Resistance/Time:	0-5 pounds
Sessions:	1 /day		
Exercise:	Bent Over Rowing		



BEND AT THE TRUNK AND SUPPORT YOURSELF WITH THE UNINVOLVED HAND. LOWER YOUR ARM TOWARD THE FLOOR AND THEN PULL YOUR ARM UP AS IF YOU WERE PERFORMING A SAWING MOVEMENT.

Repeat: 12 times **Sets:** 3

Hold Time: 3 secs **Resistance/Time:** 10-20 pounds

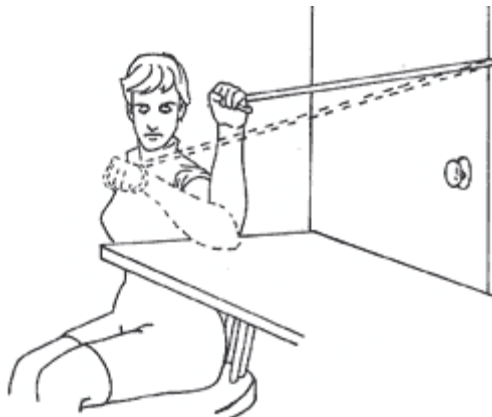
Sessions: 1 /day

Exercise ID:

431

Exercise:

T-band 90 Abduction Internal Rotation



RAISE THE ARM UP UNTIL PARALLEL WITH THE FLOOR. HOLDING ONTO THE BAND ROTATE YOUR HAND FORWARD AND DOWN AS ILLUSTRATED.

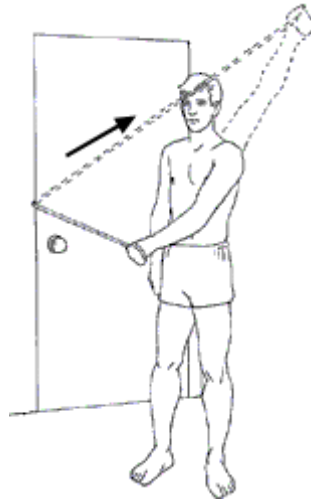
Repeat: 12 times **Sets:** 3

Hold Time: 3 secs **Resistance/Time:** moderate to heavy resistance

Sessions: 1 /day

Exercise:

T-band D2 Flexion



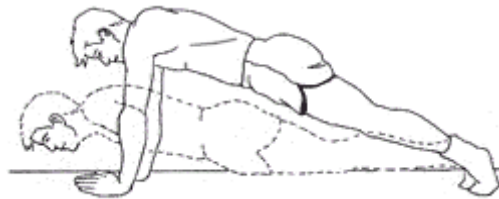
START WITH YOUR HAND AT YOUR OPPOSITE POCKET. KEEP YOUR ELBOW STRAIGHT AND MOVE THE ARM UP ACROSS THE BODY IN A DIAGONAL MANNER. DO NOT ROTATE THE TRUNK.

Repeat: 12 times **Sets:** 3

Hold Time: 3 secs **Resistance/Time:** light to moderate resistance

Sessions: 1 /day

Exercise: Push Up



LYING ON YOUR STOMACH PUSH WITH YOUR HANDS RAISING YOUR BODY OFF THE GROUND AS ILLUSTRATED.

Repeat: 12 times **Sets:** 3

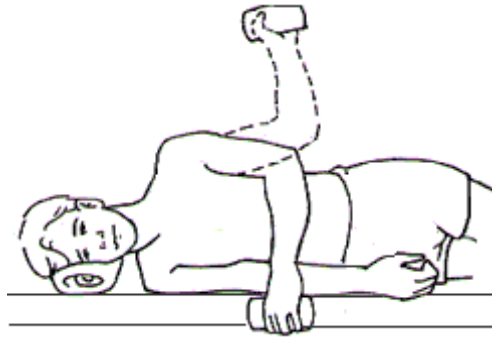
Hold Time: 3 secs **Resistance/Time:** None

Sessions: 1 /day



Exercise:

Sidelying External Rotation



KEEPING YOUR ELBOW AT YOUR SIDE ROTATE YOUR FOREARM AND HAND AWAY FROM YOUR CHEST. NOTE THAT YOU SHOULD KEEP YOUR ELBOW AT A 90° ANGLE THROUGHOUT THE MOVEMENT.

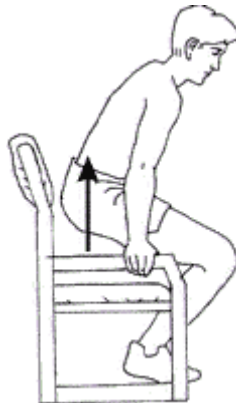
Repeat: 12 times **Sets:** 3

Hold Time: 3 secs **Resistance/Time:** 0-5 pounds

Sessions: 1 /day

Exercise:

Chair Depression



PLACE YOUR HANDS ON THE CHAIR OR THE ARM RESTS AND PRESS UP RAISING YOUR BOTTOM OFF THE CHAIR. USE YOUR LEGS TO ASSIST YOU AS NEEDED.

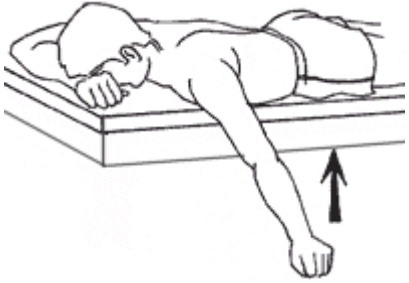
Repeat: 12 times **Sets:** 3

Hold Time: 3 secs **Resistance/Time:** None

Sessions: 1 /day

Exercise:

Prone Unilateral Horizontal Abduction



LYING ON YOUR STOMACH WITH YOUR ARM HANGING OFF THE BED
RAISE YOUR ARM UP (STRAIGHT OUT TO THE SIDE) AS ILLUSTRATED.

Repeat: 12 times **Sets:** 3

Hold Time: 3 secs **Resistance/Time:** 0-5 pounds

Sessions: 1 /day