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1. Sleeper Stretch

- **Sets:** 3
 - **Time:** 30 seconds; ideally performed during cool-down; dynamic stretching for warm-up
- Lie on the side of your throwing arm on a firm surface. Lean back slightly. See Figure 1.
 - Place your throwing arm straight out in front of you. Bend your elbow to a 90-degree angle so your hand points straight upward and your palm faces forward.
 - Use your other hand to slowly press the wrist of your throwing arm down toward the surface until you feel a gentle stretch in the back of your shoulder. Keep your shoulder blade on the surface as you stretch.
 - Return to the starting position and relax.



Step 1



Step 2

2. Arm Across Stretch

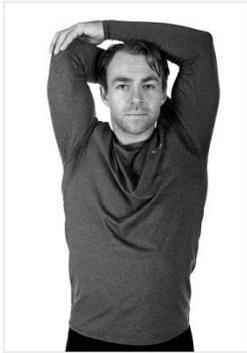
- **Sets:** 3
 - **Time:** 30 seconds; ideally performed during cool-down; dynamic stretching for warm-up
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- Lie on the side of your throwing arm on a firm surface. Lean back slightly. See Figure 2.
 - Place your throwing arm straight out in front of you. Place your other hand under the elbow of your throwing arm.
 - Lift your elbow and slowly pull it across your chest at a 45-degree angle until you feel a gentle stretch in the back of your shoulder. Keep your shoulder blade on the surface and do not rotate your body as you stretch.
 - Return to the starting position and relax.



Step 1

3. Overhead Arm Stretch

- **Sets:** 3
 - **Time:** 30 seconds; ideally performed during cool-down; dynamic stretching for warm-up
-
- You may stand or sit to do this stretch.
 - Lift one arm and bend it behind your head. See Figure 3.
 - Place your other hand on the bent elbow and slowly pull your elbow backward until you feel a gentle stretch in your armpit. Keep your body and head facing forward and your back and neck straight as you stretch.
 - Do not look down.
 - Hold the stretch.
 - Return to the starting position and relax.



Step 1

4. Side Bend Stretch

- **Sets:** 3
 - **Time:** 30 seconds; ideally performed during cool-down; dynamic stretching for warm-up
- Stand with your feet shoulder width apart.
 - Raise both arms straight above your head.
 - Grasp your right wrist with your left hand. Slowly lean to your left side
 - until you feel a gentle stretch in your ribs and armpit. Keep your body
 - and head facing forward as you stretch. See Figure 4.
 - Hold the stretch.
 - Return to the starting position.



Step 1

5. Assisted Chest Stretch

- **Sets:** 3
 - **Time:** 30 seconds; ideally performed during cool-down; dynamic stretching for warm-up
-
- You need a partner to do this stretch.
 - Kneel in front of your partner. Bring your hands behind your head and interlock your fingers. See Figure 6.
 - Ask your partner to:
 - Place his or her hip against your back.
 - Reach over you and grasp your upper arms.
 - Slowly pull your arms backward.
 - When you feel a gentle stretch in your chest muscles, ask your partner to stop and hold the stretch.
 - Return to the starting position and relax.



Step 1

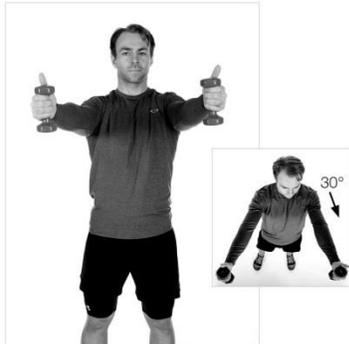
6. Full Cans Straight-Arm Raise Using Weight

- **Sets:** 3
- **Repetition:** 10
- **Weight:** 3-5 lbs.

- Stand with your feet shoulder width apart.
- Hold a weight in each hand. Start with your arms at your sides and thumbs up. See Figure 1.
- Keeping your elbows straight and shoulders down, slowly raise your hands upward and outward at a 30 degree angle in front of your body. When your hands reach shoulder height, pause. See Figure 2.
- Slowly lower your hands to the starting position to a count of 3.



Step 1



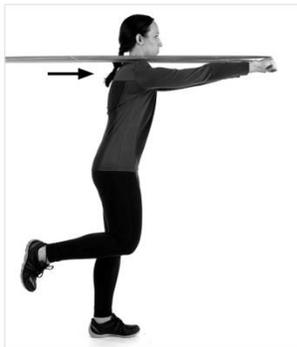
Step 2

7. Punches Using an Elastic Band

- **Sets:** 3
- **Repetition:** 10
- Attach the middle of an elastic band to a solid object at shoulder height.
- Stand facing away from the band. Hold the ends between the fingers of each hand. Keep your back and neck straight.
- Extend your arms straight in front of you at shoulder height with your palms facing downward. Move forward until there is no slack in the band. Bend one knee 90 degrees to raise your foot off the floor behind you. See Photo 1.
- Keeping your elbows straight and arms at shoulder height, punch both arms forward and pause. Your shoulders and shoulder blades should move forward as you do this. See Photo 2.
- Slowly return to the starting position.



Step 1



Step 2

8. Shoulder External Rotation Using an Elastic Band

- **Sets:** 3
- **Repetition:** 10
- Attach one end of an elastic band to a solid object at shoulder height.
- Stand sideways to the band. Reach across your body and grasp the loose end of the band between the fingers of your throwing hand. See Figure 1.
- Raise your throwing arm upward and backward as far as you can. Bend your elbow 90 degrees so your hand points upward. Rotate your wrist so your palm faces backward. This is called the early cocking stage position. See Figure 2.
- Slowly return to the starting position to a count of 4.



Step 1



Step 2

9. Shoulder Internal Rotation Using an Elastic Band

- **Sets:** 3
- **Repetition:** 10
- Attach one end of an elastic band to a solid object at shoulder height.
- Face away from the band and hold the loose end between the fingers of your throwing hand.
- Start with your throwing arm out to the side at shoulder height. Bend your elbow 90 degrees so your hand points upward and your palm faces forward. This is called the late cocking stage position. See Figure 1. Move forward if there is slack in the band.
- Keeping your upper arm at shoulder height and your elbow bent, bring your hand forward and downward as far as you can. See Figure 2.
- Slowly raise your hand back to the starting position to a count of 4.



Step 1



Step 2

10. Upper Back Strengthening Lunges in Three Directions

- **Sets:** 3
- **Repetition:** 10
- Stand with your feet together. Hold the ends of an elastic band with your arms straight in front of you at waist height and your palms facing downward.
- Keeping your back and neck straight, take a large step straight forward and bend your front knee to lower your body. As you do this, raise the band to shoulder height and pull your hands apart. See Figure 1.
- Hold.
- Slowly stand up, dragging the heel of your front foot as you do so. See Figure 2.
- Do the same thing but step forward to the left 45 degrees.
- Do the same thing but step forward to the right 45 degrees.
- Repeat with your other leg.



Step 1



Step 2

11. Squat Walk Using an Elastic Band

- **Sets:** 3
- **Distance:** 15 yds.
- Tie an elastic band around your ankles with your feet shoulder width apart and knees bent slightly. Keep your back and neck straight and your hands at chest height in front of you. See Figure 1.
- Keeping your knees bent slightly, take _____ steps sideways. Do not bring your feet all the way together when you step. Keep some tension on the band as you do this exercise. See Figure 2.
- Repeat in the other direction.



Step 1



Step 2

12. Release-Point Balance Using Weights

- **Sets:** 3
- **Repetition:** 10
- **Weight:** 3-5 lbs.

- Stand with the foot of your stance leg slightly in front of the other. Your stance leg is on the side of your body opposite your throwing arm. Keep your back straight.
- Hold a weight in your throwing hand. Raise your arm out to the side at shoulder height. Bend your elbow 90 degrees so your hand points upward and your palm faces backward. This is called the late cocking stage position. See Figure 1.
- Bend forward at your hips. Extend your throwing arm straight in front of you. Raise the leg on the same side of your body straight out behind you as if you were throwing a ball. Keep your other arm at your side. See Figure 2.
- Stop at the point where you would release the ball.
- Hold
- Slowly stand up and relax.



Step 1



Step 2