

DUAL ARM EXERCISES

Exercise 1
Step 1



1: Over-the-head Forearm Extensions

- **BE SURE** to place clip so it is not in alignment with head
- Get in lunge position with front knee over front heel at right angle.
- Elbows stay stationary
- Palms extend forward

Exercise 1
Step 2



Exercise 2
Step 1



2: Side Extensions

- **BE SURE** to place clip so it is not in alignment with head, & that there is lag in the J-Band
- Front knee over front heel at right angle
- Lengthen (*not round*) the side
- Extend from back hip through fingertips

Exercise 3
Step 1



Exercise 3
Step 2



Exercise 4
Step 1



4: Forward Flies

- Clip at chest height
- Slightly bent elbows at chest height
- Bring palms toward each other

3: Diagonal Extensions

- Clip at mid-back height
- Front knee over front heel at right angle
- Extend from back hip diagonally through fingertips

Exercise 5
Step 1



Exercise 5
Step 2



5: Reverse Flies

- Clip at mid-back height
- Same as Forward Flies in reverse direction
- Palms move away from each other
- Bend knees; keep chin over toes and head still

Workout Reminders

1. Exercises are to be done **PRIOR** to throwing (or on average of 3-5 days a week during periods of time off)
2. One set of 25 repetitions per exercise (Exercises 2 & 3 involve using the breath while stretching in 30 second increments)
3. Quality over Quantity
4. Maintain proper technique, alignment, etc

5. Keep pace fluid in
6. Keep arm, body, i
7. Keep long, fluid b
8. Walk closer to the
9. Work to the point rather than failure

THROWING ARM SPECIFIC EXERCISES

6: Internal Rotation

- Clip at hip height
- Elbow on hip
- Arm at right angle
- Place off-hand under armpit
- Maintain level shoulders
- Rotate arm towards opposite hip

Exercise 6
Step 1



Exercise 6
Step 2



7: External Rotation

- Clip at hip height
- Arm at right angle
- Same as Internal Rotation in opposite direction
- Opposite hand on outside of elbow to stabilize
- Maintain level shoulders

Exercise 7
Step 1



Exercise 8a
Step 1



Exercise 8a
Step 2



8: Elevated Internal Rotation (Alternative)

- Clip at shoulder height
- Have chest facing away from fence
- Have throwing elbow in alignment with clip at shoulder height & maintain right angle (*wrist over elbow*)
- Keep elbow as stable as possible

Exercise 8b
Step 1



Exercise 9
Step 1



Exercise 9
Step 2



9: Elevated External Rotation

- Clip at shoulder height
- Same as Internal Rotation in opposite direction

Exercise 10
Step 1



10: Reverse Throwing

- Clip at waist height
- Front shoulder facing clip
- Take arm in reverse direction maintaining the same arm action and arm slot of forward throwing motion
- Make a complete arm circle