

# DUAL ARM EXERCISES

## 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 1



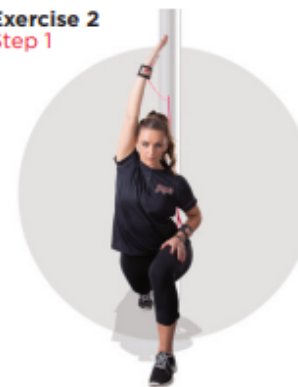
Exercise 1  
Step 2



## 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 2  
Step 1



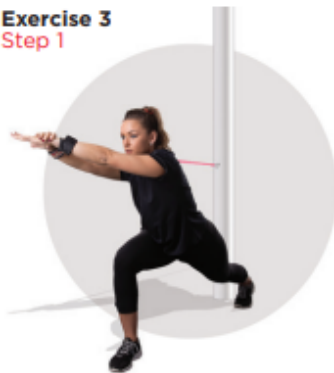
Exercise 2  
Step 2



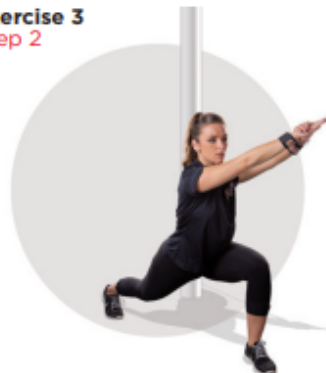
## 3: Diagonal Extensions

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

Exercise 3  
Step 1



Exercise 3  
Step 2



## 4: Forward Flies

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

Exercise 4  
Step 1



Exercise 4  
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

Exercise 5  
Step 1



Exercise 5  
Step 2



## 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 both directions
6. Keep arm, body, and mind relaxed
7. Keep long, fluid breathing patterns
8. Walk closer to the fence to reduce tension
9. Work to the point of fatigue 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 7  
Step 2



## 8: Elevated Internal Rotation

- Clip at shoulder height
- Arm at right angle
- Throwing elbow stabilized perpendicular to shoulder at shoulder height and in line with silver clip

Exercise 8a  
Step 1



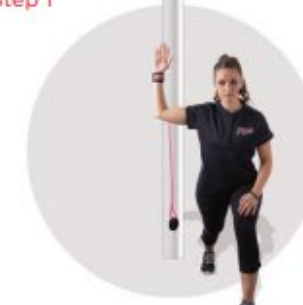
Exercise 8a  
Step 2



## 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 8b  
Step 2



## 9: Elevated External Rotation

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

Exercise 9  
Step 1



Exercise 9  
Step 2



## 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

Exercise 10  
Step 1



Exercise 10  
Step 2

