

Pitcher's Conditioning Program

Upper Extremity Exercises: (M, W, F)

- thrower's ten program (2 sets of 10)
- manual resistance PNF D2 flex/ext (2 sets of 10)
- manual resistance ER side lying (2 sets of 10)
- stretch and ROM
 - ER/I at 90° abduction
 - flexion
 - horizontal adduction
- gripping strength (2 sets of 10)
- abdominal strength (2 sets of 10)

Cardiovascular Exercise: (T, Th, Sa)

- run, bike, or stairmaster (20 min, progress to 30 min)
- abdominal strength (2 sets of 10)
- lower extremity exercises
 - leg press (2 sets of 10)
 - hamstring curls (2 sets of 10)
 - hip add/abduction (2 sets of 10)
 - squats (2 sets of 10)
 - lunges (2 sets of 10)

Upper Extremity Days (M, W, F)

- stretch
- manual resistance PNF D2 (2 sets of 10)
- manual resistance ER (2 sets of 10)
- thrower's ten program (2 sets of 15)
- add on
 - bench press (2 sets of 15)
 - incline bench lat pulls (front) (2 sets of 15)
 - seated rowing (2 sets of 15)
- abdominal strength (2 sets of 15)

Lower Extremity Days (T, Th, Sa)

- stretch
- run
- abdominal strength (2 sets of 15)

- squats (2 sets of 15)
- lunges (2 sets of 15)
- wall squats (2 sets of 15)
- hamstring curls (2 sets of 15)
- stretch

Upper Extremity Days (M, W, F)

- add plyometrics
 - 2 handed drills- December 10th-17th
 - 1 handed drills- December 19th

Initiate Interval Throwing Program (long toss) (M, W, F)

(T, Th, Sa)

- legs
- cardio
- stretch