



## **HYBRID ARM CARE PROGRAM**

*This series is designed to incorporate pushes, pulls, rotation and lower body movements to build a base of overall total body strength through bands or a cable machine if accessible. This is a slightly different approach to arm care using more full body dynamic movements.*

<i>Order</i>	<i>Exercise</i>	<i>Sets</i>	<i>Reps</i>	<i>Band Placement</i>	<i>Movement Details</i>
1	Squat with Upright Row into External Rotation @ 90 degrees	2	10	Fence - Waist	Band placed on fence at ribt height. Squat, perform row until elbows reach shoulder height, externally rotate to 90 degrees, reverse, stand back up
2	Landmine Press with Hip Rotation (both sides)	2	10	Fence-Ankle	Band placed ankle height behind you. With foot parallel to the fence, rotate torso and extend arm upward into a full press
3	Rotational Pallof Press	2	10	Fence - Waist	Feet slightly wider than shoulders, arms nearly straight, rotate arms and torso. Be explosive with this movement.
4	Reverse Lunge Y's	2	10	Fence-Waist	Band placed waist height, begin with feet together and step back into a reverse lunge, raise arms overhead into a Y position
5	Rotational Lunging Row (both arms)	2	10	Fence-Waist	Begin in a lunge "power position" with glove side out, perform lunge, stand, rotate torso and perform a row bringing band to chest and other arm forward
6	Split Squat Pallof Press	2	10	Fence-Shoulder	Begin one foot split in front of the other, perform split squat, as legs extend raise arms overhead
5b	Rotational Lunging Press (both arms)	2	10	Fence-Shoulder	Begin in a lunge "power position" with glove side out, perform lunge, stand, rotate torso and extend arm with glove side to chest
7a	Forearm Manuals <b>(choose 1 - a or b) OR</b>	2	12	N/A	Partner provides resistance to complete the movements fully without it being too light or not allowing you to move. Wrist flexion, wrist extension, radial deviation, ulnar deviation, pronation and supination
7b	Forearm Band Series <b>(choose 1 - a or b)</b>	2	12	Fence-Waist	Using the band at waist height, perform wrist flexion, wrist extension, radial deviation, ulnar deviation, pronation and supination



## **PRE-PRACTICE/RECOVERY 1**

*This can be performed as a supplemental pre-throwing routine or recovery*

<i>Order</i>	<i>Exercise</i>	<i>Sets</i>	<i>Reps</i>	<i>Tempo</i>	<i>Rest</i>	<i>Instructions</i>
A1	SMR to Posterior Shoulder	1	:30	Slow	:00	Pause and hold on tender spots as needed
A2	SMR to Forearm	1	:30	Slow	:00	Pause and hold on tender spots as needed
A3	Genie Stretch	1	5	Pause	:00	Hold for 5 seconds, repeat 5 times
A4	Forearm Stretch	1	5	Pause	:00	Hold for 5 seconds, repeat 5 times - palm up/palm down
A5	Arm Movement Prep	1	10e	Fast	:00	Arm swings (U/D, S/S, X, 90/90, 90/0, ALT 90/90)
A6	Tubing Program	1	10e	Smooth	:00	Forward Fly to Overhead Reach, Reverse Fly to Overhead Reach, Bicep Curl w/ Supination, Tricep Extension with Pronation, Internal Rotation and External Rotation @ shoulder height

## **POST-THROWING/RECOVERY 2**

*Perform each stretch 1-2 times for the prescribed length of time at the end of your training day, practice or game.*

<i>Order</i>	<i>Exercise</i>	<i>Sets</i>	<i>Time</i>	<i>Instructions</i>
A1	Wall Triceps Stretch	1-2	30s/side	Elbow above head against a wall and lean into the stretch
A2	Wrist Flexors/Wrist Extensors	1-2	30s/side	-Arm straight out with palm up, pull fingers down -Arm straight out with palm down, pull fingers down
A3	Levator Scapulae and SCM Stretch	1-2	15s/side	-1 arm behind back, other pulls head straight down -1 arm behind back, other pulls head to shoulder
A4	Elevated Warrior Lunge w/ OH Reach	1-2	30s/side	1 leg raised on bench of step, sink hips, reach with opposite arm
A5	Kneeling Heel to Butt	1-2	30s/side	Make sure back knee is behind hip and lean hips forward
A6	Knee to Knee	1-2	30s/side	Supine position, knees together, feet outside hips
A7	Kneeling Rock Back	1-2	30s/side	Knees out, sit back, keep back arch
A8	Static Hamstrings - 3 positions	1-2	15s/side	Use band or belt - straight up, wide to side, across midline