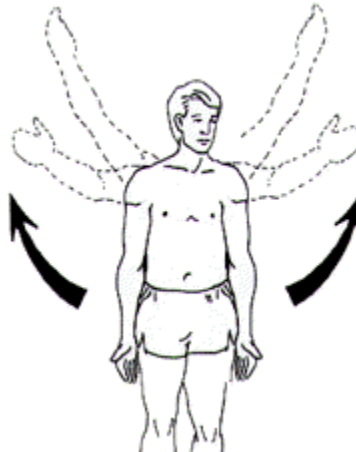


# Throwing Strength Program

Special Instructions: **Exercises should be performed with special attention to proper technique.**

**Exercise:**

Scaption



RAISE THE ARM UP **IN THE PLANE OF THE SHOULDER BLADES**  
(NOT DIRECTLY OUT TO THE SIDE) WITH THE THUMB POINTING UP.

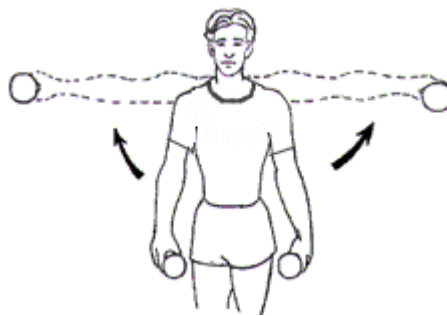
**Repeat:** 12 times    **Sets:** 3

**Hold Time:** 3 secs    **Resistance/Time:** 0-5 pounds

**Sessions:** 1 /day

**Exercise:**

Abduction



RAISE YOUR ARMS STRAIGHT OUT TO THE SIDE TO SHOULDER LEVEL  
THEN SLOWLY LOWER THEM BACK DOWN AS ILLUSTRATED.

**Repeat:** 12 times    **Sets:** 3

**Hold Time:** 3 secs    **Resistance/Time:** 0-5 pounds

**Sessions:** 1 /day

**Exercise:**

Bent Over Rowing



BEND AT THE TRUNK AND SUPPORT YOURSELF WITH THE UNINVOLVED HAND. LOWER YOUR ARM TOWARD THE FLOOR AND THEN PULL YOUR ARM UP AS IF YOU WERE PERFORMING A SAWING MOVEMENT.

**Repeat:** 12 times **Sets:** 3

**Hold Time:** 3 secs **Resistance/Time:** 10-20 pounds

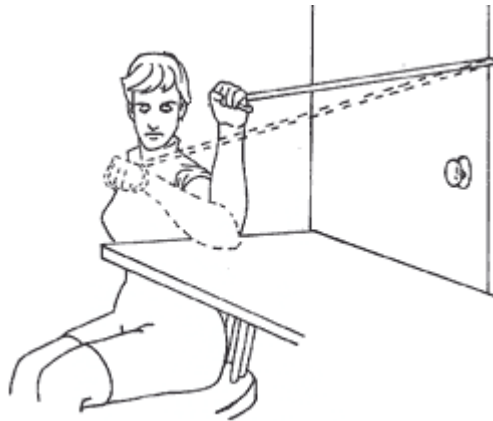
**Sessions:** 1 /day

**Exercise ID:**

431

**Exercise:**

T-band 90 Abduction Internal Rotation



RAISE THE ARM UP UNTIL PARALLEL WITH THE FLOOR. HOLDING ONTO THE BAND ROTATE YOUR HAND FORWARD AND DOWN AS ILLUSTRATED.

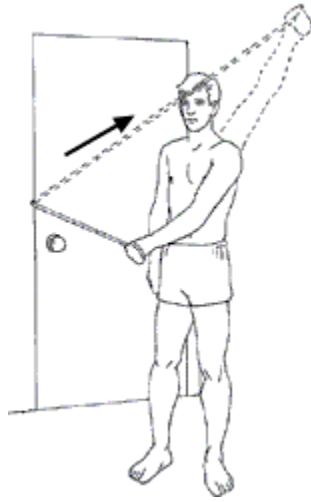
**Repeat:** 12 times **Sets:** 3

**Hold Time:** 3 secs **Resistance/Time:** moderate to heavy resistance

**Sessions:** 1 /day

**Exercise:**

T-band D2 Flexion



START WITH YOUR HAND AT YOUR OPPOSITE POCKET. KEEP YOUR ELBOW STRAIGHT AND MOVE THE ARM UP ACROSS THE BODY IN A DIAGONAL MANNER. DO NOT ROTATE THE TRUNK.

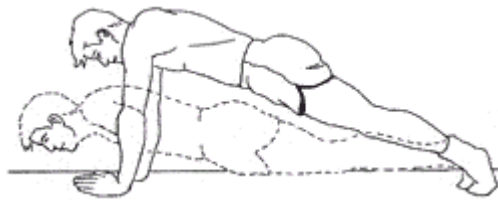
**Repeat:** 12 times      **Sets:** 3

**Hold Time:** 3 secs      **Resistance/Time:** light to moderate resistance

**Sessions:** 1 /day

**Exercise:**

Push Up

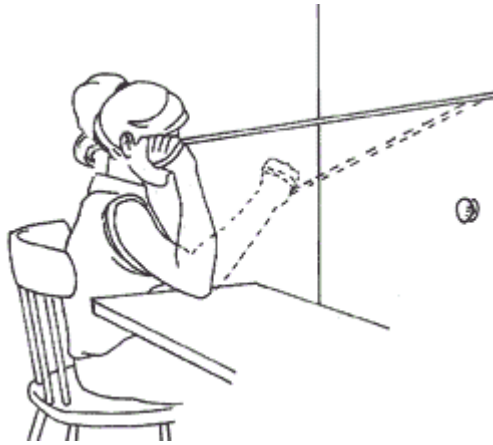


LYING ON YOUR STOMACH PUSH WITH YOUR HANDS RAISING YOUR BODY OFF THE GROUND AS ILLUSTRATED.

**Repeat:** 12 times      **Sets:** 3

**Hold Time:** 3 secs      **Resistance/Time:** None

**Sessions:** 1 /day

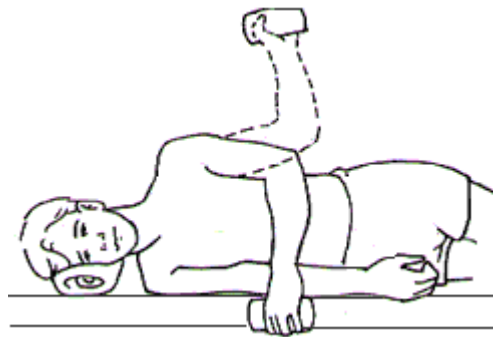
**Exercise:****T-Band 90 Abduction External Rotation**

RAISE THE ARM UP UNTIL PARALLEL WITH THE FLOOR. HOLDING ONTO THE BAND ROTATE YOUR HAND UP AND BACK AS ILLUSTRATED.

**Repeat:** 12 times      **Sets:** 3

**Hold Time:** 3 secs      **Resistance/Time:** light to moderate resistance

**Sessions:** 1 /day

**Exercise:****Sidelying External Rotation**

KEEPING YOUR ELBOW AT YOUR SIDE ROTATE YOUR FOREARM AND HAND AWAY FROM YOUR CHEST. NOTE THAT YOU SHOULD KEEP YOUR ELBOW AT A 90° ANGLE THROUGHOUT THE MOVEMENT.

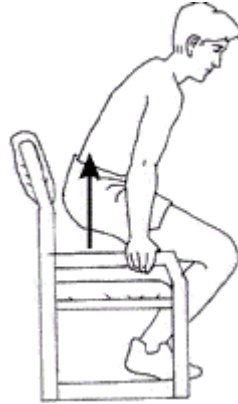
**Repeat:** 12 times      **Sets:** 3

**Hold Time:** 3 secs      **Resistance/Time:** 0-5 pounds

**Sessions:** 1 /day

**Exercise:**

Chair Depression



PLACE YOUR HANDS ON THE CHAIR OR THE ARM RESTS AND PRESS UP RAISING YOUR BOTTOM OFF THE CHAIR. USE YOUR LEGS TO ASSIST YOU AS NEEDED.

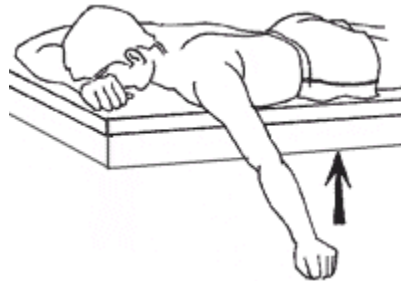
**Repeat:** 12 times      **Sets:** 3

**Hold Time:** 3 secs      **Resistance/Time:** None

**Sessions:** 1 /day

**Exercise:**

Prone Unilateral Horizontal Abduction



LYING ON YOUR STOMACH WITH YOUR ARM HANGING OFF THE BED RAISE YOUR ARM UP (STRAIGHT OUT TO THE SIDE) AS ILLUSTRATED.

**Repeat:** 12 times      **Sets:** 3

**Hold Time:** 3 secs      **Resistance/Time:** 0-5 pounds

**Sessions:** 1 /day