

# PITCHER'S CONDITIONING PROGRAM

## NOVEMBER 5TH-26TH

### 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)

## NOVEMBER 26TH- DECEMBER 10TH

### 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
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## **DECEMBER 10TH-JANUARY 2ND**

### **UPPER EXTREMITY DAYS (M, W, F)**

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

### **JANUARY 2ND**

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

### **FEBRUARY 14TH**

- (T, Th, Sa)
  - Legs
  - Cardio
  - Stretch