

COMPONENT #1: STANDING (Both throwing and non-throwing shoulders)

PUNCHES

30 seconds
Punch arms forward, then draw them back and squeeze shoulder blades together.



ABDUCTION

30 seconds
Squeeze shoulder blades back, then move both arms out to your side until they're parallel with the ground. Return slowly to starting position.



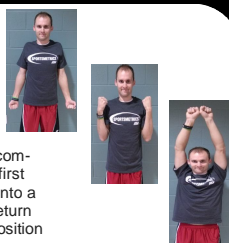
FLEXION

30 seconds
Squeeze shoulder blades back, then move both arms in front of you until they're parallel with the ground. Return slowly to starting position.



COMBO 1 (CURL TO PRESS)

30 seconds
Squeeze shoulder blades back, then complete a biceps curl first and continue right into a shoulder press. Return slowly to starting position



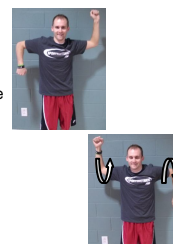
EMPTY CAN TO FULL CAN

30 seconds
Squeeze shoulder blades back, then move both arms out in front of you at a 30 degree angle until they're parallel with the ground. Start with thumbs down and rotate thumbs up half way through the movement.



SCARECROWS

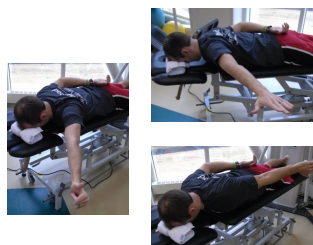
30 seconds
Lift your arms until they are parallel to the floor, bend elbows, rotate one shoulder down while the other shoulder stays up. Continue alternating shoulder up, shoulder down movement.



COMPONENT #2: TABLE / BENCH (Throwing shoulder only-uninvolved shoulder placed behind back)

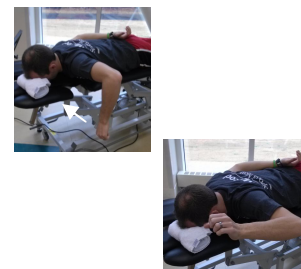
AROUND THE WORLDS

30 seconds
Squeeze shoulder blades, lift shoulder thumbs up above head, next lift shoulder out, and finally lift shoulder back with thumbs down. Repeat movement from overhead position.



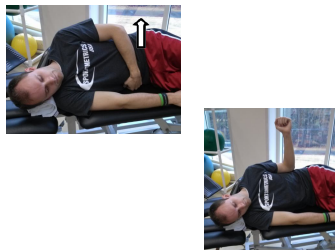
ABDUCTION W/ ER

30 seconds
Squeeze shoulder blades, Row back, Rotate arm up, Slowly rotate arm down, Un-row, Un-squeeze. Repeat in this order.



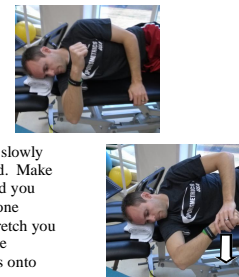
SIDE LYING ER

30 seconds
Lying on your non-throwing side, throwing elbow fixed at side, elbow at 90 degrees and throwing arm across your body. Raise bent arm up to the ceiling, keeping elbow fixed to your side. Lower arm back to starting position.



SLEEPER STRETCH

30 second hold
Lie directly on throwing shoulder with head supported. Slide your arm up to 90 and bend your elbow to 90. Bend your knees up to keep you stable lying on your side. Place the hand of the non-throwing side just below wrist of throwing side and slowly push the forearm down towards the ground. Make sure that you keep the elbow bent at 90 and you keep the upper arm level with the collar bone throughout the stretch. Throughout the stretch you must ensure that you remain directly on the shoulder as it is common to roll backwards onto the shoulder blade. Complete 3 times.



Shoulder Warm Up