

HEALTH & FITNESS



WEEKLY CHECKLIST

- Jump rope routine. 3-4x/week (1800 - 2400 jumps per week).
 1. 2-foot hops x 100
 2. 1-foot hops x 50/ea.
 3. Side to side x 100
 4. 1-2 rhythm x 100
 5. Scissor Jumps x 100
 6. High Knee Run x 100
- Dumbbell Rotator Cuff Routine. Minimum 2x/week (before each throwing session) (one day with 2-5lb weights) (10 each exercise).
- Resistance Band Rotator Cuff Exercises. 1-2x/week (15-20 each exercise).
 1. Internal rotation (side)
 2. External rotation (side)
 3. Internal rotation (above)
 4. External rotation (above)



WEEKLY CHECKLIST

- Stretch Bar. Challenge yourself but don't sacrifice posture!

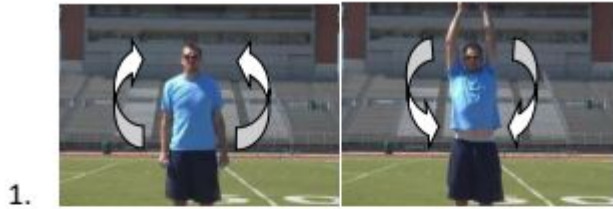
Do a little bit every day. Compete to be flexible.

1. Chest. Work 1 breath up to 4 breaths. Inhale thru nose as you descend to half way point (arms parallel to ground), exhale out thru mouth as you let down. Each rep trying to narrow hands and hold it for an extra inhale & exhale
2. Triceps. Hold for 8+ seconds then lean to get obliques.
3. Rotator cuff. Should be uncomfortable, but not painful!
4. Forearm/Wrist. Front and back pushdowns + bar twists.

- Hang. Find a tree or a bar to hang from after each stretching. This will feel good as well as help elongate the muscles in your upper body.



ROTATOR CUFF MAINTENANCE



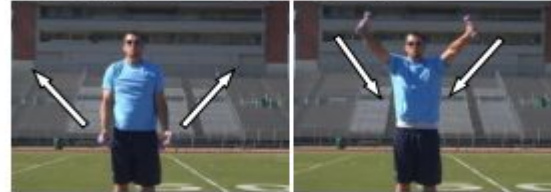
1. **Snow Angel:** Start with arms at your side. Raise straight arms out and above your head, rotating to palms facing each other. Reverse motion down.



2. **Shoulder Press:** Start with your elbow at the same height as your shoulder, forearm at 90 degrees. Press above your head rotating to palms facing. Return to starting position, elbow at shoulder height.



3. **90/90 Rotation:** Start in the same position as the shoulder press. Keeping the elbow in the same position the whole exercise, rotate hands forward until the forearms are parallel to the ground. Rotate back up.



4. **Empty Cups:** Start with your hands at your sides. Raise straight arms at 45 degree angles. When your hands are above the shoulders, “empty the cups” as if pouring out water. Rotate back before letting down.



ROTATOR CUFF MAINTENANCE



5. **Crossing Cups:** Same exercise as empty cups except at a 45 degree angle across your body. Do one arm at a time, alternating arms.



6. **Spread the Wings:** Widen your feet, touch your elbows to your knees, flat back. Drop hands to the ground, this is the starting position. Do a row to your chest. Then extend hands straight out, spreading your wings high as possible, then rotate thumbs in on the way down to the ground and bring them back to the starting position.



7. **Hanging Circles:** Spread feet out wide and hang 1 arm in the middle. Rotate 5x each way in widest circle possible, switch arms. Arm should be relaxed to the point you can feel like its almost pulling out of socket at the shoulder.



TEN REP EXERCISES

What you will need:

- 2 pound dumbbell
- Chair
- Table to support your body
- 1 Light Resistance Band Tube (can be purchased at a sporting goods store for less than \$10)
- 1 Towel

In Season:

For each exercise perform 1 set of 10 repetitions 1-2 days/week

Out of season:

For each exercise perform 2 sets of 10 repetitions 2-3 days/week

When performing exercises, you should not experience pain during or after the exercise. If you do, seek medical evaluation.



TEN REP EXERCISES



1a. Diagonal Pattern Extension:

Involved hand will grip tubing handle overhead and out to the side. Pull tubing down and across your body to the opposite side of leg. During the motion, lead with your thumb.

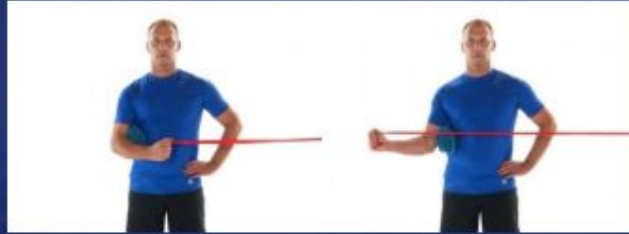


1b. Diagonal Pattern Flexion:

Gripping tubing handle in hand of involved arm, begin with arm out from side 45° and palm facing backward. After turning palm forward, proceed to flex elbow and bring arm up and over involved shoulder. Turn palm down and reverse to take arm to starting position.



TEN REP EXERCISES



2a. External Rotation at Waist:

Stand with involved elbow fixed at side, elbow at 90° and involved arm across front of body. Grip tubing handle while the other end of tubing is fixed. Pull out arm, keeping elbow at side. Return tubing slowly and controlled.

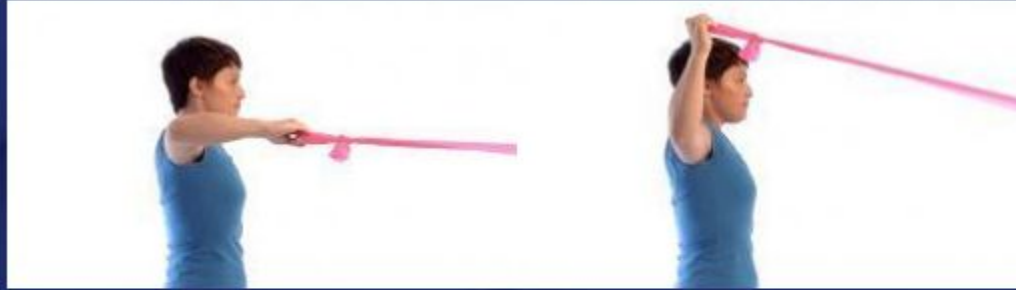


2b. Internal Rotation at Waist:

Standing with elbow at side fixed at 90° and shoulder rotated out. Grip tubing handle while other end of tubing is fixed. Pull arm across body keeping elbow at side. Return tubing slowly and controlled.



TEN REP EXERCISES



3a. (Optional) External Rotation at Shoulder Level:

Stand with shoulder abducted 90°. Grip tubing handle while the other end is fixed straight ahead, slightly lower than the shoulder. Keeping shoulder abducted, rotate shoulder back keeping elbow at 90°. Return tubing and hand to start position.

3b. (Optional) Internal Rotation at Shoulder Level:

Standing with elbow at side fixed at 90° and shoulder rotated out. Grip tubing handle while other end of tubing is fixed. Pull arm across body keeping elbow at side. Return tubing slowly and controlled.



TEN REP EXERCISES



4. **Shoulder Abduction to shoulder level:**

Stand with arm at side, elbow straight, and palm against side. Raise arm to the side, palm down, until arm reaches 90° (shoulder level).



5. **(Scaption) Scapular Plane Raises:**

Stand with elbow straight and thumb up. Raise arm to shoulder level at 30° angle in front of body. Do not go above shoulder height. Hold 2 seconds and lower slowly.



TEN REP EXERCISES



6. Sidelying External Rotation:

Lie on uninvolved side, with involved arm at side of body and elbow bent to 90°. Keeping the elbow of involved arm fixed to side, raise arm. Hold seconds and lower slowly.



TEN REP EXERCISES



7a. Prone Horizontal Abduction (Neutral):

Lie on table, face down, with involved arm hanging straight to the floor, and palm facing down. Raise arm out to the side, parallel to the floor. Hold 2 seconds and lower slowly.



7b. Prone Horizontal Abduction (Full ER, 100° ABD):

Lie on table face down, with involved arm hanging straight to the floor, and thumb rotated up (hitchhiker). Raise arm out to the side with arm slightly in front of shoulder, parallel to the floor. Hold 2 seconds and lower slowly.



TEN REP EXERCISES



7c. Prone Rowing:

Lying on your stomach with your involved arm hanging over the side of the table, dumbbell in hand and elbow straight. Slowly raise arm, bending elbow, and bring dumbbell as high as possible. Hold at the top for 2 seconds, then slowly lower.



7d. Prone Rowing into External Rotation:

Lying on your stomach with your involved arm hanging over the side of the table, dumbbell in hand and elbow straight. Slowly raise arm, bending elbow, up to the level of the table. Pause one second. Then rotate shoulder upward until dumbbell is even with the table, keeping elbow at 90°. Hold at the top for 2 seconds, then slowly lower taking 2 – 3 seconds.



TEN REP EXERCISES



8. Press-ups:

Seated on a chair or table, place both hands firmly on the sides of the chair or table, palm down and fingers pointed outward. Hands should be placed equal with shoulders. Slowly push downward through the hands to elevate your body. Hold the elevated position for 2 seconds and lower body slowly.



TEN REP EXERCISES



9. Push-ups:

Start in the down position with arms in a comfortable position. Place hands no more than shoulder width apart. Push up as high as possible, rolling shoulders forward after elbows are straight. Start with a push-up into wall. Gradually progress to table top and eventually to floor as tolerable.



TEN REP EXERCISES



10a. Elbow Flexion (Bicep Curl):

Standing with arm against side and palm facing inward, bend elbow upward turning palm up as you progress. Hold 2 seconds and lower slowly



10b. Elbow Extension (Tricep Press):

Raise involved arm overhead. Provide support at elbow from uninvolvement hand. Straighten arm overhead. Hold 2 seconds and lower slowly.

