

## **Pitcher's Conditioning Program**

### **November 5<sup>th</sup>-26<sup>th</sup>**

#### **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 26<sup>th</sup>- December 10<sup>th</sup>**

#### **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

**December 10<sup>th</sup>-January 2<sup>nd</sup>**

**Upper Extremity Days (M, W, F)**

- add plyometrics
  - 2 handed drills- December 10<sup>th</sup>-17<sup>th</sup>
  - 1 handed drills- December 19<sup>th</sup>

**January 2<sup>nd</sup>**

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

**February 14<sup>th</sup>**

(T, Th, Sa)

- legs
- cardio
- stretch