

Pitchers - Suggested work you should be doing 3-4 times a week.

Dynamic warmup

Armcare

Throwing program

Flat ground

PFP's

Bullpen work

Scap work - Y's, T's and I's

Hurdles/Lunges

Recovery Armcare

Conditioning

Short sprints - 5 x 20 yds.

Medium Sprints - 5 x 40 yds.

Core

Planks - 3 x 60 sec.

Side Planks - 3 x 30 sec. each side

Crunches - 3 x 30

Toe touches - 3 x 30

Sit Ups - 3 x 20

Stretch - everyday