

Throwers 10 Exercise Program

The Thrower's Ten is a ten-step exercise circuit that can help keep your shoulders strong and injury free. During the season, try 15 sets of each exercise, three or four times per week during practice.

Diagonal Pattern Extension



Grip the resistance band with your arm reaching across your waist



Pull the resistance band diagonally across your chest, hold for a few seconds, and return to starting position.

Diagonal Pattern Flexion



Grip the resistance band with your arm raised slightly above your shoulder.



Pull the resistance band down and across your waist. Hold for a few seconds and return to starting position.

External Rotation at Waist



Grip the resistance band with your arm resting across your belly button.



While keeping your elbow bent, pull the resistance band straight out until your wrist is facing forward. Hold for a few seconds and return to starting position.

Internal Rotation at Waist



With your arm at belly button height, and elbow bent, hold the resistance band.



While keeping your elbow bent, pull the resistance band across your belly button. Hold for a few seconds and return to starting position.

External Rotation at Shoulder Level



Holding your arm at shoulder height, with your elbow bent upward, hold the resistance band with your wrist facing down.



With your arm still bent, pull your wrist back until your hand is perpendicular to the floor. Hold for a few seconds and return to starting position.

Shoulder Abduction to shoulder level



Keep both arms straight, palms out, down to your sides.



One at a time, without bending your elbow, pull your arm straight up until it is about chest height. Hold for a few seconds and repeat with other arm.

Scapular Plane Raises



Keep both arms straight, palms in, down to your sides.



Bring both arms straight up so they are horizontal to the floor, hold for a few seconds, and slowly bring arms back down to starting position.

Side-lying External Rotation



While laying on your side, hold your arm against your side, with your elbow bent.



Keeping your elbow bent, raise your arm up until it is diagonal to the table. Hold for a few seconds and return to starting position.

Prone Horizontal Abduction



While laying close to the edge of the table, hold your arm strait down.



While keeping your arm strait, raise your arm until it is horizontal to the floor. Hold for a few seconds and return to starting position.

Prone Rowing



While laying close to the edge of the table, hold your arm strait down.



While bending your elbow, slowly bring your arm up to your side. Hold for a few seconds and return to starting position.

Prone Rowing into External Rotation



Start from the last position.



While keeping your elbow bent, raise your hand up until it is horizontal to the floor.

Press Up



While sitting, hold the edge of your chair keeping your arms straight.



Slowly raise yourself up until you are about 2 inches off the chair. Hold for a few seconds and return to starting position.

Push-ups



start by positioning yourself on the floor face down, your palms shoulder-width apart, and the balls of your feet touching the ground.



Push yourself up, keeping your body in a straight line and your elbows pointed to your toes.

Bicep Curl



Start with your arms on the table, hands facing palm down.



Raise your arms, bending at the elbow, and turn the palms of your hands to face your body.

Elbow Extension



Raise your arm, while bending your elbow by the top of your forehead. Bend your lower arm back, holding your hand right above the back of your shoulder.



Raise your arm straight up. Hold for a few seconds and return to starting position.

Wrist Extension



While holding your hand palm down over the table, bend your wrist down until you feel a slight pull.



Slowly raise your hand up, bending at the wrist until you feel a slight pull. Hold for a few seconds and return to starting position.

Wrist Flexion



While holding your hand palm up over the table, bend your wrist down until you feel a slight pull.



Slowly raise your hand up, bending at the wrist, until you feel a slight pull. Hold for a few seconds and return to starting position.