



Free Arm Care Routines

Shoulder Focus

Low Day Pre Throw

Exercise	Sets	Reps	Notes
J Band Routine 1		1	
Wrist Weight Routine		1	
Plyo Ball Holds (2 Knees dow		2	5 5-6/10 RPE

Low Day Post Throw

Exercise	Sets	Reps	Notes
Band Pull Aparts		3	10
Band Face Pulls		2	15
Chest supported row		2	20 4/10 RPE

Medium/High Day Pre Throw

Exercise	Sets	Reps	Notes
J Band Routine 1		1	
Wrist Weight Routine		1	
Shoulder Tube/Body Blade		1 1-2min	
Plyo ball holds (Shuffle)		2	6 60-70% intent (4

Medium/High Day Pre Throw

Exercise	Sets	Reps	Notes
Lying ER/IR hold into floor		2 30sec	
Isometric TRX Row		2 20sec	
ER Walkouts		3	8

Elbow Focus

Low Day Pre Throw

Exercise	Sets	Reps	Notes
J Band Routine 1		1	
Wall Ball Bounces		2	10
Plyo ball Wall rebounds		1	20

Low Day Post Throw

Exercise	Sets	Reps	Notes
Band Pull Aparts		3	10
Banded Pronation		1	15
Banded Supination		1	15

Medium/High Day Pre Throw

Exercise	Sets	Reps	Notes
J Band Routine 1		1	
Wall Ball Bounces		1	15
Plyo ball Wall rebounds		2	15
Shoulder Tube/Body Blade		1 1-2min	

Medium/High Day Pre Throw

Exercise	Sets	Reps	Notes
Banded Supination		2	15
Banded Pronation Isometric		2 20 sec	
Fingertip Plank Hold		2 20sec	

These are generic arm routines that work for guys needing help with their arm pain/strengthening. I've seen these exact routines be helpful for a number of pitchers, but they will not work for everybody. These can be a good start, but if you want to play professional baseball you will need a more in depth routine that is designed for your specific flaws, movement preferences, and thought processes.

If you are serious about your career and want to be a big leaguer, apply to get a full training program from a professional coach today!

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