



Free Plyo Routines

Arm Action Focus

Low			
Intensity	50%		
	Exercise	Reps	Notes
	Reverse throws	10	1000g ball
	Slo mo ten toes	10	1000g ball
	Flip up Back Step	8-10	450g ball
Medium			
Intensity	75-80%		
	Exercise	Reps	Notes
	Reverse throws	10	1000g ball
	Slo mo ten toes	10	1000g ball
	Flip up Back Step	8-10	450g ball
	Figure 8 rocker	6	225g ball
	Drop Steps	5	150g ball
High			
Intensity	90%		
	Exercise	Reps	Notes
	Reverse throws	10	1000g ball
	Slo mo ten toes	10	1000g ball
	Flip up Back Step	8	450g ball
	Figure 8 rocker	6	225g ball
	Drop Steps	8	150g ball

Rotation Focus

Low			
Intensity	50%		
	Exercise	Reps	Notes
	Reverse throws	10	1000g ball
	Pivot Pickoff	10	1000g ball
	Same Leg throws	5	450g ball
	Opposite Leg throws	5	
Medium			
Intensity	75-80%		
	Exercise	Reps	Notes
	Reverse throws	10	1000g ball
	Pivot Pickoff	10	1000g ball
	Figure 8 rocker	8	450g ball. focus on rotating the pelvis
	Drop Steps	10-12	225g ball
	Walking Windup	6	225g ball. Walk in at a 45deg angle
High			
Intensity	90%		
	Exercise	Reps	Notes
	Reverse throws	10	1000g ball
	Pivot Pickoff	10	450g ball
	Figure 8 rocker	8	225g ball. focus on rotating the pelvis
	Drop Steps	10-12	150g ball or less
	Walking Windup	6	150g ball or less

Load Focus

Low			
Intensity	50%		
	Exercise	Reps	Notes
	Reverse throws	10	1000g ball
	Same Leg throws	10	450g ball
	Rocker	10	450g ball. Rotate out of the back leg instead of pushing
Medium			
Intensity	75-80%		
	Exercise	Reps	Notes
	Reverse throws	10	1000g ball
	Same Leg throws	10	450g ball
	Rocker	10	450g ball. Rotate out of the back leg instead of pushing
	Back Step	5	225g ball. Step into the hinge
	Kikuchi Drill	5	150g ball.
	Walking Windup	5	150g ball. Hold the hinge
High			
Intensity	90%		
	Exercise	Reps	Notes
	Reverse throws	10	1000g ball
	Same Leg throws	10	450g ball
	Rocker	10	450g ball. Rotate out of the back leg instead of pushing
	Back Step	5	225g ball. Step into the hinge
	Kikuchi Drill	5	150g ball.
	Walking Windup	5	150g ball. Hold the hinge

These are generic plyo routines that work for guys needing help with their Arm Action, Rotation, or Load. 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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