



Athletic Development and Performance for Throwers

This workout is designed specifically for pitchers and throwing athletes. This program is a “movement-based workout” and minimizes isolation of muscles. Research and our own experience have shown that relying on single-joint and/or straight-line exercises can actually hurt performance and predispose an athlete to injury. Getting the lower body, core, and upper body working together is the goal of this program.

As a part of this program be sure to:

- Get permission from your doctor and work under an experienced strength coach
- Get an individualized evaluation from an experienced sports medicine professional to identify your predisposing factors to injury and inefficient movement (i.e. “Functional Movement Screening”)
- Do a dynamic warmup and flexibility program (see our Dynamic Warm-Up and Flexibility Program) before each session: 5-7’
- Do a cardiovascular workout 5 days per week (see our Cardiovascular/Explosive Training): 15-30’
- Do “active short stretches” as prescribed in this workout (see our Active Flexibility Exercises)
- Do “Lower 10 for Thrower’s” and “Throwers 30” as prescribed
- Do this program 2-5 days per week

Exercises to Avoid:	Instead do:
Barbell Overhead Shoulder Press, Overhead Push Press, Jerk Press, Double Arm Overhead Barbell Snatch, or any heavy overhead activities	“Diagonal Pattern D2 Extension,” “Diagonal Pattern D2 Flexion,” and “Shoulder Abduction, Forward Flexion, and Scaption” as described in the “Thrower’s 10”
Barbell Bench Press	Standing Chest Press with Cable or Sport Cord, “Jammer Press,” or Dumbbell Bench Press to 90 degree elbow bend
Barbell Upright Rows	90/90 Internal and External Rotator Cuff exercises as described in the “Thrower’s 10”
Heavy Bicep Curls	Light Dumbbell Bicep Curls
“Straight-line machine exercise” (i.e. Leg Extension, Leg Curl, Calf Raises, Leg Press, Bicep Curls, and etc.) which isolate muscles unless directed by your sports medicine professional	Exercises described Shoulder and LE Strength Videos

Terminology:

1. “Athletic Position”: Hips and knees bent to 30 degrees, weight in balls of feet, chest up, head up
2. “Neutral Spine”: Keeping upper and lower back in mid alignment. Low and upper back should be in mid range, avoiding hyperextension or hyperflexion (extreme arching or flattening of spine)
3. “Navel-to-Spine”: Engaging or contracting your deep abdominal muscles. Gently pull stomach inward while keeping a neutral spine



Day One: 1-2 sets/circuits with minimal rest between exercises, rest 1-2' between sets/circuits

Warm Up: Jump Rope x 2-3 minutes or Dynamic Warm-Up and Flexibility x 5-7'

- Step Ups (n "Lower 10 for Throwers") x 15-20 each leg
 - Set #1 Controlled
 - Set #2 add speed with control
- Standing Sport Cord Rotations x 20
 - Set #1 quick with rotation and control on return (1:3" ratio)
 - Set #2 quick with rotation and quick on return (1:1" ratio)
- Front Plank x 20-60 seconds
- Walking Lunges (#2 on "Lower 10") x 10-15 each leg
 - Stretch: Standing Gastroc/Soleus 2 x 3" hold
- Abduction and Scaption/External Rotation alternating ("Thrower's 30") x 15-20 each
- Standing Rows or Row Ups (reverse push ups) x 15-20 each
 - Set #1 one foot athletic stance controlled speed (1:3" ratio)
 - Set #2-two feet (1" row, 2" hold mid exercise 3" return)
 - Stretch: Side Tilt Latisimus 2x3" hold
- Dumbbell Bicep Curls (light) x 15-20
 - Emphasize lowering (3:1" ratio)
- Single Leg Squat ("Thrower's 10")
 - Set #1 control with lowering and raise x 10-15
 - Set #2 control with lowering and quick in raise x 10-15
 - Stretch: Single leg Quadriceps 2 x 3" hold
- Push Ups with Plus with full range of motion at top
 - Set #1 emphasize quickness (90 degree elbow bend at bottom) 2 x 10-20
 - Set #2 emphasize lowering (3:1" ratio) and quick up (90 degree elbow bend at bottom) 2 x 10-20
 - Stretch: Triceps with side tilt 2 x 3 "hold
- Sleeper Stretch
 - 5 x 3" hold, then 30" hold x 2 times
- Cardiovascular Workout after circuit is complete

Day Two: 1-2 sets/circuits with minimal rest between exercises, rest 1-2' between sets/circuits

Warm Up: Jump Rope x 2-3 minutes or Dynamic Warm-Up and Flexibility x 5-7'

- Step Ups ("Lower 10 for Throwers") x 15-20 each leg
 - Set #1 Controlled
 - Set #2 add speed with control



- Diagonal Pattern D2 Extension (“Thrower’s 30”) x 15-20
- Diagonal Pattern D2 Flexion (“Thrower’s 30”) x 15-20
- Standing Jammer Press, Cable Press, or Sport Cord Press with athletic stance
 - Set #1 control with press and control on return (1:3 ratio) on right foot, then left foot x 10-15
 - Set #2 speed with single arm press and quick on return (perform this set twice) x 15-20
 - Stretch: Pectoralis Stretch with elbow above 90 degrees 2 x 3: hold
- Internal Rotation @ 90 Degrees (“Thrower’s 10”)
 - Set #1 slow and controlled x 20
 - Set #2 fast and controlled x 15-30
- External Rotation @ 90 Degrees (“Thrower’s 10”)
 - Set #1 slow and controlled x 20
 - Set #2 fast and controlled x 15-30
- Sleeper Stretch
 - 5 x 3” hold, then 30” hold x 2 times
- Dips or Assisted Dips to 90 degrees x 10-20
- Wrist Flexion (“Thrower’s 10”) x 15-20
 - Stretch: Wrist flexors 2 x 3” hold
- Wrist Extension (“Thrower’s 30”) x 15-20
 - Stretch: Wrist flexors 2 x 3” hold
- Supination (“Thrower’s 30”) x 15-20
- Pronation (“Thrower’s 30”) x 15-20
- Split Squat Jumps 2-3 sets 6-8 explosively with great form (lunge stance with jump and switch feet)
 - Stretch: One knee hip flexor 2 x 3” hold
- Single and Double Leg Hip Hinge (“Lower 10 for Throwers”)

- Cardiovascular/Explosive Workout #2 as part of this circuit

Day Three: 1-2 sets/circuits with minimal rest between exercises, rest 1-2’ between sets/circuits

Warm Up: Dynamic Warm-Up and Flexibility x 5-7’ or Jump Rope x 3-5”

- Step Ups (“Lower 10 for Throwers”) x 15-20 each leg
 - Set #1 Controlled
 - Set #2 and 3 add speed with control
- Forward and Diagonal Chops with Sport Cord or Medicine Ball Tosses w/ partner or against wall
 - Set #1 wide athletic stance with arms reaching between legs as far as possible and reaching overhead with sport cord or tossing medicine ball x 10-20
 - Set #2 athletic stance with arms reaching diagonally behind ankle and reaching diagonally across to opposite shoulder x 10-15



- Sideways Walking Lunge (“Lower 10”) x 10-15 each leg
 - Stretch: figure Four hip 2 x 3” hold
- Side Planks (“Lower 10”) x 10-30”
- Bridge and Belt Taps (“Lower 10”)
- Single and Double Leg Hip Hinge (“Lower 10”)
 - Set #1 on two feet
 - Set #2 on one foot with single arm dumbbell row
- Prone Horizontal Abduction (“Thrower’s 30”)
- Standing Rows or Row Ups (reverse push ups) x 15-20 each
 - Set #1 one foot athletic stance controlled speed (1:3” ratio)
 - Set #2 two feet (1” row, 2” hold mid exercise 3” return)
 - Stretch: Side tilt latissimus 2 x 3” hold
- Squats (“Lower 10”)
 - Set #1 controlled lower with quick up (3:1” ratio) x 10-15
 - Set #2 quickly down and up with heel raise 3 x 10-15
 - Stretch: One knee hip flexor 2 x 3 second hold
- Abduction and Scaption/External Rotation alternating (“Thrower’s 30”)x 15-20 each
- Wrist Flexion (“Thrower’s 30”) x 10-15
 - Stretch: Wrist flexors 2 x 3” hold
- Wrist Extension (“Thrower’s 30”) x 10-15
 - Stretch: Wrist extensors 2 x 3” hold
- Supination (“Thrower’s 30”) x 15-20
- Pronation (“Thrower’s 30”) x 15-20

- Cardiovascular Workout #3 after circuit is complete