

Arm Strengthening Program Workout

- Dynamic warm up and static stretch - 15-20 min
- Throwing progression to 90 ft - 15 min
- Throwing progression to 120 ft - 20 min
- Throwing variations: Side shuffle, leg kick with hop, crow hop.
- Short box (bullpen) - 15-20min
- 2 seam glove side x 3, arm side x 3 - 2 sets
- 4 seam glove side x 3, arm side x 3 - 2 sets
- Change ups arm side x 5, glove side x 5
- Sliders x 5 glove side - 2 sets
- Band work - 10 min
- Strength and conditioning - 15-20 min
- Lunges, squats, pushups, sit ups, planks, front crawlers, hip raises