

INSTRUCTIONS

- Perform after throwing, preferably on high or medium intent days. Avoid performing the day before high intent throwing whenever possible.

- Perform exercises with the same letter as a superset (EX.- A1 and A2 are a superset)

- Perform with a weight that makes the 8th, 9th, and/or 10th rep CHALLENGING. You should not be able to perform a set of 15+ reps with the weight you are using. If you can, then GO UP IN WEIGHT.

- The non-throwing arm is optional for all forearm exercises.

- Pick only one bicep/tricep exercise for each day.

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Day 1					
	Day 1	Sets	Reps	Notes	Video
A1	Horizontal abduction	2	10/side		https://youtube.com/shorts/fzd1AqKmdXE?fe
A2	D1 shoulder Flexion	2	10/side		https://youtube.com/shorts/fp4yxJX0h08?fe
B1	Shoulder IR	2	10/side		https://youtube.com/shorts/b3bxG0Z_RPQ?fe
B2	Forearm Supination	2	10	non-throwing arm is optional	https://youtube.com/shorts/rrao6pscugA?fe
C1	Forearm Radial Deviation	2	10	non-throwing arm is optional	https://youtube.com/shorts/R5f8j0VE-HI?fe
C2	Forearm Ulnar Deviation	2	10	non-throwing arm is optional	https://youtube.com/shorts/Fd3bPWrgkeo?fe
C3	SA DB overhead tricep extension	3	10/side	PICK ONLY ONE!	https://youtube.com/shorts/_njzgx4Qv6c?fe
	SA DB supine tricep extension	3	10/side		https://youtube.com/shorts/p37mrvMgiF8?fe
Day 2					
	Day 2	Sets	Reps	Notes	Video
A1	Horizontal adduction	2	10/side		https://youtube.com/shorts/TyUyoDYg-7D?fe
A2	D2 shoulder extension	2	10/side		https://youtube.com/shorts/VstpLA0106g?fe
A3	Standing SA shoulder ER	2	10/side		https://youtube.com/shorts/qwHwONAluPI?fe
B1	Push-up iso	2	20-60sec	not failure, but strong burn	https://youtube.com/shorts/50k2xJc3M4g?fe
B2	Forearm Pronation	2	10	non-throwing arm is optional	https://youtube.com/shorts/JlYpiWAQ5nU?fe
C1	Wrist Flexion	2	10	non-throwing arm is optional	https://youtube.com/shorts/2wzha3cvWC8?fe
C2	Wrist Extension	2	10	non-throwing arm is optional	https://youtube.com/shorts/2l4mhr-m0hA?fe
C3	SA DB standing bicep curl	3	10/side	PICK ONLY ONE!	https://youtube.com/shorts/62mjBj6cWqM?fe
	SA DB preacher curl	3	10/side		https://youtube.com/shorts/NWkJA1caPFA?fe