

Exercise (every throwing day)	Sets	Reps	Video
All 4's T-spine flexion/extension	1	8 each direction	All 4's t-spine flexion/extension
All 4's T-spine rotation	1	8/side	all 4's t-spine rotation
Bear crawl forward and backward	1	10 steps/side each direction	bear crawl forward/backward
Bear crawl to downward dog W/ toe taps	1	8/side	bear crawl to downward dog W/ toe
SL RDL to Sprinters Pose	1	6/side	SL RDL to sprinters pose
Lateral lunge W/ overhead reach	1	8/side	lateral lunge W/ overhead reach
Split-Squat W/ iso hold	1	20-40sec/side	Split-squat iso
Push-up iso hold	2	20-30 sec	push-up iso
Exercise (Moderate/High Effort Days Only)	Sets	Reps	
double broad jump	1	3-4 (15-30 sec rest)	double broad jump
Sprints	1	4 @ 10-15yds (1 min rest)	lateral jump to sprint