

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