

Throwing Exercises	Sets	Reps
Forward Raise	2	10
Lateral Raise	2	10
Shrug	2	10
Internal Rotation	3	10
External Rotation	3	10
Wrist Flexion	3	10
Wrist Extension	3	10
Workout		
Skater Jumps	3	
Side Lunge	3	10 each side
Bench Press	3	8 to 10
Seated MB Chest Pass	3	10
Squat	3	8 to 10
Squat Jumps (UP)	3	10
Trunk Rotation		
Bands	3	10 each side
MB Wall Toss	3	10 each side
*SUB Hand offs if wall not available		

Workout 2

Throwing Exercises	Sets	Reps
Fly	3	10
Internal Rotation	3	10
External Rotation	3	10
Empty Can	2	10
Wrist Twist	2	10
Wrist Flexion	2	10
Wrist Extension	2	10
Workout		
Deadlift	3	10
Box Jumps	3	10
DB Curls	3	10
MB Overhead Back Toss	3	10
BB Horizontal Row	3	10
Reverse Push up (speed)	3	10
Jerk	3	10
MB Wall Toss	3	10
*Sub MB Tricep extension (overhead) if wall not available		

Throwing Exercises	Sets	Reps
Forward Raise	3	10
Lateral Raise	3	10
Shrug	3	10
Internal Rotation	3	10
External Rotation	3	10
Empty Can	3	10
Wrist Extension	3	10
Wrist Flexion	3	10
Wrist Twist	3	10
Workout		
DB Snatch	3 each side	10
MB Squat	3	10
1 leg Romanian Deadlift	3	10
MB Lunges	3	10
Incline Bench Press	3	10
BB 1/2 Squat Calf Raise	3	10
MB Figure 8's	3	10
Crunches (may use ball)	3	50