

POST THROWING ARM CARE

Exercises	Sets	Reps
Rotational Row w/ Weight Transfer (Throwing Arm)	2	12/15
Double 90	2	12/15
Push-Ups	2	12/15
Pull Aparts	2	12/15
Front Raise	2	12/15
Pull Downs	2	12/15
Reverse Throws w/ Plyo Ball	2	12/15
Forearm Roller Or Hand Gripper	2	Up/Down x 2
	1	5/10/15/20/ 25/20/15/10/5

BASEBALL DUDES