

J-Band Workout

Before touching a ball, do these 2 exercises to properly warm up arm & shoulder muscles and to strengthen the small muscles of the rotator cuff that are most vulnerable to injury.

1. **arm circles** – holding either none, one or two softballs in each hand with the palms up, hold arms horizontal, do small symmetrical arm circles, gradually increase size of circle to full circle, slowly decrease size of circle back to start; these circles build up flexibility, balance, strength and stamina in rotator muscle group
 2. **J-Band surgical tubing workout** – 15-25 reps each exercise every day – bands give deeper stretch, isolate specific muscles in rotator cuff group so they can be stretched and strengthened, remember to breathe long and fluid, let arms do the work not body, quality over quantity
- **Dual-Arm Exercises** – warm up the shoulder, lats, oblique muscles before throwing

BAND IS HIP HEIGHT

1. **Over-the-head forearm extensions** – tube hip height, face away from fence in stride position like lunge, start with arms extended straight up, bend elbows so forearms reach back, straighten to starting position
 2. **Side to side stretches** – same starting lunge position with arms extended above head, lean right and hold 10 counts, lean left for 10 counts, 3 counts each direction, rotate right and left for 1 count 15 times, end upright with 10 forearm extensions
 3. **Forward flies** – still facing away from fence, feet hip distance apart, arms extended to side shoulder height, begin by bringing palms forward, return to start without going past shoulders
 4. **Reverse flies** – works the decelerator muscles, face fence, start with arms extended in front of you lower than shoulder height, begin by moving palms away from each other, do not pull past shoulders, return to starting position
- **Throwing-Arm Specific Exercises** – used to stretch and strengthen the rotator cuff muscle group, release arm cuff off non-throwing arm, turn sideways
5. **Internal rotation** – place elbow on hip & bend to 90 degrees, place non-throwing arm under armpit, begin by pulling hand toward body, parallel to the ground across hip to hip, return to start, keep hand loose
 6. **External rotation** – turn around and stay sideways to fence, put right elbow on right hip, bring left hand across to hold elbow in place, right hand starts in front of left hip, pull away from body and parallel to the ground until hand is in front of right hip, stop and return to start

BAND IS SHOULDER HEIGHT

7. **Elevated internal rotation** – move band to shoulder height which changes angle of rotator cuff exercise, start with elbow up to shoulder height and arm bent 90 degrees, support elbow by placing opposite hand underneath, pull hand forward until parallel to ground, return to upright starting position
8. **Elevated external rotation** – turn around and stay sideways to fence, again support elbow with opposite hand, start with elbow up to shoulder height and forearm parallel to ground, pull hand back to upright and past vertical to 120 degrees, return to parallel starting position, do not move elbow

BAND IS SHIN HEIGHT

9. **Reverse throwing motion – windmills!** – move band to shin height, stand sideways to fence in stride position, keep front shoulder still – it faces into the fence, keep elbow soft, do slow controlled reverse throwing motions...which look like small fastpitch windmills!
10. **Forward throwing motion** – turn around, take wrist cuff off, put fingers through cuff, stand sideways to fence with back foot square and front foot at 60 degrees, start with hands together, break and load like overhand pitch, get good extension through the arm slot, work downhill over front knee with chin and chest up, keep eyes level, after follow through, return to hands together