



**MASH ONLINE THROWING PROGRAM (Updated 4/15/2020)**

WEEK	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	OFF	HYBRID B	RECOVERY	HYBRID B	HYBRID B	RECOVERY	OFF
WEEK 2	OFF	HYBRID B	HYBRID B	RECOVERY	HYBRID B	RECOVERY	HYBRID A
WEEK 3	OFF	OFF	HYBRID A	RECOVERY	HYBRID B	HYBRID A	HYBRID B
WEEK 4	OFF	HYBRID B	RECOVERY	VELOCITY	RECOVERY	HYBRID B	HYBRID A
WEEK 5	OFF	HYBRID B	RECOVERY	VELOCITY	RECOVERY	HYBRID B	MOUND BLENDING B
WEEK 6	OFF	HYBRID B	RECOVERY	RECOVERY/OFF	MOUND BLENDING B	RECOVERY	OFF
WEEK 7	OFF	MOUND BLENDING B	HYBRID A	RECOVERY	FLAT COMMAND	RECOVERY	MOUND BLENDING A
WEEK 8	OFF	MOUND BLENDING B	HYBRID B	MOUND BLENDING A	RECOVERY	FLAT COMMAND	HYBRID A
WEEK 9	OFF	FLAT COMMAND	BULLPEN	RECOVERY	HYBRID B	RECOVERY	MOUND VELOCITY
WEEK 10	OFF	HYBRID B	RECOVERY	RECOVERY/OFF	MOUND BLENDING A	RECOVERY	OFF
WEEK 11	OFF	BULLPEN	RECOVERY	FLAT COMMAND	MOUND BLENDING B	MOUND VELOCITY	RECOVERY
WEEK 12	OFF	FLAT COMMAND	BULLPEN	RECOVERY	HYBRID B	FLAT COMMAND	BULLPEN
WEEK 13	OFF	FLAT COMMAND	BULLPEN	RECOVERY	HYBRID B	FLAT COMMAND	BULLPEN



## Daily Warm Up + Arm Care Routines

**Programming Guidelines:** The daily warm up and Arm Care C are the first thing you do to prepare for throwing. Arm Care A is designed for someone with loose joints. Arm Care B is designed for athletes with tight musculature. These two programs are accomplished post-throwing. Arm Care D is paired with your Recovery Day.

### DAILY WARM UP

- Upward & Downward Facing Dog x3e
- 3-Legged Dog x3e
- Groiner w/Twist x5e
- Scorpions x5e
- T-Spine Windmill x5e
- Side Lying Hip ADDuction (groin) x10e
- Quadruped Hip ABDuction x10e
- SL Glute Bridge x15e
- Plank Leg Raises x10e
- SL RDL to Hip Flexion to Lateral Decel Lunge x5e
- Reverse Lunge w/OH Reach x5e

### ARM CARE PROGRESSIONS

<u>Arm Care: A</u>	<u>Arm Care: B</u>
<b>Activation/Motor Control</b>	<b>Soft Tissue/Mobility</b>
<i>*Soft Tissue Roll as needed/able*</i>	Ball Trigger Point Release: x30-60s ea
Prone Shoulder CARs x10	Teres Minor IR/ER (ground or wall)
Wall Supported Standing CARs x5e	Supine Rhomboid Swimmers
Prone Series: Handcuffs - Y - T x20/10/10	Pec
No Money (iso if needed) x15	Cross Body Str w/Int Rotation x10e
Seated 90-90 External Rotation x10e	Wrist Flexor Stretch x10e
Internal Rotation Iso x15s	Arm Circles: Small & Big x10 E/W/A
Full Cans x15	Dowel Dynamic Pec Stretch x10e
3-Way OH Wall Ext Rot (90-90, 90-110, 90-145) x5e	90-90 Wall Pec Stretch x30s ea
Bent Over Cuban Press (wall support if needed) x5	Seated Pronated Dowel Shoulder Extension x10
Fwd Facing Wall Slides to Y Iso x5	Dowel/Band/Shirt Shoulder Dislocates x10
	Quadruped Crossbody Str w/Int Rotation x10e
	Traction Neck Stretch (up & away) x5e
	Wall Assisted OH Triceps Stretch x5e
	Quadruped Glute Bridge Biceps Stretch x10
<u>Arm Care: C</u>	<u>Arm Care: D</u>
<b>Fatigue Resistance/Endurance</b>	<b>Reactive</b>
<i>*Soft Tissue Roll as needed/able*</i>	<i>*Soft Tissue Roll as needed/able*</i>
J-Band Series 1xFatigue	Ball on Wall Rhyth. Stab.(partner) x20s ea
Y-T-W-L x15e	90-90 Rhyth. Stab.(partner) x20s ea
Wall Slide w/Last Rep Iso x15+15s	3pt High Plank Shoulder Drop-Catch x10e
Face Pull Wall Slides w/Last Rep Iso x15+15s	Overhead Reactive Catches (partner) x10e
Wall/Band Lower Trap Iso x30s	Wall Sit OH Y iso x15s
	Reactive Shoulder Circles (partner tap) x20s ea
	Leopard Iso Tennis Ball Alt. Drop-Catch x12
	Reactive High Plank (partner) x30s



## HYBRID A

Focus: 1-minute rest in between exercises, Avoid throwing PyloBall OVER 10 Feet

<b>WORKOUT PROGRESSION</b>	<b>Ages 13-18 Varsity</b>		<b>Ages 8-12 Youth</b>	
<b>WARM UP</b>	<b>SETS</b>	<b>REPS</b>	<b>SETS</b>	<b>REPS</b>
<a href="#">DAILY WARM UP</a>		see program		see program
<a href="#">ARM CARE C - FATIGUE + ENDURANCE</a>		see program		see program
<b>HYBRID A WORKOUT</b>				
<b>MOVEMENT DRILLS (Optional for Varsity)</b>	<b>100% INTENSITY</b>		<b>100% INTENSITY</b>	
<b>A1</b> LEG LIFT DRIVE WITH HOLD	1	15	1	15
<b>A2</b> HURDLE DRILL ADD BAND	1	15	1	15
<b>A3</b> UP/DOWN WITH PICKUPS	1	15	1	15
<b>A4</b> LEG LIFT DRIVE WITH HOLD	1	15	1	15
<b>A5</b> TOWEL DRILL (WINDUP)	1	15	1	15
<b>A6</b> TOWEL DRILL (STRECTH)	1	15	1	15
<b>THROWING DRILLS</b>	<b>100% INTENSITY</b>		<b>100% INTENSITY</b>	
<b>B1</b> REVERSE THROWS	2	1x10 w/2lbs, 1x10 w/1lb	1	1x10 w/2lbs, 1x10 w/1lb
<b>B2</b> PIVOT PICKOFFS	2	1x10 w/2lbs, 1x10 w/1lb	1	1x10 w/2lbs, 1x10 w/1lb
			1	
<b>C1</b> ROCKER THROWS	3	1x5 @ 16oz, 1x5 @ 7oz, 1x5 @ 5oz	1	10 reps with Baseball
<b>C2</b> WALKING WINDUP	3	1x5 @ 16oz, 1x5 @ 7oz, 1x5 @ 5oz	1	10 reps with Baseball
<b>D1</b> THROWING PROGRESSION	1	60-90 feet, 25-40 Throws	1	60-90 feet 20-35 Throws (Baseball)
<b>D1</b> FLAT GROUND		10 Pitches (All Fastballs)	1	10 Pitches (All Fastballs)
<b>E1</b> REBOUNDERS	2	1x10 w/ 1000g, 1x10 w/500g (Trampoline)		
<b>E2</b> BAND PULLAPARTS (NO Money Drill)	2	15 reps	2	10 w/500g (Trampoline)
<b>E3</b> WAITER WALKS (10LBS)	2	90 feet (5lbs - 30lbs)	2	10 reps
			2	60 feet (5lbs - 20lbs)
<b>RECOVERY</b>				
<a href="#">Arm Care A</a>		Arm Care A - if loose jointed		Arm Care A - if loose jointed
<a href="#">Arm Care B</a>		Arm Care B - if stiff/tight		Arm Care B - if stiff/tight
<b>CONDITIONING</b>				
90 FEET SPRINTS	1	12	1	12

**UPDATED FOR SUPERSET (4/15/2020)**



## HYBRID B

*Focus: 1-minute rest in between exercises, Avoid throwing PyloBall OVER 10 Feet*

		Ages 13-18 Varsity		Ages 8-12 Youth	
WARM UP		SETS	REPS	SETS	REPS
	<a href="#">DAILY WARM UP</a>		see program		see program
	<a href="#">ARM CARE C - FATIGUE + ENDURANCE</a>		see program		see program
<b>HYBRID B</b>					
MOVEMENT DRILLS (Optional for Varsity)		80% INTENSITY		80% INTENSITY	
<b>A1</b>	LEG LIFTS WITH BREAKING HANDS				
<b>A2</b>	HURDLE DRILL ADD BAND	1	15	1	15
<b>A3</b>	UP/DOWN WITH PICKUPS	1	15	1	15
<b>A4</b>	LEG LIFT DRIVE WITH HOLD	1	15	1	15
<b>A5</b>	TOWEL DRILL (WINDUP)	1	15	1	15
<b>A6</b>	HURDLE DRILL WITH ROTATION	1	15	1	15
THROWING DRILLS		80% INTENSITY		80% INTENSITY	
<b>B1</b>	REVERSE THROWS	2	1x10 w/2lbs, 1x10 w/1lb	2	1x5 w/2lbs, 1x5 w/1lb
<b>B1</b>	PIVOT PICKOFFS	2	1x10 w/2lbs, 1x10 w/1lb	2	5 reps w/2lbs
<b>C1</b>	ROCKER THROWS	2	1X5 w/ 2lbs, 1x5 w/1lb	1	5 Reps with Baseball
<b>C2</b>	WALKING WINDUP	2	1X5 w/ 2lbs, 1x5 w/1lb	1	5 Reps with Baseball
<b>D1</b>	THROWING PROGRESSION	1	60-120 feet, 20-25 Throws at max distance	1	60-120feet 15-20 Throws (Baseball)
<b>D2</b>	FLAT GROUND	1	15 Pitches (All Fastballs)	1	15 Pitches (All Fastballs)
<b>E1</b>	REBOUNDERS	2	1x10 w/ 1000g, 1x10 w/500g (Trampoline)	2	10 w/500g (Trampoline)
<b>E2</b>	BAND PULLAPARTS (NO Money Drill)	2	15 reps	2	10 reps
<b>E3</b>	WAITER WALKS (10LBS)	2	90 feet (5lbs - 30lbs)	2	60 feet (5lbs - 20lbs)
RECOVERY					
	<a href="#">Arm Care A</a>	Arm Care A - if loose jointed		Arm Care A - if loose jointed	
	<a href="#">Arm Care B</a>	Arm Care B - if stiff/tight		Arm Care B - if stiff/tight	
CONDITIONING					
	90 FEET SPRINTS	1	12	1	12

**UPDATED ON SUPERSET (4/15/2020)**



## RECOVERY

Focus: Avoid throwing PyloBall OVER 10 Feet, 1-minute rest in between exercises

		Ages 13-18 Varsity		Ages 8-12 Youth	
WARM-UP		SETS	REPS	SETS	REPS
	<a href="#">DAILY WARM UP</a>		see program		see program
	<a href="#">ARM CARE C - FATIGUE + ENDURANCE</a>		see program		see program
	WRIST WEIGHTS (5LB/EACH HAND)	2	10 reps w/5 lb weights	2	10 reps w/52lb weights
<a href="#">RECOVERY WORKOUT</a>					
<b>MOVEMENT DRILLS</b>					
<b>A1</b>	HURDLE DRILL ADD BANDS	1	15	1	15
<b>A2</b>	LEG LIFTS WITH BREAKING HANDS	1	15	1	15
<b>A3</b>	LEG LIFT DRIVE WITH HOLD	1	15	1	15
<b>A4</b>	UP/DOWN WITH PICKUP (MIRROR)	1	15	1	15
<b>A5</b>	PULLDOWNS (2LBS IN GLOVE)	1	15	1	15
<b>THROWING DRILLS</b>					
			<b>60% INTENSITY</b>	<b>60% INTENSITY</b>	
<b>B1</b>	REVERSE THROWS	2	1x10 w/2lbs, 1x10 w/1lb	2	1x10 w/2lbs, 1x10 w/1lb
<b>B2</b>	PIVOT PICKOFFS	2	1x10 w/2lbs, 1x10 w/1lb	1	1x10 w/2lbs, 1x10 w/1lb
<b>B3</b>	LIGHT THROWING	1	60-90 feet, 30 throws (work on targeting)	1	60-75 feet, 30 throws (work on targeting)
<b>RECOVERY</b>					
<b>C1</b>	REBOUNDERS	2	1x10 w/ 1000g, 1x10 w/500g (Trampoline)	2	10 Reps w/500g
<b>C2</b>	BAND PULLAPARTS (NO MONEY DRILL)	2	10 reps	2	10 reps
<b>C3</b>	WAITER WALKS (10LBS)	2	90 feet (5lbs - 35lbs)	2	90 feet (5lbs - 35lbs)
<b>C4</b>	UPWARD TOSSES	1	10 reps	1	10 reps
<b>ARM CARE</b>					
	<a href="#">Arm Care D - Reactive</a>		Arm Care D always paired with Recovery		Arm Care D always paired with Recovery
<b>CONDITIONING (CHOOSE 1 BELOW)</b>					
	90 FEET SPRINTS	1	12	1	10
	JOG	1	15 Minutes	1	10 Minutes
	BIKE RIDE	1	20 Minutes	1	20 Minutes

**UPDATED ON SUPERSET (4/15/2020)**



## VELOCITY DAY

Focus: Radar Gun weighted balls when possible. 1-minute rest in between exercises. Avoid throwing PyloBall OVER 15 Feet

		Ages 13-18 Varsity		Ages 8-12 Youth	
WARM-UP		SETS	REPS	SETS	REPS
	<a href="#">DAILY WARM UP</a>		see program		see program
	<a href="#">ARM CARE C - FATIGUE + ENDURANCE</a>		see program		see program
	WRIST WEIGHTS (2LB)				
<a href="#">VELOCITY WORKOUT</a>					
<b>MOVEMENT DRILLS (Optional for Varsity)</b>					
<b>A1</b>	LEG LIFTS WITH BREAKING HANDS	1	15	1	15
<b>A2</b>	LEG LIFT DRIVE WITH HOLD	1	15	1	15
<b>A3</b>	LEG DRIVE EXPLOSION (TOWEL)	1	15	1	15
<b>A4</b>	CHAIR DRILL WITH TOWEL	1	15	1	15
<b>THROWING DRILLS</b>					
			<b>100% EFFORT</b>	<b>100% EFFORT</b>	
<b>B1</b>	REVERSE THROWS	1	1x10 w/2lbs, 1x10 w/1lb	1	10 Reps w/1lb
<b>B2</b>	PIVOT PICKOFFS	1	1x10 w/2lbs, 1x10 w/1lb	1	10 Reps w/1lb
<b>B3</b>	ROCKER THROWS	1	5 REPS 9OZ	1	5 Reps w/Baseball
<b>B4</b>	WALKING WINDUP	1	5 REPS 7OZ	1	5 Reps w/Baseball
<b>LONG TOSS PROGRAM</b>					
			<b>100% EFFORT</b>	<b>100% EFFORT</b>	
<b>C1</b>	30-45 FEET / 9oz	1	12 Throws	30-45 Feet	10 Throws w/ 9oz
	75-90 FEET / 7oz	1	12 Throws	75-90 Feet	10 Throws w/ 7oz
	150-300 FEET / BASEBALL	1	15-20 Throws at max distance	120-200 Feet	10 Throws @ max distance w/5oz
<b>C2</b>	RUN & GUN TEST (Varsity)	1	3 Throws each (5oz, 6oz, 7oz, 4oz) RADAR		
<b>C3</b>	RUN & GUN TEST (Youth)		---->	30-45 Feet	10 Throws w/ 5oz
<b>RECOVERY</b>					
<b>D1</b>	REBOUNDERS	2	1x10 w/ 1000g, 1x10 w/500g (Trampoline)	2	10 Reps w/500g
<b>D2</b>	BAND PULLAPARTS (NO MONEY DRILL)	2	10 reps	2	10 reps
<b>D3</b>	WAITER WALKS (10LBS)	2	90 feet (5lbs - 35lbs)	2	90 feet (5lbs - 35lbs)
<b>ARM CARE</b>					
	<a href="#">Arm Care A</a>	Arm Care A - if loose jointed		Arm Care A - if loose jointed	
	<a href="#">Arm Care B</a>	Arm Care B - if stiff/tight		Arm Care B - if stiff/tight	
<b>CONDITIONING (CHOOSE 2 BELOW)</b>					
	90 FEET SPRINTS	1	12	1	12
	JOG-SPRINT-JOG-SPRINT	1	1 Min Jog, 60 foot Spring for 10 cycles	1	10 Minutes
	BIKE RIDE	1	20 Minutes	1	20 Minutes

UPDATED ON SUPERSET (4/15/2020)



## MOUND VELOCITY

Focus: 1-minute rest in between exercises, RADAR MOUND THROWS, Focus: Throwing with intent to locations

		Ages 13-18 Varsity		Ages 8-12 Youth	
WARM-UP		SETS	REPS	SETS	REPS
	<a href="#">DAILY WARM UP</a>		see program		see program
	<a href="#">ARM CARE C - FATIGUE + ENDURANCE</a>		see program		see program
	WRIST WEIGHTS (2LB)	1	10 Reps	1	10 Reps
<b>MOVEMENT DRILLS (Optional for Varsity)</b>					
<b>A1</b>	LEG LIFTS WITH BREAKING HANDS	1	10 Reps	1	5 Reps
<b>A2</b>	LEG LIFT DRIVE WITH HOLD	1	10 Reps	1	5 Reps
<b>A3</b>	LEG LIFTS ADD A SIT DOWN	1	10 Reps	1	5 Reps
<b>A4</b>	UP/DOWN WITH PICKUPS	1	10 Reps	1	5 Reps
<b>A5</b>	HURDLE DRILL ADD BANDS	1	10 Reps	1	5 Reps
<b>THROWING DRILLS</b>					
			<b>100% INTENSITY</b>	<b>100% INTENSITY</b>	
<b>B1</b>	REVERSE THROWS	2	10 REPS 2LBS AND 1LBS	1	10 REPS 1LB
<b>B2</b>	PIVOT PICKOFFS	2	10 REPS 2LBS AND 1LBS	1	10 REPS 1LB
<b>B3</b>	ROCKER THROWS	1	5 REPS 1LB	1	5 REPS Baseball
<b>B4</b>	WALKING WINDUP	1	5 REPS 7OZ	1	5 REPS Baseball
<b>THROWING PROGRESSION</b>					
			<b>100% INTENSITY</b>	<b>100% INTENSITY</b>	
<b>C1</b>	30-45 FEET		10 Throws		10 Throws
	75-90 FEET		10 Throws		10 Throws
	120-300 FEET		20 Throws at max distance	120-200 FEET	10 Throws at max distance
<b>C2</b>	MOUND VELOCITY WORK		7 Reps to each location (21 total pitches)		7 Reps to each location (21 total pitches)
	<i>Radar Throws, All FB's - inside, outside, middle</i>				
<b>RECOVERY</b>					
<b>D1</b>	REBOUNDERS	2	1x10 w/ 1000g, 1x10 w/500g (Trampoline)	2	10 Reps w/500g
<b>D2</b>	BAND PULLAPARTS (NO MONEY DRILL)	2	10 reps	2	10 reps
<b>D3</b>	WAITER WALKS (10LBS)	2	90 feet (5lbs - 35lbs)	2	90 feet (5lbs - 20lbs)
<b>ARM CARE</b>					
	<a href="#">Arm Care A</a>		Arm Care A - if loose jointed		Arm Care A - if loose jointed
	<a href="#">Arm Care B</a>		Arm Care B - if stiff/tight		Arm Care B - if stiff/tight
<b>CONDITIONING (CHOOSE 2 BELOW)</b>					
	90 FEET SPRINTS	1	12	1	12
	JOG	1	10 Minutes	1	10 Minutes
	BIKE RIDE	1	20 Minutes	1	20 Minutes

UPDATED ON SUPERSET (4/15/2020)



## BULLPEN

Focus: 1-minute rest in between exercises, Throwing with intent to locations

		Ages 13-18 Varsity		Ages 8-12 Youth	
WARM UP		SETS	REPS	SETS	REPS
<a href="#">DAILY WARM UP</a>			see program		see program
<a href="#">ARM CARE C - FATIGUE + ENDURANCE</a>			see program		see program
WRIST WEIGHTS (5 LBS / 2 LBS)		1	10 Reps		10 Reps
<b>BULLPEN WORKOUT</b>					
<b>MOVEMENT DRILLS (Optional for Varsity)</b>					
<b>A1</b>	LEG LIFTS WITH BREAKING HANDS	1	10 Reps	1	10 Reps
<b>A2</b>	LEG LIFT DRIVE WITH HOLD	1	10 Reps	1	10 Reps
<b>A3</b>	PVC RHYTHM SLIDES	1	10 Reps	1	10 Reps
<b>A4</b>	MED BALL CHAIR EXPLOSION (6LBS)	1	10 Reps	1	10 Reps
<b>A5</b>	HURDLE DRILL ADD BANDS	1	10 Reps	1	10 Reps
<b>THROWING DRILLS</b>					
<b>B1</b>	REVERSE THROWS	2	1x10 w/4lbs, 1x10 w/2lbs	1	10 Reps 1lb
<b>B2</b>	PIVOT PICKOFFS	2	10 Reps (2lb)	1	10 Reps 1lb
<b>B3</b>	ROCKER THROWS	2	5 Reps (1lb)	1	5 Reps w/Baseball
<b>B4</b>	WALKING WINDUP	2	5 Reps (1lb)	1	5 Reps w/Baseball
<b>THROWING PROGRESSION</b>					
		<b>100% Intensity</b>		<b>100% Intensity</b>	
<b>C1</b>	30-45 Feet		10 Throws	30-45 Feet	10 Throws
	75-90 Feet		10 Throws	75-90 Feet	10 Throws
	120-300 Feet		10-15 Throws	120-200 Feet	10-15 Throws
<b>C2. BULLPEN WORK</b>		See Sequencing -->		See Sequencing -->	
<b>RECOVERY</b>					
<b>D1</b>	REBOUNDERS	2	1x15 w/4lbs, 1x15 w/2lbs	2	15 Reps w/2lbs
<b>D2</b>	BAND PULLAPARTS	2	10 Reps	2	10 Reps
<b>D3</b>	WAITER WALKS (10LBS)	2	30 Yards	2	20 Yards
<b>ARM CARE</b>					
	<a href="#">Arm Care A</a>	Arm Care A - if loose jointed		Arm Care A - if loose jointed	
	<a href="#">Arm Care B</a>	Arm Care B - if stiff/tight		Arm Care B - if stiff/tight	
<b>CONDITIONING (CHOOSE 2 BELOW)</b>					
	90 FEET SPRINTS	1	12	1	12
	JOG	1	15 Minutes	1	10 Minutes
	BIKE RIDE	1	20 Minutes	1	20 Minutes

UPDATED ON SUPERSET (4/15/2020)



Bullpen Sequence				
Pregame Bullpen Sequence	1	Fastball	Arm Side	Wind Up
	2	Fastball	Arm Side	Wind Up
	3	Fastball	Arm Side	Wind Up
	4	Fastball	Arm Side	Wind Up
	5	Fastball	Glove Side	Wind Up
	6	Fastball	Glove Side	Wind Up
	7	Fastball	Glove Side	Wind Up
	8	Fastball	Glove Side	Wind Up
	9	Change Up	Middle Down	Wind Up
	10	Change Up	Middle Down	Wind Up
	11	Change Up	Middle Down	Wind Up
	12	Fastball	Glove Side	Stretch
	13	Change Up	Middle Down	Stretch
	14	Fastball	Arm Side	Stretch
	15	Change Up	Middle Down	Stretch
	16	Fastball	Glove Side	Stretch
	17	Change Up	Middle Down	Stretch
	18	Breaking Ball	Middle Down	Wind Up
	19	Breaking Ball	Middle Down	Wind Up
	20	Breaking Ball	Middle Down	Wind Up
	21	Fastball	Glove Side	Stretch
	22	Breaking Ball	Middle Down	Stretch
	23	Fastball	Arm Side	Stretch
	24	Breaking Ball	Middle Down	Stretch
	25	Fastball	Glove Side	Stretch
	26	Breaking Ball	Middle Down	Stretch
	27	Fastball	Glove Side (0-2)	Stretch
	28	Fastball	Glove Side (0-2)	Stretch
<b>REST 2-4 minutes</b>				
Pre-inning Sequence	29	Fastball	Arm Side	Wind Up
	30	Fastball	Arm Side	Wind Up
	31	Fastball	Glove Side	Wind Up
	32	Fastball	Glove Side	Wind Up
	33	Change Up	Middle Down	Wind Up
	34	Breaking Ball	Middle Down	Wind Up
	35	Fastball	Middle Down	Stretch
<b>Simulate 1-2 Hitters (windup &amp; stretch)</b>				



## FLAT COMMAND

Focus: 1-minute rest in between exercises, Throwing with intent to locations

		Ages 13-18 Varsity		Ages 8-12 Youth	
<b>WARM UP</b>		<b>SETS</b>	<b>REPS</b>	<b>SETS</b>	<b>REPS</b>
<a href="#">DAILY WARM UP</a>			see program		see program
<a href="#">ARM CARE C - FATIGUE + ENDURANCE</a>			see program		see program
WRIST WEIGHTS (5 LBS / 2 LBS)		1	10 Reps		10 Reps
<b>FLAT COMMAND WORKOUT</b>					
<b>MOVEMENT DRILLS (Optional for Varsity)</b>					
<b>A1</b>	LEG LIFTS WITH BREAKING HANDS	1	10 Reps	1	10 Reps
<b>A2</b>	LEG LIFT DRIVE WITH HOLD	1	10 Reps	1	10 Reps
<b>A3</b>	RHYTHM SLIDES	1	10 Reps	1	10 Reps
<b>A4</b>	HURDLE DRILL WITH ROTATIONS	1	10 Reps	1	10 Reps
<b>A5</b>	HURDLE DRILL ADD BANDS	1	10 Reps	1	10 Reps
<b>THROWING DRILLS</b>					
<b>B1</b>	REVERSE THROWS	2	1x10 w/4lbs, 1x10 w/2lbs	1	10 Reps 1lb
<b>B2</b>	PIVOT PICKOFFS	2	10 Reps (2lb)	1	10 Reps 1lb
<b>B3</b>	WALKING WINDUP	2	5 Reps (1lb)	1	5 Reps w/Baseball
<b>THROWING PROGRESSION</b>					
<b>C1</b>	30-45 Feet		10 Throws	30-45 Feet	10 Throws
	75-90 Feet		10 Throws	75-90 Feet	10 Throws
	120-300 Feet		Follow Your Arm	120-200 Feet	Follow Your Arm
<b>C2. FLATGROUND WORK (50-60')</b>		70-80% Intensity	See Sequencing -->	70-80% Intensity	See Sequencing -->
<b>RECOVERY</b>					
<b>D1</b>	REBOUNDERS	2	1x15 w/4lbs, 1x15 w/2lbs	2	15 Reps w/2lbs
<b>D2</b>	BAND PULLAPARTS (NO MONEY)	2	10 Reps	2	10 Reps
<b>D3</b>	WAITER WALKS (10LBS)	2	30 Yards	2	20 Yards
<b>ARM CARE</b>					
	<a href="#">Arm Care A</a>	Arm Care A - if loose jointed		Arm Care A - if loose jointed	
	<a href="#">Arm Care B</a>	Arm Care B - if stiff/tight		Arm Care B - if stiff/tight	
<b>CONDITIONING (CHOOSE 2 BELOW)</b>					
	90 FEET SPRINTS	1	12	1	12
	JOG	1	15 Minutes	1	10 Minutes
	BIKE RIDE	1	20 Minutes	1	20 Minutes

UPDATED ON SUPERSET (4/15/2020)



### Bullpen Sequence

Flatground Sequence	1	Fastball	Arm Side	Wind Up
	2	Fastball	Arm Side	Wind Up
	3	Fastball	Arm Side	Wind Up
	4	Fastball	Arm Side	Wind Up
	5	Fastball	Glove Side	Wind Up
	6	Fastball	Glove Side	Wind Up
	7	Fastball	Glove Side	Wind Up
	8	Fastball	Glove Side	Wind Up
	9	Fastball	Middle Down	Wind Up
	10	Fastball	Middle Down	Wind Up
	11	Fastball	Middle Down	Wind Up
	12	Fastball	Middle Down	Wind Up
	13	Offspeed Focus	Location Focus	Wind Up
	14	Offspeed Focus	Location Focus	Wind Up
	15	Offspeed Focus	Location Focus	Wind Up
	16	Offspeed Focus	Location Focus	Wind Up
	17	Offspeed Focus	Location Focus	Wind Up
	18	Fastball	Arm Side	Stretch
	19	Offspeed Focus	Location Focus	Stretch
	20	Fastball	Glove Side	Stretch
	21	Offspeed Focus	Location Focus	Stretch
	22	Fastball	Arm Side	Stretch
	23	Offspeed Focus	Location Focus	Stretch
	24	Fastball	Glove Side	Stretch
	25	Offspeed Focus	Location Focus	Stretch
	26	Fastball	Arm Side (0-2)	Stretch
	27	Fastball	Glove Side (0-2)	Stretch
	28	Fastball	Glove Side (0-2)	Stretch
<b>REST 2-4 minutes</b>				
<b>Simulate 1-2 Hitters (windup &amp; stretch)</b>				