

THROWING ARM SPECIFIC EXERCISES

6: Internal Rotation

- Clip at hip height
- Elbow on hip
- Arm at right angle
- Place off-hand under armpit
- Maintain level shoulders
- Rotate arm towards opposite hip

Exercise 6
Step 1



Exercise 6
Step 2



7: External Rotation

- Clip at hip height
- Arm at right angle
- Same as Internal Rotation in opposite direction
- Opposite hand on outside of elbow to stabilize
- Maintain level shoulders

Exercise 7
Step 1



Exercise 7
Step 2



8: Elevated Internal Rotation

- Clip at shoulder height
- Arm at right angle
- Throwing elbow stabilized perpendicular to shoulder at shoulder height and in line with silver clip

Exercise 8a
Step 1



Exercise 8a
Step 2



8: Elevated Internal Rotation (Alternative)

- Clip at shoulder height
- Have chest facing away from fence
- Have throwing elbow in alignment with clip at shoulder height & maintain right angle (omit over elbow)
- Keep elbow as stable as possible

Exercise 8b
Step 1



Exercise 8b
Step 2



9: Elevated External Rotation

- Clip at shoulder height
- Same as Internal Rotation in opposite direction

Exercise 9
Step 1



Exercise 9
Step 2



10: Reverse Throwing

- Clip at waist height
- Front shoulder facing clip
- Take arm in reverse direction maintaining the same arm action and arm slot of forward throwing motion
- Make a complete arm circle

Exercise 10
Step 1



Exercise 10
Step 2



11: Forward Throwing Motion

- Clip at waist height
- Place throwing fingers through wrist cuff & in alignment with clip
- Keep clip and tubing in line with arm slot
- Maintain normal throwing mechanics
- Extend out in front & make a complete arm circle with loose & relaxed arm action

Exercise 11
Step 1



Exercise 11
Step 2



ARMED BY JAEGER

J Fit Exercise Band Workout Guide

Tao Wei



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