



# Baseball Exercises

## *Hip Mobility*

Hip Cars	x 5 Reps
Posterior Hip Hinge	x 1 min
Dynamic Abductors	x 1 min
Half Kneeling Hip Flexor	x 1 min
Hip Hovers with Middle Stretch	x 10 Reps
Squat Hip to Hand	x 10 Reps

## *Thoracic Mobility*

Fly Opens	x 5 Reps
180° James Bond	x 5 Reps
Sleeping James Bond	x 5 Reps

## *Shoulder Health*

J Band Y's	x 10 Reps
J Band T's	x 10 Reps
J Band A's	x 10 Reps
J Band Exterior Rotation	x 10 Reps
J Band Slow Circles (Fwd & Back)	x 10 Reps
J Band Fast Circles (Fwd & Back)	x 10 Reps
Pull Apart Close	x 10 Reps
Pull Apart Far	x 10 Reps

## *Pitching Pre Game / Pen Mobility Routine*

Quadruped Scapula Squeezes	x 10 Reps
T-Spine Rotation (Each Side)	x 10 Reps
Swimmer Hovers	x 5 Reps
J Band Y's	x 10 Reps
J Band T's	x 10 Reps
J Band Slow Circles (Fwd & Back)	x 5 Reps
J Band Fast Circles (Fwd & Back)	x 10 Reps
J Band 90/90 External Rotation	x 10 Reps