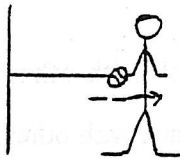
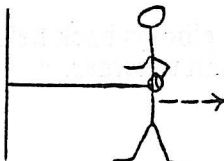
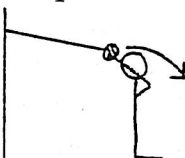
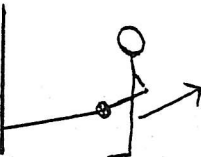
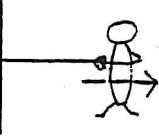
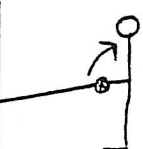
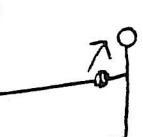
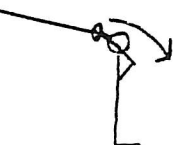


V.) TUBING:

- 1.) **Internal Rotation:**  Stand with throwing arm close to fence. Have the throwing elbow in at the side. Rotate the arm to the stomach, pulling against the tubing. Release. Go Slow.
2 Sets of 10X (1 Before you throw, 1 after you throw)
- 2.) **External Rotation:**  Switch directions so that now the ball is starting against the stomach and you must pull out and away from the stomach as far as possible but the whole while keeping the elbow against the side. You must physically turn around to execute the exercise properly. Go Slow.
2 Sets of 10X (1 Before you throw, 1 after you throw)
- 3.) **Tricep Extension:**  Start with back against the fence, elbow up and bent at 90°. Extend outward and down until arm is straight and parallel with the ground. Release. Go Slow.
2 Sets of 10X (1 Before you throw, 1 after you throw).
- 4.) **Diagonal Pulls:**  Done just you would start a lawn mower. Start with arm fully extended forward. Pull back as far as you can with elbow moving in a 90° position. Release. Go Slow.
2 Sets of 10X (1 Before you throw, 1 after you throw).
- 5.) **Under Arm Pulls:**  Done while down on all fours. Non - throwing arm is closest to the fence. Extend tubing between knee and non - throwing arm. Pull tubing to a position parallel to the ground. Release. Go Slow.
2 Sets of 10X (1 Before you throw, 1 after you throw).
- 6.) **Bicep Curls:**  Start with arm extended straight ahead and palm down. Pull elbow to the hip and as you do, rotate your palm up. Release. Go Slow.
2 Sets of 10X (1 Before you throw, 1 after you throw).
- 7.) **Reverse Curls:**  Start with arm extended straight ahead and palm down. Pull elbow to hip, then curl upward. Release. Go Slow.
2 Sets of 10X (1 Before you throw, 1 after you throw)
- 8.) **Flicks:**  Done just like the tricep extensions but after you extend, snap the wrist downward. Release. Go Slow.
2 Sets of 10X (1 Before you throw, 1 after you throw)

III.) ARM STRETCHES:

Before you tube, jobe, throw, etc. Stretch the arms and back.

- 1.) Overhead: Hand under elbow.
- 2.) Front Forearm: Fingers point up, push back with other hand against finger tips.
- 3.) Back Forearm: Fingers point down, push back with other hand against finger tips.
- 4.) Front Cross: Cross arms in front, have partner pull your hands back behind you.
- 5.) Reverse Elbows: Place arms at 90°, push elbows back behind you. Let partner push them together.

IV.) JOBE ROUTINE: