

**DUAL ARM EXERCISES**

**THROWING ARM SPECIFIC EXERCISES**

**Exercise 1**



**Over-the-head Forearm Extensions**

- Clip at mid-back height
- Front knee over front heel at right angle
- Elbows stay stationary
- Palms extended forward

**Exercise 2**



**Side Extensions**

- Clip at mid-back height
- Front knee over front heel at right angle
- Lengthen (not round) the side
- Extend from back hip through fingertips

**Exercise 3**



**Diagonal Extensions**

- Clip at mid-back height
- Front knee over front heel at right angle
- Lengthen (not round) the side
- Extend from back hip through fingertips

**Exercise 4**



**Forward Flies**

- Clip at chest height
- Slightly bent elbows at shoulder height
- Palms toward each other

**Exercise 5**



**Reverse Flies**

- Clip at mid-back height
- Same as Forward Flies in reverse direction
- Palms move away from each other
- Bend knees; keep chin over toes and head still

**Exercise 6**



**Internal Rotation**

- Clip at hip height
- Elbow on hip
- Arm at right angle
- Place off-hand under armpit

**Exercise 7**



**External Rotation**

- Clip at hip height
- Same as Internal Rotation in opposite direction
- Opposite hand on outside of elbow to stabilize

**Exercise 8**



**Elevated Internal Rotation**

- Clip at shoulder height
- Arm at right angle
- Throwing elbow stabilized directly in front of shoulder at shoulder height

**Exercise 9**



**Elevated External Rotation**

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

**Exercise 10**



**Reverse Throwing**

- Clip at waist height
- Take arm in reverse direction maintaining the same arm action and arm slot
- Front shoulder facing clip

**Exercise 11**



**Forward Throwing Motion**

- Clip at waist height
- Use two fingers through wrist cuff
- Keep proper throwing mechanics
- Keep tubing in line with arm slot

**J-BAND WORKOUTS & BAND CARE**

**Workout Reminders**

1. Quality vs quantity
2. Allow the arm to do the work
3. Maintain proper technique
4. Keep pace under control
5. Keep arm, body, and mind relaxed
6. Keep long, fluid breathing patterns
7. Walk closer to the fence to reduce tension
8. Walk away from the fence for more resistance
9. Work to the point of fatigue rather than failure

**Important Notice and Band Care information**

Always make sure the silver clip is NEVER in alignment with your face or head.

The J-Band is not a toy and should not be used in any way other than the exercises that it is designed for.

J-band is NOT to be stretched more than 2 to 3 times its original length — even for the strongest of students.

Keeping it out of the sun and away from your cleats (when not in use) will help maximize the longevity and safety of the J-Band.