

## Throwers Warm-up 2019-2020 Season

On the track or in gym:

### **Dynamic**

Jog one lap around the track/2 laps around the gym

Straight leg marches

Knee to chest walk

Butt kicks

Marching High Knee (Pause on each foot with knee high)

Carioca (Alternate halfway)

Alternating lunge steps (x10 each leg)

### **Static (10 count)**

Standing reaching toe touches

Standing toe touch

Sitting butterfly

Sitting reaching toe touches

Sitting toe touches

Windshield wiper hold (Keep arms long and shoulders on the ground)

## Thrower Workout 2019-2020 Season

Standing throw x 20 throws

Half throw x 20 throws

Full throw (60%) x 20-25 throws

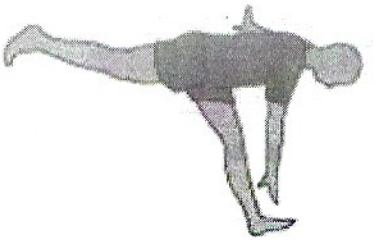
Full throws (80%) x 10-15 throws

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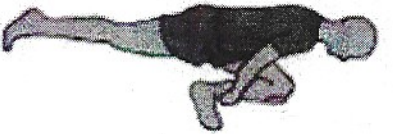
### **Things to Remember**

- A good throwing day in the offseason should include between 55-70 throws in any combination.
- Throwing at full speed doesn't mean full strength.
- Focus on what you're trying to improve or get right technically.
- Have fun :)

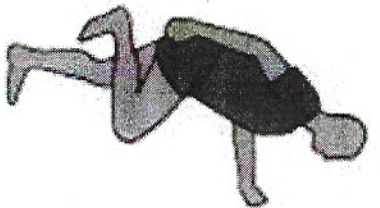
# DYNAMIC STRETCHING



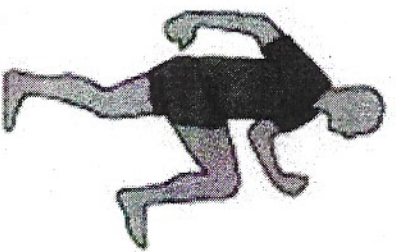
Straight  
Leg March



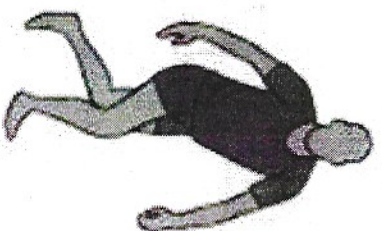
Knee to  
Chest  
Walk



Butt  
Kickers



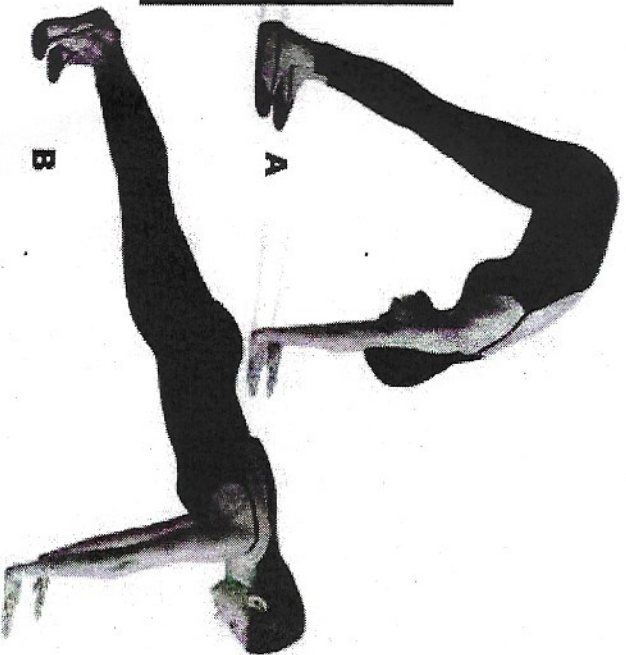
High  
Knees



Carioca



Leg Swing Through



Inch Worm



Forward Lunge  
Walk

