Hand position:

We will utilize three hand positions for performing several drills: straight, supinate (hands pointed in toward the body) and pronate (hands pointed out away from the body). These three positions mirror the hand positions required to throw the 3 major pitches: fastball (straight), change-up (pronate), curve-ball (supinate). **We will not be teaching a curve-ball this season and will not allow them to be thrown.** However, creating balance in strength is essential so we will utilize all three positions for our exercises.

**Flex-T Pushups**

Three sets of 5 pushups in each hand position, a total of 45 pushups.

5 x straight hands (or normal pushups)

5 x supinated hand positions

5x pronated hand positions

![Pushup Positions](image)

Proper pushup form: straight back, head level, body lowered to a 90-degree angle of arms, shoulder blades pinched together at lowest point. Resist your weight while lowering yourself down.

**Butt-ups**

Three sets of 5 butt-ups in each hand position, a total of 45.

![Butt-up Position](image)

Start seated, legs extended straight out, palms flat on floor at side (picture shows hands in supinated position). Extend your arms until your butt is off the ground, pinching your shoulder blades together, then return to the ground. Try to resist your return to the ground, don’t just drop down.
Side Ups

Three sets of 5 reps in each hand position for each arm, a total of 90 (45 each arm).

Perform side-ups by turning your body on its side, lining up your ankles, knees and hips (in a bridge or side plank position as shown in the left picture). Stabilize your body on your forearm. Place your other hand on the ground in front of your chest, lean into that hand and then do one-arm push-ups (right picture).

Elbow Ups

Three set of 3 reps in each of the four positions, a total of 36 reps.

Perform elbow-ups by lying on your back with your hands resting on your thighs. Use your elbows and triceps to lift your shoulders and head off the ground as high as possible. Hold for a count of five seconds, then pinch your shoulder blades together five times. Return to the original position and move your hands to your belly button. Repeat the exercise with the following variations: (1) hands on the thighs (2) hands on your belly button (3) thumbs in your arm pits (4) hands behind your head.
**Cobras**

Three sets of 5 reps in each hand position, a total of 45 reps.

Lying face down on the ground, lift your torso as high as you can, keeping your belly button and legs flat on the ground. Press your hands hard into the ground and hold for five seconds, then pinch your should blades together five times before returning to the ground. Perform this exercise with your hands in each of the positions (straight, out, in).