



# BROWER BASEBALL

Pitcher's Shoulder Tubing Warm Up

**2 sets of 15 reps**

**Front 5**

1. Scap Punch-Arms straight, reach forward with scaps only

Start



Finish



2. Low to High Hug-Start low, move upward until meeting at chest level

Start



Finish





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## 3. Fly-Arms at chest level, meet in middle

Start



Finish



## 4. Internal Rotation at Side-Elbow at side, rotate to stomach

Start



Finish





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## 5. Internal Rotation at 90 Degrees-Maintain arm height rotate down to zero degrees

Start



Finish



## Back 5

### 1. Low Row-Arms close to the body pinch scaps at finish

Start



Finish





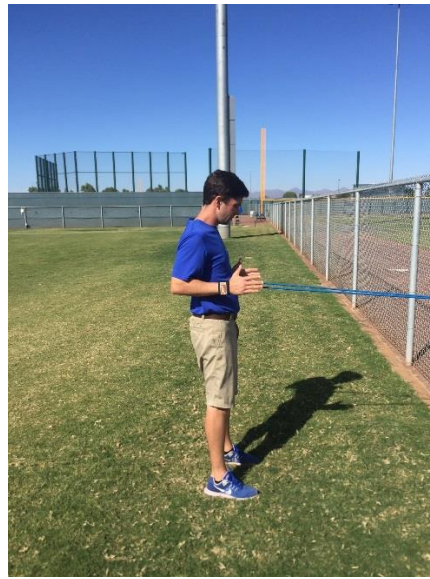
# BROWER BASEBALL

## 2. Mid Row-Pinch scaps down and back

Start



Finish



## 3. High Row-Pinch scap down and back

Start



Finish





# BROWER BASEBALL

4. External Rotation at Side-Focus on keeping elbow at side and rotate outward fully each rep

Start



Finish



5. External Rotation at 90 Degrees-Row and externally rotate, maintain arm height

Start



Finish

