

Royals Throwing Program

Warm Up		Pre Throwing Plyos		Long Toss	Bullpen	Post Throwing	
Sets Reps		Sets Reps				Sets Reps	
Pitching		Reverse Throws (Green 1KG)	1 6-10	Regular	Game	Pull Aparts	3 15
Dynamic Stretching		Pivot Picks (Blue 450g)	1 6-10			No Money	2 10
J-Bands Series 11 10-15		Roll-Ins (Blue 450g)	1 3-5			Standing Rebounders (1GR & 1BL)	1 10
Wrist Weights (Pro,Two,Cuban,Pivot) 4 10						J-Bands	11 10
Shoulder Tube 3 .10 sec						Waiter Walks (Optional)	2 20yds
Day 1		Reverse Throws (Green 1KG)	1 6-10	Regular	None	Pull Aparts	3 15
Dynamic Stretching		Pivot Picks (Blue 450g)	1 6-10			No Money	2 10
J-Band Series 11 10-15		Roll-Ins (Blue 450g)	1 3-5			Standing Rebounders (1GR & 1BL)	1 10
Wrist Weights (Pro,Two,Cuban,Pivot) 4 10						J-Bands	11 10
Shoulder Tube 3 .10 sec						Waiter Walks (Optional)	2 20yds
Day 2		Reverse Throws (Green 1KG)	1 6-10	Regular	None	Pull Aparts	3 15
Dynamic Stretching		Pivot Picks (Blue 450g)	1 6-10			No Money	2 10
J-Band Series 11 10-15		Roll-Ins (Blue 450g)	1 3-5			Standing Rebounders (1GR & 1BL)	1 10
Wrist Weights (Pro,Two,Cuban,Pivot) 4 10		Walking Wind-Up (Optional)	1 Throw B,R,Y,GY			J-Bands	11 10
Shoulder Tube 3 .10 sec						Waiter Walks (Optional)	2 20yds
Day 3		Reverse Throws (Green 1KG)	1 6-10	Regular	Potential	Pull Aparts	3 15
Dynamic Stretching		Pivot Picks (Blue 450g)	1 6-10		-Thrown w/CVB	No Money	2 10
J-Band Series 11 10-15		Roll-Ins (Blue 450g)	1 3-5		1 x 10 CVB with MB	Standing Rebounders (1GR & 1BL)	1 10
Wrist Weights (Pro,Two,Cuban,Pivot) 4 10					-Half anchored in back	J-Bands	11 10
Shoulder Tube 3 .10 sec					-Half anchored in front	Waiter Walks (Optional)	2 20yds
Day 4		Reverse Throws (Green 1KG)	1 6-10	Regular	Potential	Pull Aparts	3 15
Dynamic Stretching		Pivot Picks (Blue 450g)	1 6-10		-Thrown w/CVB	No Money	2 10
J-Band Series 11 10-15		Roll-Ins (Blue 450g)	1 3-5		1 x 10 CVB with MB	Standing Rebounders (1GR & 1BL)	1 10
Wrist Weights (Pro,Two,Cuban,Pivot) 4 10		Rocker (Optional)	1 Throw B,R,Y,GY		-Half anchored in back	J-Bands	11 10
Shoulder Tube 3 .10 sec					-Half anchored in front	Waiter Walks (Optional)	2 20yds
Day 5		Reverse Throws (Green 1KG)	1 6-10	Regular	Potential	Pull Aparts	3 15
Dynamic Stretching		Pivot Picks (Blue 450g)	1 6-10		-Thrown w/CVB	No Money	2 10
J-Band Series 11 10-15		Roll-Ins (Blue 450g)	1 3-5		1 x 10 CVB with MB	Standing Rebounders (1GR & 1BL)	1 10
Wrist Weights (Pro,Two,Cuban,Pivot) 4 10					-Half anchored in back	J-Bands	11 10
Shoulder Tube 3 .10 sec					-Half anchored in front	Waiter Walks (Optional)	2 20yds