

Offseason Conditioning, Part 2: The Exercises

September 22, 2011

Exercise #5: Push-Ups

The best total upper body strength exercise for building chest, core, and core strength all at once. Be sure to

1. Have the hands shoulder-level AND just wider than shoulder-width
2. Contract the Glute Muscles to help keep the body level and help core contraction



Figure 1. (a, b) Proper push-up technique is demonstrated with the head held in a centered and stable position, shoulders held down away from the ears, elbows close to the body, lower back and hips in a neutral position, and the legs are aligned with the hips and held stable.

When doing push-ups, go down to a count of "2" and the raise to a count of "1".

Exercise #4: Basketball Wall Throws

One of the most important positions during the throw/pitch is getting the throwing shoulder into correct position at the moment of the throw called the "late cocking phase":



You can do this by standing 6 inches from a wall with a basketball:



Figure 4. One-Handed Baseball Throw (90-90 position)

Keeping the elbow shoulder high AND bent at 90 degrees while rotating around the shoulder and throwing the basketball against a wall, 25 repetitions at a time.

Exercise #3: Plyometric 3-Lb Med Ball Exercises

A 2007 study found 3-lb med ball exercises (including the 4 exercises below):

**EFFECTS OF HIGH VOLUME UPPER EXTREMITY
 PLYOMETRIC TRAINING ON THROWING VELOCITY AND
 FUNCTIONAL STRENGTH RATIOS OF THE SHOULDER
 ROTATORS IN COLLEGIATE BASEBALL PLAYERS**

[\(click here for a summary of the article\)](#)

for 8 weeks in this format:

TABLE 3. The "Ballistic Six" training progression.

Week	Training routine
1-2	3 sets of 10 repetitions
3-5	3 sets of 15 repetitions
6-8	3 sets of 20 repetitions

increased velocity by 2 mph (83 to 85 pm) compared to a 0.27 mph increase in the control group.



Exercise #2: Lunges / 1-Leg Lunge Extensions

Research is continuing to how valuable hip strength is to consistent throwing mechanics:

LUMBOPELVIC CONTROL AND PITCHING PERFORMANCE OF PROFESSIONAL BASEBALL PITCHERS

[\(Click here to view the summary of the article\)](#)

So here is a great exercise to do with a 10-lb medicine ball EXCEPT HOLD ON TO THE BALL:

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Figure 8A. Single leg medicine ball chest toss



Figure 8B. Single leg medicine ball chest toss

Single-Leg Medicine Ball Chest Toss (Figures 8A and 8B)

The athlete will begin with the hip flexion of the unsupported leg and slight knee flexion of the supported leg. In a powerful, coordinated effort, the athlete will flex at the trunk and extend at the hip and knee of the unsupported leg and deliver a forceful chest pass. The athlete should do no more than 4 – 6 repetitions per leg for 3 – 4 sets on each leg. Due to the ballistic nature of this exercise, rapid loading is experienced by the hamstrings. Athletes should only initiate this activity after hamstrings flexibility and eccentric training has occurred to reduce any risk of strain injury to the hamstrings.

Exercise #1: Weighted Jumping Rope

Once your players can do 2 minutes/300 jumps straight with a regular rope, it's time to move on to a weighted jump rope which has been shown to increase rotator cuff strength by 55%: when done in 3 1-minute sets, every day for 12 weeks.

Duzgun I. The Effects of Jump-Rope Training on Shoulder Isokinetic Strength in Adolescent Volleyball Players. *Jou Sport Rehab* 2010; 19(2): 184-199

UP NEXT TUESDAY! Part 3: Recovery Nutrition

Hope this helps. Best of luck.

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