

The Weight Room

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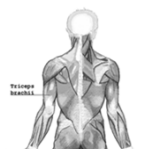
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Today's Presentation

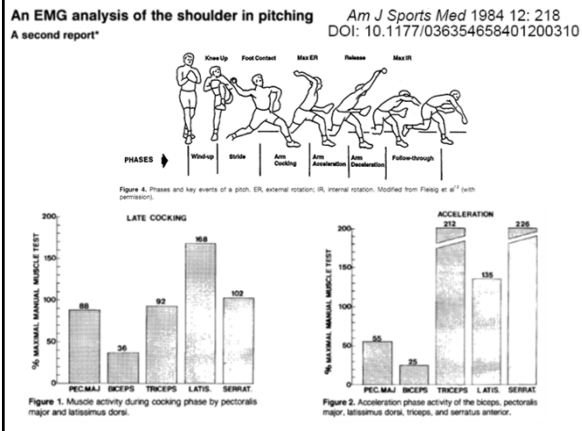
- ✓ Review of the muscles most involved in the pitching motion
- ✓ Exercises to focus on
- ✓ Exercises to avoid
- ✓ In-season weight training
- ✓ Off-season weight training

Upper Body Muscles to Focus On...





- ✓ Latissimus ("Lat") 
- ✓ Pec Major ("Pec") 
- ✓ Serratus Anterior 
- ✓ Triceps 

Lower Body Muscles to Focus On

<p>Hamstrings (Most important)</p> 	<p>Glute Muscles (Moderate Important)</p> 	<p>Quads (Least Important)</p> 
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Upper Body Exercises to Focus On

- ✓ Lats
 - ✓ Cable Row 
 - ✓ Note the hand position!
 - ✓ Pull-ups 
- ✓ Pecs
 - ✓ Dips 
 - ✓ Dumbbell Press 

Upper Body Exercises to Focus On

- ✓ Triceps
 - ✓ Triceps Extensions
 - ✓ Dips



- ✓ Serratus Anterior
 - ✓ Push-up with a plus
 - ✓ <https://www.youtube.com/watch?v=iN3cw5PKrn8>

Exercises to Avoid

- ✓ Any overhead lifting exercises
 - ✓ Military Press
 - ✓ Growth plate in shoulder at risk
- ✓ **MOST IMPORTANT!** Any biceps exercises
 - ✓ Biceps undergoes a violent lengthening during the acceleration phase of throwing
 - ✓ Must keep biceps as loose as possible
 - ✓ Any tightness may increase the risk of injuring the shoulder (called a SLAP Lesion)



Lower Body Exercises to Focus On

- ✓ BEST exercise = lunges
- ✓ Yes...



- ✓ Hold weight at chest
- ✓ Keeps back straight
- ✓ during lunge

- ✓ No...



- ✓ Dumbbells may cause back to bend at bottom of lunge

You do a lunge with every pitch!



A note on squats

- ✓ Not as functional for pitchers as lunges
- ✓ Many young athletes lack the core strength to properly do squats → increase injury risk
- ✓ The baseball physique (long and lean) makes squats more difficult to compared to other physiques like football (short and wide)

Hamstrings

- ✓ Most overlooked bodypart to train
- ✓ #3 injured body part in MLB
 - ✓ #1 Elbow, #2 Shoulder
- ✓ Due to strength imbalance with quadriceps muscles

Hamstring Exercise #1

Russian Good Mornings

- ✓ Keep eyes looking forward
- ✓ Make sure knees bend during lean



Hamstring Exercise #2

Nordic Hamstring Exercise

The Great Hamstring Saver

By GRETCHEN REYNOLDS



its simple steps: After warming up, kneel on the ground, with a spotter securing your ankles. Then, as slowly and smoothly as possible, lean forward so that your chest approaches the ground. Use your hamstrings to put the brakes on your forward momentum until you can no longer resist gravity. Put out your arms at that point to stop your fall. Allow your chest to touch the ground, then push yourself upright to repeat the exercise.

In-Season Weightlifting

None!

- ✓ Focus on weighted jump rope / medicine ball training / long toss / sprinting / endurance runs
 - ✓ “What to do between pitching starts” presentation

Off-Season Weightlifting

- ✓ To be done during 3-month rest period (‘Active Recovery’)



Position Statement for Youth Baseball Pitchers
Updated April 2013

2. No overhead throwing of any kind for at least 2-3 months per year (4 months is preferred).

- ✓ 2-3x/week for 30-45 minutes

- ✓ Warm-up → 2 minutes weighted jump rope (~300 jumps)
 1. 4 Bodyweight exercises
 1. Push-ups → 3 sets x 10 reps
 2. Push-up with a plus → 3 sets x 10 reps
 3. Dips → 3 sets x 10 reps
 4. Pull-ups → 3 sets x 10 reps
 2. 1 Cable exercise
 1. Cable Row → 3 sets x 10 reps
 3. 2 Dumbbell Exercises
 1. Dumbbell press → 3 sets x 10 reps
 2. Triceps extensions → 3 sets x 10 reps
 4. Lower Body
 1. Lunges → 3 sets x 10 lunges holding 25/35/45-lb plate
 2. Russian Good Mornings → 3 sets x 10 repetitions
 3. Nordic Hamstring Exercise → 3 sets x 10 repetitions
- ✓ Cool Down → 2 minutes weighted jump rope

Thank You!



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