Pawlowski’s Pitching Principles

John Pawlowski
Auburn University Head Baseball Coach
Dear Friend;

Thank you for purchasing "Pawlowski’s Pitching Principle’s"! I trust that you will find it both informative and useful in your pitching endeavors.

This manual is a "must have" for pitchers and coaches of all levels. In it you will learn about:

- The Formula for Success
- Mechanics
- Pitches
- Long Toss
- Pitching Charts
- Reading Swings
- Fielding
- Weight Lifting & Conditioning
- Nutrition

If you would like additional information on instructional videos, products, and camps for baseball teams, players, and coaches please visit my web site at www.Throw90.com Thanks again!

Sincerely,

Coach John Pawlowski
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THROW90 BASEBALL
Winning is not everything –
But making the effort to win is.
Vincent Lombardi
To be a Winning Pitcher one must:

1. Be in his best physical condition.
2. Be in his best mental condition.
3. Have good control.
4. Have a thorough knowledge of the opposition.
5. Have knowledge and recognition of game situations.
6. Develop and refine his own style of pitching.
8. Know how and be able to field his position.
9. Have poise and self-confidence on the mound.

1. **Conditioning – Physical**

   Proper conditioning is when the pitcher is capable of performing his job on a consistent basis without abnormal fatigue. The arm must be in good condition as well as the legs and the other parts of the body used in playing the position of a pitcher.

   A. The legs, upper body, arms and stomach are conditioned to perform the job expected without fatiguing before completion.

   B. He must have an organized conditioning program and follow it religiously.

   C. He must get immediate attention for any physical problems from his trainer.

2. **Conditioning – Mental**

   Organized thoughts are the key to good mental conditioning. It is easy to organize your thoughts once you are confident of your capabilities. You must know what you are physically
capable of doing and be ready to stay within those abilities. Plan a positive approach to all of your daily activities, including conditioning as well as pre-game and game activities. Develop the ability to concentrate on positive objectives in warming up and preparing to pitch. Once in the game know what you want to do and concentrate 100% on getting it done.

A. Be clear of all distracting thoughts and focus in 100% on your job as a pitcher.

B. Know and understand your capabilities.

C. Know and understand what is expected of you at all times.

D. Separate your personal life from your professional life when you arrive at the ballpark.

3. **Good Control**

   The most important control is strike zone control, being able to consistently throw two or more pitches in the strike zone. After strike zone control is mastered only then should the pitcher start perfecting his control of the inside and outside halves of the plate. High and low control should also be considered advanced stages of control with top priority being given to low strike zone control.

   A. Properly conditioned body and arm.

   B. A clear, positive thought to what you are to do.

   C. Good concentration on where you are to throw the ball.

   D. Confidence that you can throw the ball where you want it.

4. **Knowledge of Opposition**

   Prepare yourself to pitch the very best you can with the resources you have available to you. Familiarize yourself with the abilities of the players you will be facing. Your knowledge of the opposition will enable you to make better pitch selection and increase the accuracy of your anticipation as to what the hitter might try to do.
A. Know the offensive capabilities of each player you will face.
B. Know the strength and weakness of each hitter you will face.
C. Know how each hitter might react to the offensive situation he is in.
D. Know the hitters’ power, speed, bunt and hit and run capabilities.
E. Recall any past experiences you’ve had with each hitter.

5. **Knowledge and Recognition of Game Situations**

To be knowledgeable and recognize the various situations that occur during a game will take careful attention and an understanding of how the game of baseball should be played. The percentages of the opposition being successful in executing certain plays can be reduced if you anticipate these plays and take the proper preventative steps.

A. Take into consideration the score and the inning, what will the hitter be trying to do?
B. Recognize bunt situations and know your responsibilities.
C. Recognize hit and run situations and know what pitch will make it most difficult to accomplish.
D. Know when the hitter might be trying for a homerun or just to get on base.

6. **Develop and Refine Your Own Style of Pitching**

Style comes from knowing what you are physically capable of doing on a consistent basis. Evaluate each of your pitches and know when and how to use them. Developing your own style will enable you to perform consistently and lead to added self-confidence.

A. Evaluate your abilities and determine what type of pitcher you have to be to reach your maximum level of effectiveness.
B. Power Pitcher

(1) Above average velocity 90-mph range with good control.

(2) Hard slider or curve ball with average or better control.

(3) Change or off speed pitch with average or better control.

C. Control Pitcher

(1) Average or below average velocity with above average control.

(2) Good curve, slider or both with good control.

(3) Ability to change speed on FB or good change up.

(4) Ability to throw breaking ball or off speed pitch for strikes when behind in the count.

D. Power pitchers must have strike zone control. A control pitcher must have refined inside the strike zone control.

7. Knowledge of Pitch Selection

Pitch selection should always be determined by the abilities of the pitcher involved. There are two basic approaches to pitch selection. The first and most commonly used method is, after taking you knowledge of the opposition and evaluating yourself on that given day, make what you consider the best percentage pitch. The second and equally effective method of pitch selection is more of a gut feeling approach. This approach still takes into consideration your knowledge of the opposition but it also relies on your interpretation of the reaction or feeling you get from the hitter, more of a sixth sense approach. This approach still revolves around sound judgment and interpretations of game situations.

A. Know the quality of your pitches and what you are capable of doing with each pitch.
B. Recognize the importance of getting ahead and pitching ahead in the count.

C. Mix your pitches and pitch location according to game situations.

D. Know when to and when not to challenge the hitter.

E. Try to avoid all walks but especially to the lead off hitter of each inning.

F. Hitters rely on timing and anticipation of the pitch to come to help them hit, combat this with change of speeds and change of patterns with your pitches.

G. Recognize the hitters capabilities and give them credit accordingly.
Formula
Evaluating the Pitcher
“THE FORMULA”

What makes a quality pitcher?

1. Location and the Plan
   A. Can and will he use fastball to both sides of the plate effectively? Does he pitch in? __________
   B. Pitches: Can he throw his pitches for strikes 60% of the time?
      1. Fastball __________%
      2. Breaking Ball __________%
      3. Change-up __________%
      4. Other __________%
   C. The plan
      1. 1st pitch strike __________%
      2. 1-1 strikes __________%
      3. % of put aways from ahead column __________%

2. Stuff
   A. Fastball: Velocity and movement __________
   B. Breaking ball: break and sharpness __________
   C. Change-up or off speed: Hand speed and movement __________
   D. Other __________

3. Condition: Strength & Flexibility
   A. Did you do your weekly weight lifting? __________
      Did you do your daily flexibility work? __________

3. Defense:
   A. Fielding:
      Look at fielding %; ability to cover all fielding, grade responsibilities; bunts turning double plays, covering 1st, backing up bases, etc.
   B. Pick-offs:
      Holding runners on; stolen bases; does he use __________
      pick-offs effectively?
   C. Knowledge and awareness:
      Does he know the situation? __________
      Does he know and understand his responsibilities?
      Bunt plays: pick-offs; PFP; etc.
   D. Confidence
      Is he relaxed enough to perform the fielding task in pressure situations? Example: Fielding a bunt late in the game and getting the lead runner.
Throwing Drills

POTENTIAL ------------------------------- PERFORMANCE

DEVELOPMENT DRILLS

1. Indian Sit
   a. Isolate the forearm/wrist
   b. Strive for 12/6 rotation
   c. Finish the last 10%
      Focal pt. – proper rotation will enhance directional ball speed

2. Post Knee
   a. Direction from knee --- toe
   b. Power fingers on top of ball
   c. Create / complete the arc
      Focal pt. – ball separation determines the quality of the arc

3. Stride Position
   a. Toe to toe line to the catcher/partner
   b. Closed front side
   c. Lower ½ firmly planted
      Focal pt. – breaking the hands/arm action will allow for efficient arm extension

4. Stride Position Up Hill (back of the mound)
   a. Create downward angle
   b. Chest out over front knee
   c. Soften lead leg
      Focal pt. – accentuate downward plane

5. 10 Toes (flat ground or base of mount)
   a. Solid lower foundation
   b. Rhythm and temp/torso rotation
   c. Lead front elbow
      Focal pt. – power generated from hip rotation

6. Dry Drills
   a. Break down each stage/target areas
   b. Work from slow motion up to game speed
   c. Sequential order
      1. Roll Call – count movements
      2. Slap – break the hands
      3. Chair – max power potential
4. T board – lateral move/rhythm tempo
5. Flip – highlight balance position
6. Bat – hold upper torso / lead lower half
7. Towel – arm extension

Benefits of 45
1. Develop confidence/locate in and out of 4 quadrants
2. Improves mechanical development
3. Can break down mechanical deficiencies easier at 45 than 60’ 6”
4. No strain on the arm
5. Downward angle increased as distance decrease / angle awareness
6. Controlled environment for changes

Implementation:
1. Starters – can throw 45’ / 2 times a week in between starters
2. Relief pitchers – can throw before the game during BP

The Delivery – Goals
A. Wind up – fluid/smooth transition of power
B. Stretch – efficient quickness to the plat
   Note: More crucial pitches are thrown from the stretch, therefore, the split in our bullpen work is always 50/50

C. Simplify – least moving parts

D. Compact – for controlled explosion
E. Reduction – reduce injury factors
F. Consistency – provides optimum location/movement/velocity
Mechanics
Pitching Mechanics

1. **Starting Stance**
   - Start every pitch the same way
   - Eyes on target / level
   - Shoulders parallel to rubber
   - RHP right side of rubber (opposite LHP)
   - Heels of your feet should be on top of the rubber and about 6-8 inches apart
   - Balls of your feet should be in front of the rubber
   - Elbows close to the body and relaxed
   - The feet direct the body

   **KEY:** Absorb all your power, then direct and deliver it to the catcher

2. **Signal Receiving Position**
   - The ball should be placed in a preset position in your glove
   - Knees should be slightly bent and in a comfortable position
   - Feet should be about 6-8 inches apart
   - TOE to HEEL

   **KEY:** Don’t over step, short distance and under control

3. **First Movement of the Windup**
   - Take a short 6 inch rocker step back and slightly to the side of the rubber
   - Weight should be on the ball of your rocker step foot. “Don’t let your heel touch the ground!” This will cause improper weight transfer.
   - Head should remain over the pivot foot

4. **Shoulder Turn – Pivot Foot Placement**
- Turn your front lead shoulder to the catcher as you place your pivot foot in front of the rubber
- The knee should be slightly bent over your pivot foot
- Your back leg should be bent from start to finish

5. **Balance Point** – “The Critical Part”
- Knee comes straight up and your eyes remain on the target
- Weight is evenly distributed over the rubber
- Toes drop down (relax) and lead with bottom half
- Shoulders line up with target

KEY: Don’t hurry or rush through the balance point

6. **Hand Separation**
- Ball comes out of the glove between the belt and the chest
- Take the ball back and up with your hand, not your elbow

KEY: Thumb to the thigh, short to the sky and then strong to long “arm extension.”

7. **Lead Front Side Actions**
- Lead with front elbow (bent position)
- Glove should be semi-tucked position at point of release
- Point and replace your power hips – “stay closed until contact is made with the ground.”
- High elbows

8. **Landing Foot**
- Inside ball of foot
- Front knee slightly bent
- Stride length approximately 5-6 shoe lengths from the front edge of the rubber
- Stride in a direct line to point of emphasis (catcher’s glove)

9. **Follow Through**
- Finish the pitch off, the last 10% of your throw
- The hand must extend to the target, followed by the head.
- Pronate the arm out and through the window
- Chest over the front knee and nose over toes
- Work downhill angle to the plate
- Good fielding position

KEY: The arm directs the ball
Pitches
FASTBALL

GOALS:
1. Throw it for strikes between 65-70% of the time
2. Use your fastball on a 2:1 ration with your other pitches
3. Locate the fastball in the 4 quadrants
4. Develop controlled movement/velocity both in and out of the zone
5. Use at least 2 different types of fastball
6. Reverse angles on fastballs, both vertically and horizontally

TYPE OF FASTBALLS:
1. Four Seam
   a. most common pitch – also used by position players
   b. will generate optimum ball speed – velocity
   c. more rotation will increase velocity/carry
   d. provides greatest potential for location
2. Two Seam
   a. generate movement/sink/tail
   b. velocity will be 1-3 mph off the 4 seam FB
   c. ball rotation is loose
   d. can be difficult to develop consistent movement/location
3. Cut-Fastball
   a. is usually 3-5 mph off 4 seam FB
   b. movement stays on the same plane
   c. can have 2 or 4 seam rotation
   d. break is 1-2 inches / will appear to slide from side to side

MECHANICS
1. Four Seam
   a. the power pitch
   b. thrown with power fingers across the horseshoe
   c. thumb is underneath the ball
      Note: if ball is extracted from the hand, the thumb should split the power fingers
   d. grip is firm / wrist must be flexible to find the last 10% at the pitch
   e. max power is provided by throwing the center of the ball
2. Two Seam
   a. thrown with power fingers on or between the seams:
      Note: smooth to smooth will make it move (smooth part of fingers applied to smooth part of ball)
   b. finger pressure is on a 2:1 ratio
      power finger #1 (index) + thumb vs.
      power finger #2 (middle finger)
   c. don’t turn it over “finger pressure and grip” will cause movement/tail and sinking action
d. hand pronation increases movement with the two seam FB

3. Cut-Fastball
   a. continuation of the FB
   b. can be thrown several different ways
   c. held off center either with or against the seams at 1:00 (wrist slightly cocked)
   d. more baseball on the inside half between power finger #1 and the thumb
   e. held slightly off center where power finger #2 (middle finger) cuts through the ball at release

GENERAL POINTS:
1. The fastball is the foundation for every other pitch
2. Think location / movement / velocity
3. If velocity is low > movement or location must be high
   If velocity is high > movement can be average, but location must be high
4. By creating an angle (downward plane) the margin of error increases for the hitter
5. It is not how hard you throw (velocity), it’s how short you can make the distance from point of release to point of contact. The contact being either bat or glove. Think arm extension.
CHANGE-UP

GOALS:
6. “Put it in play” – the philosophy is, if we have proper arm speed and ball speed, then the hitter will have to make the adjustment.
7. Be able to throw your change-up on a 1:1 ratio with your breaking pitch.
8. Throw your change-up for strikes between 65-70% of the time.
9. Develop fastball rotation
   RHP – top to bottom / left to right
   11>5 or 1->4 rotation
   LHP – top to bottom / right to left
   1>7 or 2->8 rotation
10. Have the ability and confidence to throw it in disadvantage counts
    1-0 / 2-0 / 3-0
    2-1 / 3-1 / 3-2

The basic 5:
   This is the teaching foundation and chronological order in which the change-up should be taught:
1. Generate – hand speed (same as FB)
2. Generate – arm speed (same as FB)
3. Generate – ball speed (8-12 mph off FB)
4. Ball rotation – (tight / resembles FB)
5. Ball movement – (change of plane)

Mechanics:
1. Arm slot/angle ----------------- same as FB / CB / SL
2. Finger pressure ----------------- determines desired movement
3. Increase finger ----------------- decreases ball velocity
   surface on the ball
4. Grip on ball ----------------- controls ball speed
5. Flexible wrist ----------------- foundation for ball movement
6. Hand pronation ----------------- will increase with arm extension
7. Power fingers separate ----------------- decrease ball speed

GRIPS: Although there is no standard or correct way to hold/grip the change-up, there are several different variations that we use.
1. FB loose grip
   Thrown with FB grip but finger pressure is decreased. By increasing the space between the middle and index finger the ball speed with decrease.
2. **C Change**

   Slide the index finger down to form the letter C on the side of the ball. This is easier and should be taught before the “OK” change. It feels more natural. Throw the C.

3. **OK Change**

   This is a continuation of the C change where the index finger now forms the letter O. This is the most “common” change. Throw the O.

4. **Three Finger**

   Use the FB grip with the pointer/middle and ring finger on the ball. The middle finger is slightly in the center or to the inside part of the ball. The thumb and pinky finger are under the ball. Throw the middle finger.

5. **Palm Ball**

   Thrown with the fingers spread out evenly over the surface of the ball. The ball is pushed back into the palm area. Grip is loose. Throw the palm.

6. **Fosch**

   Split the power fingers slightly off the seams. The ring and pinky fingers are on the side of the ball. The thumb is also on the side of the baseball. As the thumb moves closer to the index finger, more movement will occur, but less control.
BREAKING PITCHES

GOALS:
1. Throw your breaking pitch for strikes between 60-65% of the time.
2. Develop all three types of breaking pitches
   a. 0-0 (hit me/controlled)
   b. 1-2 / 0-2 (black-out)
   c. Any court (dirt breaking ball)
      Note: The back door breaking ball is a very successful pitch, however, it should not be taught until these three are mastered.
3. Use the breaking pitch on a 1:1 ratio with your change up.
4. Develop a consistent break which is deep/deepth and changes planes.
5. Develop the understanding of breaking ball situations.

TYPE OF BREAKING PITCHES

1. Curveball
   a. Most common type of breaking ball
   b. Strive for 12>6 rotation
   c. Thrown between 8-12 mph off FB
   d. This is the most difficult pitch to hit because of the size and rate of change it has from plane to plane.

2. Slider
   a. Thrown as a “power pitch”
   b. Break is 1-4 inches
   c. Rotation is tight / resembles FB
   d. Generally 7-10 mph of FB

3. Slurve
   a. Has a bigger break than a slider, not as much as a curveball.
   b. Has the highest percentage or likelihood to be thrown for strikes
   c. Break is not as sharp, resembles a cut fastball but has more depth.
   d. This is not a true out pitch, the slurve is usually put into play more often than the CB or SL.
   e. As a general rule, the slurve will develop into a slider.
MECHANICS:

1. Curveball
   a. Arm speed resembles that on your FB, however, power fingers apply pressure over the top of the seams.
   b. Either power finger can be next to the seam to provide a foundation for ball rotation.
   c. Thumb is underneath the ball.
   d. Ball should not be completely choked off.
   e. Drive the index finger at your catcher (“shoot the gun”)
   f. CB works with a karate chop type action with your forearm and wrist.

2. Slider
   a. Thrown with FB arm speed
   b. Power fingers slightly cocked at 1:00.
   c. Many different grips, but all finger pressure is out on the outer ½ of the ball. Note: Stay behind the ball
   d. Getting around the ball will cause injury especially if you have proper FB arm speed.
   e. Middle finger (power finger #2) cuts through the ball at release point.
   f. Pronate out front, throw the middle finger.

3. Slurve
   a. Also thrown with FB arm speed
   b. Fingers can be placed at 1:00
   c. More wrist action is required at release.
      Note: It is not finger pressure out over the ball, it is still finger pressure over the outer ½ of the ball.
   d. Detection between a slider and a slurve can be very minimal.

COMMON FAULTS:

a. Overthrowing the breaking ball.
b. Changing arm slots to develop the break.
c. Wrapping or choking the ball off.
d. Reducing arm speed to develop control, but reducing the intensity of the break.
e. Thinking there is only one type of breaking ball.
f. Thinking the greater the velocity, the bigger the break. Think more rotation.
g. Arm extension is very important, however, it will not be as pronounced as the FB. Usually goes undetected. Do all the work in front of the face.
h. Ring finger blocks the path and causes the “hump” on the pitch.
i. Remember: Don’t overuse the breaking ball, use all the weapons you have.
Long Toss
LONG TOSS

GOALS:

1. Increases arm/hand speed
2. Increases arm strength/muscular endurance
3. Improves balance/rhythm
4. Improves direction
5. Provides valuable warm-ups for bullpen
6. Improves concentration/confidence in one's ability
7. Accentuates mechanical flaws
8. Develops visual results on change-up

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<th># of throws</th>
<th>Distance</th>
<th>Effect</th>
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<tr>
<td>5-10</td>
<td>30-45 ft</td>
<td>50%</td>
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<tr>
<td>5-10</td>
<td>45-60 ft</td>
<td>60%</td>
</tr>
<tr>
<td>10-15</td>
<td>60-180 ft</td>
<td>80%</td>
</tr>
<tr>
<td>5-10</td>
<td>180-230 ft (or max distance)</td>
<td>95%</td>
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<tr>
<td>10-15</td>
<td>180-100</td>
<td>95%</td>
</tr>
<tr>
<td>10-20</td>
<td>50-40 (change-ups)</td>
<td>95%</td>
</tr>
<tr>
<td>5-10</td>
<td>45-30</td>
<td>80%</td>
</tr>
</tbody>
</table>

Implementation:

1. Before the long toss program begins, all pre-practice warm-up should be completed along with the tubes and cans and throwing drill.
2. This is a continuous program designed to reach maximum distance by maintaining a constant “throwing arc.” This should never exceed 3 times your height.
3. Starters should long toss immediately prior to their bullpen.
4. Relievers should long toss 2 to 3 times per week, depending on the amount of innings thrown and availability for the game.

Mechanics:

1. Use normal arm slot/angle
2. Fast ball grip
3. Release the ball out in front/flex the knee/bend the back
4. Always follow through —don’t’ recoil-
5. Step behind when you throw, don’t crow hop. This helps promote sound mechanics by keeping the front side closed.
6. Don’t substitute distance by changing your arm angle.
Change-up:

1. Improves confidence of grip/feel
2. Can see the desired movement
3. The most common problem with the change-up is that it is not thrown with fastball arm speed. By throwing change-ups at 40-50 yards, this helps develop a feel for creating the proper arm speed.

Drills:

1. Eyes Closed
   - helps pitcher with a sense of direction and the ability to stay on his throw longer
   - gives immediate feedback on improper mechanics
2. Hat
   - placed 10 yards out in front of partner approximately 30-40 yards apart
   - improves direction and angle
   - helps location and improves release point
Starters’
Pre-Game Warm-Up Routine

A. Pre-Game
1. Consistent routine
2. Gathering information
3. Commitment to performance

B. Downtime
1. Arrival/dress
2. Full body stretch
3. Tubes/cans

C. Scouting Report
1. Keep it simple
2. Pitchers’ strengths vs. hitters’ weakness
3. Work the plan

D. Getting the Edge off
1. Pregame run
2. Long toss
3. Toe the rubber

The Plan

1. Stretch – “Fastball”
   Distance  Effort  Location      # of Pitches
   45’       60-70%  Box/split  3
   60’ 6”    80-85%  Box/split  2
   60’ 6”    80-85%  Opp arm side  3
   60’ 6”    80-85%  Up/in arm side  1
   1
   60’ 6”    80-85%  Arm side  3
   60’ 6”    80-85%  Opp arm side  1
   60’ 6”    85-90%  Box/split  2

2. Stretch – “Change Up”
   60’ 6”    85-90%  Box/split  1
   60’ 6”    85-90%  Arm side  3

3. Stretch – “CB/Slider”
   45’       80-85%  Box/split  2
   60’ 6”    85-90%  Box/split  2
   60’ 6”    85-90%  Black out  2

   Approx 1 min break to flush out lactic acid / regain sight of goals

4. Wind-Up – “Fastball”
   60’ 6”    85-90%  Opp arm side  3
5. Wind-Up – “Change Up”
   60' 6"  85-90%  Box/split  1
   60' 6"  85-90%  Arm side  3
6. Wind-Up – “CB/Slider”
   60' 6"  85-90%  Box/split  2
   60' 6"  85-90%  Black out  2
7. 60' 6"  90-95%  Free mix  5
8. Two stand in hitters approx 8 pitches

Notes:
1. the plan can be altered according to strengths or weaknesses
2. Long toss is based on individual preference
3. Don’t warm up by min. warm up by pitches
   Total warm up routine from 60' 6" = 40-45 pitches approx
Charts
Pitcher’s Summary Chart

Catcher: 
Game Length: ______

Opponent: 
Place: 
Date: / 
Time: : am / pm

Innings Pitches:  
Number of Hitters:  
Lead off Men out:  
Pitches per Inning: 

Number of Pitches Thrown:  
First Pitch Strikes:  
First/Second Pitch Strikes:  
Pitches per Hitter:  

Runs:  
Earned Runs:  
2 out Runs:  

Strikeouts:  
Walks:  
4+ Pitch Batters:  

Wild Pitches:  
Hit Batters:  

Stolen Bases at 2nd:  
Stolen Bases at 3rd:  
# of **FB**: # of strikes # of Balls: Strike %:  
First Pitch: First Pitch Strikes:  
1-1: 1-1 Strikes: 2-0: 3-0: 3-1: 3-2:  

# of **CB**: # of strikes # of Balls: Strike %:  
First Pitch: First Pitch Strikes:  
1-1: 1-1 Strikes: 2-0: 3-0: 3-1: 3-2:  

# of **CU**: # of strikes # of Balls: Strike %:  
First Pitch: First Pitch Strikes:  
1-1: 1-1 Strikes: 2-0: 3-0: 3-1: 3-2:  

**Pitcher’s Summary Chart**  
*TEAM*

**During the Game:**  
1. What was your best pitch? Why?  
2. What pitch did you use in clutch situations?  
3. Was the same 1st pitch used too often?  
4. If you had trouble with command, which pitch and where?  
5. How did your stress level effect your actual pitching performance?  
6. What did you do to regain control when you felt that you were not where you needed to be?  
7. What caused you to lose control?  
8. Did the game speed up? What were your thoughts at the time?  
9. Did you play the game one pitch at a time?  
10. Were you in control of yourself before each pitch?  
11. Did you slip? Why?  
12. Did you plan before each pitch and use visualization?  
13. Did you trust yourself every pitch?
14. How well were you focused on the process of playing the game instead of the outcome of your actions?

**Before the Game:**
1. What did you do the day before your start?

2. Sleep time?

3. How did you experience the stress before the game?

**Pre-Game:**
1. What did you do before you came to the park?

2. What did you do when you came to the park?

3. Pre-game routine (times)?

4. Did you pitch with a specific pattern in mind?

5. Did you study a scouting report?

6. Was it accurate?

7. How did your pre-game bullpen go for you?

8. Was there a difference in your pitches from the bullpen to the game?

9. Are there any changes you want to make in that routine that could make it more helpful?

10. What grade would you give yourself on the quality of your pre-game preparation?

   1  2  3  4  5  6  7  8  9  10

**After the Game:**
1. What adjustments will you make between now and the next time you practice or pitch?

2. Drills and goals for next week:

3. How was your confidence today?

4. What helped and what hurt your confidence?
5. What did you learn from today’s performance?

6. How was the support that you received from your coaches and teammates?

7. Are you proud of what you did today?

8. Did you respect the game of baseball today?

9. Did you get the most out of your ability?

10. Did you have fun?

11. Rate your dedication up to today’s game?

   1  2  3  4  5  6  7  8  9  10
Pitchers Analyzing Film

<table>
<thead>
<tr>
<th></th>
<th>1 needs change</th>
<th>2 insufficient</th>
<th>3 adequate</th>
<th>4 good</th>
<th>5 excellent</th>
</tr>
</thead>
</table>

**Delivery**

1. Stance
2. Step Back
3. Balance over rubber
4. Landing
5. Stay back, Stay closed
6. Finish
7. Arm Action

**Stretch**

1. Move to home
2. Leg Kick
3. Pick-off move

**Misc.**

1. Any differences in delivery on pitches?
2. Any difference from last time you threw?
Rate Your Mental Pitching Performance

<table>
<thead>
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<th>DATE</th>
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<tbody>
<tr>
<td>Did I challenge hitters?</td>
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<tr>
<td>Was I aggressive and under control?</td>
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<tr>
<td>Did I concentrate 100% on the zone?</td>
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<tr>
<td>Were my body mechanics controlled?</td>
<td></td>
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</tbody>
</table>

**Poise**
- Positive self-talk
- Breathing patterns (relaxation)
- Body language
- Consistent behavior on rubber
- Specific responses to adversity (Adjustments-gathering)

**Visualization**

Excellent = 4  
Good = 3  
Fair = 2  
Poor = 1
Reading Swings
CLASSIFYING HITTERS / READING SWINGS

First, there is a big correlation between pitching and hitting. Pitchers should sit in on hitting discussions and learn as much about the mental aspects of hitting. You should know how hitters think. Watch and observe NOT just when you are pitching that day / watch your own teammates during BP / Talk with them.

COMMON OBSERVATIONS:

1. Determine what pitch hitter likes best
2. Determine what parts of strike zone – he likes best
   A. Body Type – Strong vs. Weak
   B. Stance
      a. Narrow  c. Open  Position in box
      b. Wide  d. Close  Deep/Up Front/Middle
      e. Close to plate or away from plate
   B. Stance – Stride – (Where he carries strides ft often fools people)
   C. Swing plane or approach to ball or bat angle or hands when front ft.
      Upper Cut = High FB’s
      Slow Bat = FB In
      Rotary Body (Hand Flip) = FB Away / CB’s
      Sweep (Extending Front Arm) = FB In
      Lunges or Jump = Change-Ups

QUESTIONS TO ASK YOURSELF ABOUT THE HITTER:

Does he want to pull everything or use all fields?

Is he patient / over aggressive?
Is he always guessing?

Does he like to swing at 1st pitch?

Will he chase breaking ball?

Do we have plate coverage when he swings?

**READING SWINGS**

Catcher has best seat in the house

Recognize foul balls – 1) Late, 2) Spun the 3B coaches cap

Hitter right on the particular pitch then you must change the pitch or location of the pitch

Hitter looking / leaving in – “Enlarge Plate” (up and in or down and away)

Position of hands when stride foot lands (does hitter carry hands with stride)

**GENERAL PITCHING PATTERN THOUGHTS:**

We like something to happen on 1-2 and 2-1 counts 3-1 and 2-1 counts

Challenge them to hit eliminated 3 ball counts:

**MORE SPECIFICALLY WITH PITCHES…**

<table>
<thead>
<tr>
<th>Type</th>
<th>Description</th>
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<tbody>
<tr>
<td>Fastballs</td>
<td>Control outer 1/3 of plate with movement</td>
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<tr>
<td></td>
<td>B.P. fastballs behind in count</td>
</tr>
<tr>
<td></td>
<td>Up/In to enlarge plate (fear factors)</td>
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<tr>
<td></td>
<td>FB following 2 breaking balls for backwards K</td>
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<tr>
<td></td>
<td>Will work up the ladder for free swingers</td>
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<tr>
<td></td>
<td>FB’s in to slow bats</td>
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<tr>
<td>Breaking Balls</td>
<td>Start out hitters with a control BB</td>
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<td></td>
<td>Behind in count “Hit Me” BB</td>
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<td></td>
<td>Ahead of count “Bastard BB”</td>
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<tr>
<td></td>
<td>BB – Followed by BB (particularly bad – one you seem to be able to fix or fine tune it. Conversely, great one is usually followed by a “poor one”!</td>
</tr>
<tr>
<td></td>
<td>BB Plate Enlargement (Backdoor or Bastard)</td>
</tr>
<tr>
<td>Change (+Pitches)</td>
<td>B.P. Fastball also</td>
</tr>
<tr>
<td></td>
<td>Outside 1/3 down</td>
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<tr>
<td></td>
<td>Disrupt Timing</td>
</tr>
</tbody>
</table>
Fielding
Fielding Your Position

A. Ground Ball Directly Up the Middle
   1. Finish delivery in good fielding position.
   2. Glove hand relaxed but ready for quick reflexes.
   3. Main objective is to catch or knock down as many balls as possible.
   4. Weight forward on the balls of feet, not back on your heels.
   5. Keep your eye on the ball and your hand eye coordination will be at peak effectiveness.
   6. One handed or two handed fielding should be determined by which is most effective for the individual.
   7. Anticipation that the ball is going to be hit back at you will increase your effectiveness.

B. Ball Hit to Right or Left of Pitcher
   1. Finish delivery in proper fielding position.
   2. Know how much area you are responsible for and able to field effectively.
   3. Side to side fielding effectiveness is increased with quick reflexes. Your reflexes are quickest when fielding with one hand. Range is also increased when fielding with one hand.

C. High Hopper in Front of Mound
   1. Stay on balls of feet while going for ball. Eyes focus on ball better.
   2. Do not take eye off ball.
   3. Catch this ball with both hands.
4. Catch and control ball before throwing.

D. Ball Hit Between Pitcher and 1B – Topper
   1. Always break for 1B bag.
   2. Take any ball you know you can field cleanly and get the out.
   3. If you can’t field the ball, continue to 1B and position yourself to take the throw.
   4. Stay out of the 1B line to avoid interference.

E. Ball Hit Hard to the Right Side
   1. Always break for 1B and be prepared to take the throw.
   2. Go to inside of 1B line approximately 10 feet from bag – continue to the bag taking the throw and touching the bag with your right foot.
   3. Make it a habit regardless of the situation to return your attention to the infield after touching the 1B bag.
   4. Catch the ball then look for bag.

F. Ball Hit to First Baseman or In Hole Between 1\textsuperscript{st} and 2\textsuperscript{nd} and is Bobbled
   1. Break for 1B line 10 feet from bag then up line to base.
   2. When ball is bobbled take position at 1B as a first baseman does.
   3. Keep the foot that you use to tag the bag out of the middle of the bag.

G. Fielding Bunt for Base Hit
   1. In front of mound
      a. Charge on balls of feet.
      b. Field with both hands using glove to catch ball.
      c. Keep attention on ball until you have control of it.
d. Take crow-hop and throw to the base where the play is.

2. Bunt to 3rd base line
   a. Change on balls of feet.
   b. Field ball with both hands when time allows.
   c. Control ball before preparing to throw.
   d. RHP: Plant right foot and throw.
   e. LHP: Pivot to right during or after fielding ball then plant left foot and throw

H. Sacrifice Bunt Situations
   1. Know bunt plans and know the objectives of each play.
   2. Know your responsibilities on all bunt plays.
   3. First priority is to get an out regardless of what play might be on.
   4. Use your basic fundamentals in fielding and throwing the ball.

I. Pitch Selection in Sac-Bunt Situation
   1. Runner on 1B, batter trying to make first baseman field the ball.
      a. FB high, inside half of plate to RH hitter.
      b. SL down and in to RH hitter.
      c. The inside pitch is harder to bunt toward 1B by the RH hitter.
   2. Runner on 1st and 2nd, batter trying to make third baseman field the ball.
      a. High and away FB, make the batter reach and possibly pop the ball up (RH hitter).
      b. High inside to LH hitter.
      c. Breaking ball away to RH hitter.
      d. Slider down and in to LH hitter.

J. Throwing a Fielded or Bunted Ball
1. Make sure you have a good grip on the ball.
2. Use natural throwing motion whenever possible.
3. After fielding ball take a crow-hop during the act of throwing whenever possible.
STOPPING THE RUNNING GAME

HOLDING RUNNERS

1. Classify runners on opposing clubs
   (1) Runner – early in count
   (2) Count runner – picking a breaking ball
   (3) No – runner – delay

   BY: Stats
       Position
       Where they play
       Observation

2. Pre-determine pick or pitch (RHP & LHP’s):
   (1) Know if you are going to pick or pitch beforehand
   (2) Alert to “step off” or “there he goes”

3. Pitchers understanding tempo and being able to hold the ball:
   (1) First time runner gets to 1st Base:
       A. Comfort Pick – location pitch to 1B man
       B. Hold ball and pitch
       C. Hold ball and pick
   (2) Vary time sets to plate

4. Quicken delivery to plate without losing velocity and “stuff” (1.3, 1.4 range)

5. RHP – Mechanics of pick move
    LHP – Mechanics of pick move
6. Drills

(1) 2 Line Picks
(2) Triangle Pick Drills

I. Pick-off Mechanics at First Base

Use regular motion but continual work on quickness to plate time from first movement until catcher receives fastball (1.3 – 1.4)

1. In one’s delivery time to the plate or in picks to first base a pitcher’s body physique often plays a major role.

   EXAMPLES: Long arm pitchers take a little longer
               Short, stumpy arm enables one to be quicker
               Quick feet or better athletes usually do a better job

   KEY: As quick as possible while maintaining accuracy and velocity

2. Another major factor is a pitcher’s ability to be able to recognize the steal situation (when the runner will be able to steal)

   A. Quick to plate:

      1. Restrict leg life
      2. Bend back side
      3. Quick arm action

      Feet should width apart and parallel / knees slightly flexed Lft Ft pointed out slightly (flexion to extension) Shoulers level and lead shoulder pointed to location (not open)

The actual pick move that we teach is a jump move. We stress upper body quickness first because our knees are already flexed; we jump – keeping feet close to ground. Your left foot points to first. A mistake is that one jumps too high.

Glove is up – abbreviated arm arc – Do not extend arm or let arm get away from body – hand impart 12-6 backspin rotation – BE ACCURATE!
SUMMARY RHP

1. Quickness to Plate:
   A. Restrict leg lift
   B. Weight shift to back side
   C. Quicken up arm action

2. Pick Off Move:
   A. Quick feet / Upper body quickness
   B. Short arm action
   C. Accuracy

LHP

We think more in terms of “deception” – Remember LHP never balk!!!

1. Quick step-off pick – I AM NOT BIG ON IT

2. A. Leg lift under control

   1. Balance knee over ball of foot
   2. Close but do not break plane
   3. Always the same

   B. Body drift homeward / hand break homeward

   1. Think / net homeward
   2. Arms swing exactly same as pitch
   3. Homeward lead arm action
   4. Head
      1. Signal – check freeze runner with eyes
      2. Signal 45 degree look
         So many LHP’s look at runner – pitch – look home – pick

   C. Stride 45 degrees (or as close as you can get away with)

   D. Throw to 1B late as if plate
PICK-OFF MECHANICS – SECOND BASE

I. REGULAR – “Day-Light” Moves
   A. Quick Feet
   B. Short Arm Action

II. TIMING PICKS
   A. Look at 2B then turn head “Chin Tuck” as in actual homeward delivery
   B. Quick Feet
   C. Short Arm Action

Predicament as which way to turn (1) Glove Side (2) Inside

There are advantages and disadvantages to both – I’d say QUICKEST, MOST ACCURATE, for individual performers.

Don’t like step back, pivot and turn – slow. However, it’s tough on pitchers “step-off key” prepare yourself to throw particularly in bunt defensive situations.

SPECIAL Step off pick

III. INSIDE PICK (2B)

1. Pick leg up / pause & rotate / throw
   Turn pivot foot heel slightly out – predicament is that your teaching quick to plate know we’re asking pitcher to knee lift and pause.
Weight Lifting
10 WEEK CALENDAR
STRENGTH TRAINING

SOME PEOPLE DREAM OF WORTHY ACCOMPLISHMENTS, WHILE OTHERS STAY AWAKE AND DO THEM.

THROW90 BASEBALL

Winning is not everything – But making the effort to win is. Vincent Lombardi

The Strength Training Program is designed with a four-phase periodization cycle. Periodization is the gradual cycling of specificity, intensity, and volume of training to achieve peak levels of fitness. The periodization will also decrease the chances of overtraining while bringing strength and power to its optimal levels. The periodization cycle is broken into four phases:

Endurance Phase
Hypertrophy Phase
Strength Phase
Strength / Power Phase
**Endurance Phase:** This phase is designed to build muscle endurance necessary for successful performance in the later stages.

**Hypertrophy Phase:** This phase is designed to build muscle size.

**Strength Phase:** This phase is designed to build muscular strength.

**Strength / Power Phase:** This phase is designed to prepare the athlete for testing.

It is very important in a twelve week cycle to not overtrain the body. An **unload week** is used just before you enter the final phase of the lifting program. The unload week is designed to give the body some time to recover from the first three phases. The lifts during this week should be performed with light weight and good technique. **Get a lot of rest!**
# THROW90 BASEBALL

## Week #1

### MONDAY

**Warm Up & Stretch (5 Minute Jog / Bike)**

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets 1</th>
<th>Sets 2</th>
<th>Sets 3</th>
</tr>
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<tbody>
<tr>
<td>Leg Sled</td>
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<td>/12</td>
<td>/10</td>
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<tr>
<td>Leg Extensions</td>
<td>___/12</td>
<td>___/12</td>
<td>___/12</td>
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<tr>
<td>Leg Curls</td>
<td>___/12</td>
<td>___/12</td>
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<tr>
<td>DB Shoulder Press</td>
<td>___/12</td>
<td>___/12</td>
<td>___/12</td>
</tr>
<tr>
<td>3 Way Raise</td>
<td>___/12</td>
<td>___/12</td>
<td>___/12</td>
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<tr>
<td>Chin Ups</td>
<td>3 x A.M.A.P. – As Many As Possible</td>
<td></td>
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<tr>
<td>Lat. Pulldowns</td>
<td>___/12</td>
<td>___/12</td>
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<tr>
<td>Incline DB</td>
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<tr>
<td>Chest Fly</td>
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<td>Preacher Curls</td>
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<tr>
<td>Tricep Pushdowns</td>
<td>___/12</td>
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<tr>
<td>Dips</td>
<td>3 x A.M.A.P. – As Many As Possible</td>
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</tbody>
</table>

### WEDNESDAY

**Warm Up & Stretch (Jump Rope 5 Min.)**

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets 1</th>
<th>Sets 2</th>
<th>Sets 3</th>
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<tbody>
<tr>
<td>DB Bench</td>
<td>___/12</td>
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<tr>
<td>DB Decline</td>
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<tr>
<td>DB Fly</td>
<td>___/12</td>
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<tr>
<td>Back Squat</td>
<td>___/12</td>
<td>___/10</td>
<td>___/10</td>
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<tr>
<td>Walking Lunges</td>
<td>3 x Wt. Room (Down &amp; Back = 1)</td>
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<tr>
<td>1 Arm DB Row</td>
<td>___/12</td>
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<td>Hyper Extensions</td>
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<td>Arnold Press</td>
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<tr>
<td>Rear Dels</td>
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<tr>
<td>Bicep Curls (Y.C.)</td>
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<td>Superset</td>
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<td>Tricep Pushdowns</td>
<td>___/12</td>
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<tr>
<td>Wrist Roller</td>
<td>___/12</td>
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<td>Gripper</td>
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**Abdominal Routine #1**

**Abdominal Routine #3**
**FRIDAY**

**Warm Up Stretch (Jog 5 Min.)**

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<tr>
<th>Exercise</th>
<th>3 Way Raises</th>
<th>Behind Neck Press</th>
<th>DB Shrugs</th>
<th>Chin Ups</th>
<th>Low Rows</th>
<th>DB Incline</th>
<th>DB Bench</th>
<th>Preacher Curls</th>
<th>Skull Crushers</th>
<th>Front Squats</th>
<th>Step Ups</th>
<th>Leg Curls</th>
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Abdominal Routine #2
THROW90 BASEBALL

Week #2

**MONDAY**
Warm Up & Stretch (Jog 5 Min.)

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<th>Reps</th>
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<tr>
<td>Leg Curls</td>
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</tr>
<tr>
<td>DB Shoulder Press</td>
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<td>3 Way Raise</td>
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**WEDNESDAY**
Warm Up & Stretch (Jump Rope 5 Min.)

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Reps</th>
<th>Reps</th>
<th>Reps</th>
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<tbody>
<tr>
<td>DB Bench</td>
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<td></td>
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<tr>
<td>DB Decline</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>DB Fly</td>
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<tr>
<td>Back Squat</td>
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<td></td>
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<tr>
<td>Walking Lunges</td>
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<td>3 x Wt. Room (Down &amp; Back = 1)</td>
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<td>1 Arm DB Row</td>
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<td>Hyper Extensions</td>
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<td>Arnold Press</td>
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<tr>
<td>Rear Delts</td>
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<tr>
<td>Bicep Curls (Y.C.)</td>
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<tr>
<td>Superset</td>
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<tr>
<td>Tricep Pushdowns</td>
<td></td>
<td></td>
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<tr>
<td>Wrist Roller</td>
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<tr>
<td>Gripper</td>
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**FRIDAY**
Warm Up & Stretch (Jog 5 Min.)

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<tr>
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<th>Reps</th>
<th>Reps</th>
<th>Reps</th>
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<td>3 Way Raises</td>
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<tr>
<td>Chin Ups</td>
<td></td>
<td></td>
<td>3 x A.M.A.P. – As Many As Possible</td>
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<tr>
<td>Low Rows</td>
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<tr>
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<tr>
<td>DB Bench</td>
<td></td>
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<tr>
<td>Preacher Curls</td>
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<tr>
<td>Skull Crushers</td>
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<td>Exercise</td>
<td>Reps</td>
<td>Sets</td>
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<td>Front Squats</td>
<td>____/12</td>
<td>____/10</td>
<td>____/10</td>
</tr>
<tr>
<td>Step Ups</td>
<td>____/12</td>
<td>____/12</td>
<td>____/12</td>
</tr>
<tr>
<td>Leg Curls</td>
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**Abdominal Routine #2**
# THROW90 BASEBALL

## Week #3

### MONDAY

**Warm Up & Stretch (Jump Rope 10 Min.)**

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<th>Sets 1</th>
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<th>Sets 3</th>
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</tr>
<tr>
<td>Step Ups</td>
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<td>_____/10</td>
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<td>Leg Extensions</td>
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**Superset**

<table>
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<tr>
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<th>Sets 1</th>
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<th>Sets 3</th>
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<td>DB Shoulder Press</td>
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<td>_____/10</td>
<td>_____/10</td>
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<tr>
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<td>_____/10</td>
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<tr>
<td>Incline Fly</td>
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<td>_____/10</td>
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<tr>
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<td>_____/10</td>
<td>_____/10</td>
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<td>Close Grip Bench</td>
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**Abdominal Routine #1**

### WEDNESDAY

**Warm Up & Stretch (Jog 10 Min.)**

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<th>Exercise</th>
<th>Sets 1</th>
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<th>Sets 3</th>
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<td>_____/10</td>
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<td>Incline Fly</td>
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<td>_____/10</td>
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<td>Pullovers</td>
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<td>Front Lat Pulldown</td>
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<tr>
<td>Hyperextensions</td>
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<td>_____/10</td>
</tr>
<tr>
<td>Str. Bar Curls</td>
<td>_____/10</td>
<td>_____/10</td>
<td>_____/10</td>
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<td>Nautilus Curls</td>
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<td>3 Way Raise</td>
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<td>_____/10</td>
<td>_____/10</td>
</tr>
<tr>
<td>Shrugs</td>
<td>_____/10</td>
<td>_____/10</td>
<td>_____/10</td>
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<tr>
<td>Skull Crushers</td>
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<td>Dips</td>
<td>3 x A.M.A.P. – As Many As Possible</td>
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**Abdominal Routine #3**

### FRIDAY

**Warm Up & Stretch (Bike 5 Min.)**

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<thead>
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<th>Exercise</th>
<th>Sets 1</th>
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<th>Sets 3</th>
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</thead>
<tbody>
<tr>
<td>Leg Sled</td>
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<td>/10</td>
<td>/10</td>
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**Superset**

<table>
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<tr>
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<th>Sets 1</th>
<th>Sets 2</th>
<th>Sets 3</th>
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</thead>
<tbody>
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<td>_____/10</td>
<td>_____/10</td>
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<tr>
<td>Walking Lunges</td>
<td>3 x A.M.A.P. – As Many As Possible</td>
<td></td>
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<tr>
<td>Heel Raises</td>
<td>/10</td>
<td>/10</td>
<td>/10</td>
</tr>
<tr>
<td>Behind Neck Press</td>
<td>_____/10</td>
<td>_____/10</td>
<td>_____/10</td>
</tr>
<tr>
<td>Supra Raises</td>
<td>_____/10</td>
<td>_____/10</td>
<td>_____/10</td>
</tr>
<tr>
<td>Rear Deltoids</td>
<td>_____/10</td>
<td>_____/10</td>
<td>_____/10</td>
</tr>
<tr>
<td>Tricep Pushdown</td>
<td>_____/10</td>
<td>_____/10</td>
<td>_____/10</td>
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<td>Triangle Push-Ups</td>
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<td>Score 1</td>
<td>Score 2</td>
<td>Score 3</td>
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<td>------------------------</td>
<td>---------</td>
<td>---------</td>
<td>---------</td>
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<tr>
<td>Chest Fly</td>
<td>___/10</td>
<td>___/10</td>
<td>___/10</td>
</tr>
<tr>
<td>Incline DB Curls</td>
<td>___/10</td>
<td>___/10</td>
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</tr>
<tr>
<td>Hammer Curls</td>
<td>___/10</td>
<td>___/10</td>
<td>___/10</td>
</tr>
<tr>
<td>Wrist Roller <strong>Forearms</strong></td>
<td>___/10</td>
<td>___/10</td>
<td>___/10</td>
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<tr>
<td>Gripper</td>
<td>___/10</td>
<td>___/10</td>
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Abdominal Routine #2
# THROW90 BASEBALL

**Week #4**

**MONDAY**

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<td>DB Bench</td>
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<tr>
<td>DB Chets Fly</td>
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<tr>
<td>Hang Clean</td>
</tr>
<tr>
<td>Hyperextensions</td>
</tr>
<tr>
<td>Low Rows</td>
</tr>
<tr>
<td>Side Lat. Raise</td>
</tr>
<tr>
<td>Upright Row</td>
</tr>
<tr>
<td>Bicep Curls (Y.C.)</td>
</tr>
<tr>
<td><strong>Superset</strong></td>
</tr>
<tr>
<td>Tricep Extensions</td>
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**Abdominal Routine #2**

**WEDNESDAY**

<table>
<thead>
<tr>
<th>Warm Up &amp; Stretch (Jog 5 Min.)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Back Squats</td>
</tr>
<tr>
<td>Leg Sled</td>
</tr>
<tr>
<td>Walking Lunges</td>
</tr>
<tr>
<td>Leg Curls</td>
</tr>
<tr>
<td>Heel Raises</td>
</tr>
<tr>
<td>Behind the Neck</td>
</tr>
<tr>
<td>Side Lat. Raises</td>
</tr>
<tr>
<td>Supra Raises</td>
</tr>
<tr>
<td>Rear Dels</td>
</tr>
<tr>
<td>Str. Bar Curls</td>
</tr>
<tr>
<td>DB Curl</td>
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**Abdominal Routine #3**

**FRIDAY**

<table>
<thead>
<tr>
<th>Warm Up &amp; Stretch (Bike 5 Min.)</th>
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</thead>
<tbody>
<tr>
<td>Hang Clean</td>
</tr>
<tr>
<td>Shrugs</td>
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<tr>
<td>Hyperextensions</td>
</tr>
<tr>
<td>Lat Pulldown</td>
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<tr>
<td>DB Bench</td>
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<tr>
<td>Incline Bench</td>
</tr>
<tr>
<td>Chest Fly</td>
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<tr>
<td>Preacher Curls</td>
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<tr>
<td>DB Incline Curl</td>
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<tr>
<td>Skull Crushers</td>
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<td>DB French Press</td>
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**Abdominal Routine #2**
# THROW90 BASEBALL

**Week #5**

**MONDAY**

**Warm Up & Stretch (Jump Rope 10 Min.)**

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<tr>
<th>Exercise</th>
<th>Sets 1</th>
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<th>Sets 3</th>
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<tbody>
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<td>Front Squats</td>
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<td><strong>Superset</strong></td>
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<tr>
<td>Leg Extensions</td>
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<td>/8</td>
<td>/8</td>
</tr>
<tr>
<td>Step Ups</td>
<td>/8</td>
<td>/8</td>
<td>/8</td>
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<td>Leg Curls</td>
<td>/15</td>
<td>/12</td>
<td>/12</td>
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<tr>
<td>Heel Raises</td>
<td>/10</td>
<td>/10</td>
<td>/10</td>
</tr>
<tr>
<td>Arnold Press</td>
<td>/8</td>
<td>/8</td>
<td>/8</td>
</tr>
<tr>
<td>Upright Rows</td>
<td>/8</td>
<td>/8</td>
<td>/8</td>
</tr>
<tr>
<td>Rear Dels</td>
<td>/12</td>
<td>/12</td>
<td>/12</td>
</tr>
<tr>
<td>Str. Bar Curls</td>
<td>/8</td>
<td>/8</td>
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<td>Hammer Curls</td>
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<td>Chest Fly</td>
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<td>Hip Raises</td>
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<td>Close Grip Bench</td>
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<tr>
<td>Kickbacks</td>
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**Abdominal Routine #2**

**WEDNESDAY**

**Warm Up & Stretch (Jump Rope 5 Min.)**

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<th>Exercise</th>
<th>Sets 1</th>
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<th>Sets 3</th>
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<td>DB Bench</td>
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<tr>
<td>Hang Clean</td>
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<td>Chin Up</td>
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<td>Low Row</td>
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<td>/8</td>
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<tr>
<td>3 Way Raises</td>
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<tr>
<td>Skull Crushers</td>
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<td>/8</td>
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<tr>
<td>Tricep Pushdowns</td>
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<tr>
<td>Dips</td>
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<tr>
<td>3 x A.M.A.P. – As Many As Possible</td>
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<tr>
<td>Kickbacks</td>
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<td>/8</td>
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<tr>
<td>Bicep Curl (Y.C.)</td>
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**Abdominal Routine ##**

**FRIDAY**

**Warm Up & Stretch (Bike 10 Min.)**

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets 1</th>
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<th>Sets 3</th>
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<tbody>
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<td>Squats</td>
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<tr>
<td>Step Ups</td>
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<td>Leg Extensions</td>
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<td>Leg Curls</td>
<td>/12</td>
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<tr>
<td>Behind the Neck Press</td>
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<td>/8</td>
<td>/8</td>
</tr>
<tr>
<td>Supra Raises</td>
<td>/12</td>
<td>/12</td>
<td>/12</td>
</tr>
<tr>
<td>Shrugs</td>
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<td>/8</td>
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<tr>
<td>Front Raises</td>
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<tr>
<td>Chest Fly</td>
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<td>/8</td>
<td>/8</td>
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<tr>
<td>Preacher Curls</td>
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</table>
DB Hammer Curls
Gripper forearm

Abdominal Routine #1
# THROW90 BASEBALL

## Week #6

### MONDAY

**Warm Up & Stretch (Jump Rope 10 Min.)**

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<th>Sets</th>
<th>Reps</th>
<th>Sets</th>
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<td>Leg Extensions</td>
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<td></td>
<td>8</td>
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<td>8</td>
</tr>
<tr>
<td>Step Ups</td>
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</tr>
<tr>
<td>Leg Curls</td>
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<td>12</td>
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<td>12</td>
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<tr>
<td>Heel Raises</td>
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<td>10</td>
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<td>10</td>
</tr>
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<td>Arnold Press</td>
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</tr>
<tr>
<td>Upright Rows</td>
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**Abdominal Routine #2**

### WEDNESDAY

**Warm Up & Stretch (Jump Rope 5 Min.)**

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**Abdominal Routine #3**

### FRIDAY

**Warm Up & Stretch (Bike 10 Min.)**

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Preacher Curls

DB Hammer Curls

Gripper **Forearm**
THROW90 BASEBALL

Week #7

**MONDAY**

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<td>DB Bench</td>
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<td>Incline Bench</td>
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<tr>
<td>Hang Clean</td>
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<tr>
<td>Hyperextensions</td>
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<tr>
<td>Pullovers</td>
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<tr>
<td>Pulldowns</td>
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<tr>
<td>DB Shoulder Press</td>
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<tr>
<td>Close Grip Bench</td>
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<tr>
<td>DB French Press</td>
</tr>
<tr>
<td>Str. Bar Curls</td>
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<td>Incline DB Curls</td>
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Abdominal Routine #3

**WEDNESDAY**

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<tbody>
<tr>
<td>Front Squats</td>
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<td>Leg Extensions</td>
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<td>Walking Lunges</td>
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<tr>
<td>Leg Curls</td>
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<tr>
<td>Pullovers</td>
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<tr>
<td>Hang Clean</td>
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<tr>
<td>Upright Row</td>
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<tr>
<td>Front Raises</td>
</tr>
<tr>
<td>Rear Delts</td>
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<tr>
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<td>Close Grip Bench</td>
</tr>
<tr>
<td>Skull Crushers</td>
</tr>
<tr>
<td>Str. Bar Curls</td>
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3 x Wt. Room (Back & Forth = 1)

Abdominal Routine #2

**FRIDAY**

<table>
<thead>
<tr>
<th>Warm Up &amp; Stretch (Jump Rope 10 Min.)</th>
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<tbody>
<tr>
<td>Incline Bench</td>
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<tr>
<td>DB Bench</td>
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<tr>
<td>Incline DB Fly</td>
</tr>
<tr>
<td>DB French Press</td>
</tr>
<tr>
<td>EZ Bar Bench (Close)</td>
</tr>
<tr>
<td>Kickbacks</td>
</tr>
<tr>
<td>Chin Ups</td>
</tr>
<tr>
<td>Pullovers</td>
</tr>
<tr>
<td>1 Arm DB Row</td>
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<tr>
<td>3 Way Raise</td>
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</table>
DB Bicep Curls
Wrist Roller

Abdominal Routine #1
## THROW90 BASEBALL

### Week #8

#### MONDAY
**Warm Up & Stretch (Jump Rope 10 Min.)**

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<tr>
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<th>Reps</th>
<th>Reps</th>
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<td>Incline Bench</td>
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<td>Hang Clean</td>
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<td>Close Grip Bench</td>
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<tr>
<td>Str. Bar Curls</td>
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<td>Incline DB Curls</td>
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**Abdominal Routine #3**

#### WEDNESDAY
**Warm Up & Stretch (Jog 10 Min.)**

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<th>Reps</th>
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<td>Leg Extensions</td>
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<td>Walking Lunges</td>
<td>3 x Wt. Room (Back &amp; Forth = 1)</td>
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<tr>
<td>Leg Curls</td>
<td>1</td>
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<tr>
<td>Pullovers</td>
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<td>Hang Clean</td>
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<td>Upright Row</td>
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<tr>
<td>Rear Delts</td>
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<tr>
<td>Str. Bar Curls</td>
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**Abdominal Routine #2**

#### FRIDAY
**Warm Up & Stretch (Jump Rope 5 Min.)**

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<td>Incline DB Fly</td>
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<td>EZ Bar Bench (Close)</td>
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<td>Pullovers</td>
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<td>1 Arm DB Row</td>
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<td>3 Way Raise</td>
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DB Bicep Curl  
Wrist Roller  

Abdominal Routine #1
## MONDAY
**Warm Up & Stretch (Jump Rope 10 Min.)**

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<td>3 Way Raises</td>
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<td>Preacher Curls</td>
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<td>Hammer Curl</td>
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**Abdominal Routine #2**

## WEDNESDAY
**Warm Up & Stretch (Jump Rope 5 Min.)**

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<td>Chin Up</td>
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<td>2 x A.M.A.P – As Many As Possible</td>
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<td>Hyperextension</td>
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<tr>
<td>Skull Crushers</td>
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<td>Tricep Pushdowns</td>
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<td>3 x A.M.A.P. – As Many As Possible</td>
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<td>Kickbacks</td>
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**Abdominal Routine #3**

## FRIDAY
**Warm Up & Stretch (Bike 10 Min.)**

<table>
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<th>Reps</th>
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</tr>
<tr>
<td>Step Ups</td>
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</tr>
<tr>
<td>Leg Extensions</td>
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<td>Supra Raises</td>
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</tr>
<tr>
<td>Shrugs</td>
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<tr>
<td>Front Raises</td>
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<tr>
<td>Chest Fly</td>
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<tr>
<td>DB Hammer Curls</td>
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</table>
Gripper Forearm

Abdominal Routine #1
## THROW90 BASEBALL

### Week #10

#### MONDAY

| Warm Up & Stretch (Jog 10 Min.) |
| Hang Clean | ____/5 | ____/3 | ____/3 |
| Pullover | ____/8 | ____/8 | ____/8 |
| Lat Pulldown | ____/8 | ____/8 | ____/8 |
| DB Bench | ____/8 | ____/6 | ____/4 |
| Incline Bench | ____/8 | ____/8 | ____/8 |
| Chest Fly | ____/8 | ____/8 | ____/8 |
| Skull Crushers | ____/8 | ____/8 | ____/8 |
| Dips | ____/8 | ____/8 | ____/8 |
| Tricep Pushdown | ____/10 | ____/10 | ____/10 |

#### WEDNESDAY

| Warm Up & Stretch (Bike 5 Min.) |
| Arnold Press | ____/8 | ____/8 | ____/8 |
| 3 Way Raises | ____/12 | ____/12 | ____/12 |
| Upright Row | ____/8 | ____/8 | ____/8 |
| Shrugs | ____/8 | ____/8 | ____/8 |
| Leg Press | ____/8 | ____/6 | ____/4 |
| Walking Lunges | 3 x Wt. Room (Back & Forth = 1) |
| Leg Extension | ____/8 | ____/8 | ____/8 |
| Leg Curls | ____/8 | ____/8 | ____/8 |
| Heel Raises | ____/8 | ____/8 | ____/8 |
| Preacher Curl | ____/8 | ____/8 | ____/8 |
| Hammer Curl | ____/8 | ____/8 | ____/8 |
| Gripper Forearm | ____/12 | ____/12 | ____/12 |
| Wrist Roller | ____/12 | ____/12 | ____/12 |

#### FRIDAY

| Warm Up & Stretch (Bike 5 Min.) |
| Incline Bench | ____/8 | ____/6 | ____/4 |
| DB Bench | ____/8 | ____/8 | ____/8 |
| DB Chest Fly | ____/8 | ____/8 | ____/8 |
| Pulpovers | ____/8 | ____/8 | ____/8 |
| Chin Ups | 3 x A.M.A.P. – As Many As Possible |
| Low Row | ____/8 | ____/8 | ____/8 |
| Close Grip Bench | ____/8 | ____/6 | ____/4 |
| DB French Press | ____/8 | ____/8 | ____/8 |
| Triangle Push Ups | ____/8 | ____/8 | ____/8 |
| Chest Fly | ____/8 | ____/8 | ____/8 |
| 3 Way Raise | ____/8 | ____/8 | ____/8 |

### Abdominal Routine #1

| Abdominal Routine #2 |
| Abdominal Routine #3 |

**Note:** The document includes a variety of exercises with specified sets and reps for each day. The routines are labeled as 'Week #10' and include specific exercises such as Hang Clean, Pullover, Lat Pulldown, DB Bench, Incline Bench, etc., along with warm-up and stretch exercises. The exercises are designed to target different muscle groups, with a focus on strength and conditioning. The document also includes a section for abdominal routines on Monday, Wednesday, and Friday, each with different exercises and rep counts.
<table>
<thead>
<tr>
<th></th>
<th>MONDAY &amp; WEDNESDAY</th>
</tr>
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<tbody>
<tr>
<td></td>
<td>Warm Up &amp; Stretch (Jog 10 Min.)</td>
</tr>
<tr>
<td>Bench Press</td>
<td>___/8 ___/8 ___/8</td>
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<tr>
<td>Chest Fly</td>
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<tr>
<td>Leg Sled</td>
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<tr>
<td>Leg Curl</td>
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<td>3 Way Raise</td>
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<tr>
<td>Tricep Pushdown</td>
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<tr>
<td>Bicep Curl (Y.C.)</td>
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Abdominal Routine #2
EXERCISE DESCRIPTION

Core Lifts

**Hang Clean**
Set hands on bar shoulder width apart and feet slightly inside the hands. Lower the bar just above the kneecap. Be certain to keep the shoulders over the bar. Explosively extend the hips (jump), shrug the shoulders, and pull the bar towards the chin. Drop under the bar and catch the bar on the shoulders by throwing the elbow tips out high. Be sure to keep the bar close to the body by curling the wrist into the body. Lower the bar to the waist, set the back and repeat for another repetition. Remember the hang clean is a hip and leg movement, so use these muscles as opposed to arms.

**Bench Press**
Lying flat on the bench with the knees bent and feet flat on the floor, keep the buttocks and shoulder blades in contact with the bench while the back is slightly arched and the chest expanded. Grasp the bar with a grip so that the hands are over the elbows when the bar is in the down position. Lower the bar directly to the chest at the nipple level. When pressing to the starting position, the bar is pressed upward and arches slightly back toward the shoulders.

**Incline Bench Press**
Lying on the inclined bench press with the knee bent and feet flat on the floor. Keep the buttocks and shoulder blades in contact with the bench while the back is slightly arched and the chest expanded. Grasp the bar with a grip so that the hands are over the elbows when the bar is in the down position. Lower the bar directly to the upper chest just below the chin. When pressing the starting position, the bar is pressed upward and arched slightly backward to the eyes.

**Squats**
With the feet parallel slightly wider than shoulder width and toes pointed out, lay the bar across the upper back. Bending at the hips and knees so that the buttocks move backward, lower the hips until the middle of the thigh is parallel to the floor, pause, and return to the starting position. Keep the head and chest up, the knees over the toes, and drive the hips forward when returning to the starting position.

**Front Squats**
With the bar placed on the front of the shoulders, grasp the bar as one would catch the power clean. Be certain to keep the elbows up so far that the bar will not roll off the shoulders. Space the feet slightly wider than the shoulder width and point the toes slightly outward. Keeping the chest up, lower the hips until the middle of the thigh is parallel to the floor and return to the starting position.

**Leg Sled**

Lie on your back with your feet placed shoulder width in a vertical position. Keep back flat on sled and hands on proper grips. Try to avoid from bouncing the weight at the bottom of the sled. Make sure the sled is placed in the proper slot according to your height. Press the weight by pushing the sled until the knees are fully extended but not locked out.

**Back and Lower Body Supplemental Lifts**

**Lat. Pulldown**

Perform any lat. Exercise using the most weight that can be handled for each set. This exercise can be done on a high pulley machine by either pulling the straight bar down either to the chest or behind the neck. Be sure to keep body secure to bench and not to bounce weight at top of lift.

**DB Bentover Row**

Place left knee on a bench while standing with right leg on the ground. Keep your right leg straight while bending over and placing left hand on the bench. Start with a dumbbell in your right hand, and let the weight hang freely, pull the weight up to your side. The dumbbell should barely miss your hip at the end of the pull. Lower the weight under control back to the starting point.

**DB Shrug**

Start with a dumbbell hanging freely in each hand. Shrug the weight by trying to lift your shoulders to your rears. Squeeze the traps and hold for a one second count and relax the shoulders. Repeat the exercise for the desired number of reps.

**Chin Ups**

Use an overhand grip slightly wider than shoulder width. Pull body upward and lift the chin over the bar. Lower body until arms are fully extended and repeat for assigned number of reps.

**Leg Curls**

Perform leg curls with two legs for designated repetitions. If more than a total of 10 repetitions is done in a burnout set, the amount of weight used should
be increased. If the workout says to perform a superset, then perform three sets of 12 without any rest. The only rest taken between each set should be the time it takes to lower the weight 10 pounds between each set.

**Lunges**

With the bar placed on the upper back, step out with one leg and lower the back knee to the ground. Push back with the front leg to the standing position. Six repetitions should be done to each leg. Holding dumbbells in each hand could be done instead of using a bar.

**Step Ups**

Use a box or step that is 12-16 inches high. Hold the dumbbells in hands while performing this exercise. Step onto the top of the box with one leg – entire foot should be on the box. Do not lean forward, but shift weight to lead leg. Use lead leg to move body to a standing position, do not push off with trail leg. Maintain erect position with knees and hips fully extended with both feet on the box.

**Leg Extensions**

Fully extend the knees using a leg extension machine. Lower the weight about 15-20 degrees and then fully extend. Be sure to squeeze at the top of the movement and lower the weight under control.

**Calf Raises**

This exercise should be performed on the Leg Sled. Adjust foot placement so only the toes are on the sled. Slowly lower the weight to stretch the calf and then press the weight with the toes and flex the calves by squeezing. Be sure to perform the exercise slowly.

**Lunge Walk**

Start with at least 20lb. Dumbbells in each hand. Keep head up, back straight and chest up, while taking normal step forward with your right leg until your thigh is parallel to the floor and the lower part of your leg is perpendicular. The lead leg should be at a 90 degree angle. Your left leg should be held as straight as possible, bending slightly to lower yourself. Do not let your leg touch the floor. Step forward with left leg to get back to normal starting position. Continue this walk for 15 steps per leg.

**Upper Body Supplemental Lifts**

**Preacher Curls**

Sit on the bench with arms hanging over the preacher curl pad. Grasp the EZ curl bar, while keeping elbows firmly against the pad, curl the bar to your chin by squeezing the biceps. Slowly lower the bar back to the starting position to bet ready for the next repetition.
DB Incline Fly
Using dumbbells, perform the incline bench press fly emphasizing full range of motion. Be sure to keep palms facing one another and elbows slightly flexed. Lower the weight slowly and keep dumbbells away from the body.

3-Way Raise
Perform a combination of 10 repetitions doing a lateral raise, frontal raise, and bent over raise. Perform the assigned number of repetitions of all three exercises before rest is taken.

Tricep Pushdown
Stand erect, feet shoulder width apart, and grasp the bar on a high pulley with a pronation grip. Move the bar so the elbows are positioned next to the torso and the forearms parallel to the floor. Keep elbows next to the torso, maintain body position, and push bar down to full elbow extension. Keep elbow and body position while allowing the bar to rise slowly under control. Stop bar when forearms are parallel to the floor.

Behind the Neck Press
Start sitting on a bench with the bar on the back of your neck. Hands should be placed slightly wider than shoulder width. Press the bar over your head until your elbows are locked. Slowly lower the bar back to the starting position and prepare for the next repetition.

Lying Tricep Extensions (Skull Crushers)
Lie on a bench with feet flat on the floor. Hands should be about 4-8 inches apart on the bar. Position arms parallel to each other, perpendicular to the floor. With the upper arm remaining perpendicular to the floor, lower the bar slowly and under control to the forehead (elbow joint should be the only joint that moves). Push bar up until elbows are fully extended.

Front Lat. Pull-Down
Performed on a lat. pull-down machine using a wide grip bar that allows your palms to be facing inside toward each other. Keep your feet planted firmly on the floor. Pull the bar down in front of you until it touches your chest. Return the bar back to the top position. Be sure to get full extension. In the bottom position be sure not to lean back more than 30 degrees.

Arnold Press
Start seated with dumbbells, like the shoulder press. The exception is the weights should be held at the shoulders with the palms facing the body. As you press the dumbbells upward rotate the palms so that when the arms are fully extended the palms should face outward just like the DB Shoulder press. Slowly
lower the dumbbells again rotating the hands so at the starting position the palms are facing the body.

**Upright Row**
Stand erect and grasp the bar with an overhand grip that is shoulder width apart. Pull the bar straight up until it is just under your chin. Generate extra power by rotating your body onto your toes for each rep. Keep the bar close to your body. Keep your elbows out and up. At the top position your elbows should be as high as your ears.

**Concentration Curls**
Seated with a dumbbell in your right hand, place your right elbow against the inside of your right knee. Squeeze the bicep while lifting the dumbbell up to your shoulder. Be sure to perform the exercise in a slow manner and feel the weight go through the entire range of motion.

**DB Arm Curl**
Holding dumbbells by your side with palms facing front (supine), alternate curling the DB in an arc to shoulder level. Lower the DB to the starting position and curl the opposite arm.

**DB Hammer Curl**
Same movement as DB Curl except he palm is facing inward toward the thighs. Curl the arm, but do not rotate the wrist, keep the wrist in the hammer position. Lower the DB to the starting position.

**DB Pullover**
Lie perpendicular on a flat bench with your shoulders on the bench. Grip the end of a dumbbell, keeping elbows slightly bent, pull the dumbbell over your head to your chest. Slowly lower the weight back over your head to the ground keeping a secure grip on the dumbbell.

**Supraspinatus**

**Thumbs Up**
Hold a dumbbell with your thumbs up. Stand erect and lift the weight while keeping elbows locked straight up in front of your body. The dumbbells should be level with your shoulders at the end of the lift.

**Thumbs Down**
Same as thumbs up except for you lift the dumbbell while your thumbs are pointing down.

**External Rotation**
Lie on your right side while holding a dumbbell against your stomach with your left hand. Your elbow should be against your side and always stay there throughout the exercise. Lift the dumbbell away from your body while keeping your left elbow secure against your body.

**French Press**
Sitting on a bench, hold the end of dumbbell with both hands behind your head. Keep elbows against your head and lift the dumbbell directly overhead until elbows are locked.

**Dips**

Use a dip bar. Lower your body until the top part of your arm is parallel to the ground. Using your triceps, extend the elbows and push your body back up to the starting position.
RUNNING

Running is important to a pitcher but not as a primary conditioner. We will use it to supplement the other systems we are using.

There are three types of running routines we will use. They are distance, intermediate and power.

1. **Distance**
   We will use this routine to build cardiovascular reserves. This will enable us to increase our ability to do more work in other systems, such as pitching, lifting weights and Hoeflings. We will also use this routine to flush waste products from our body after we have pitched.

   Every pitcher should jog two or three times a week a minimum of 30 minutes.

   How to begin this program is very important. If you haven’t done any jogging at all **don’t go out the first day and try to jog thirty minutes.** You will regret it and will probably build a negative attitude about running.

   I want to point out that your first workout is going to be 30 minutes long. First, pick out a number of minutes you think you could jog without stopping; example, five minutes then walk a minute and then jog two minutes. Do this until you reach thirty minutes. The next time you work out increase your first jogging period – day to 7 minutes then walk and jog until you reach 30 minutes. In this way it won’t be too long until you are jogging thirty minutes and enjoying it.

   When you can jog thirty minutes without stopping you are ready for what we call **speed play.** This is simply speeding up and slowing down during certain intervals while jogging for thirty minutes. Example; start off at a normal pace for five minutes. Then speed up for two minutes then return to normal speed for two minutes. Continue this until your thirty minutes are up.

2. **Intermediate Running:**
   This routine is a combination of jogging and sprinting. The rest interval is controlled by each player’s own pulse rate. Believe it or not the quickest way to get in shape is not going out and killing yourself every day. Over-
training is just as bad as under-training so we use our pulse rate to tell us when to rest and when to work.

Example: Set up a course running from foul pole to foul pole in the outfield. Place cones in right centerfield and left centerfield. Jog from the rightfield foul line to the cone in right centerfield, sprint to the cone in left centerfield, then jog to the leftfield foul line. Take your pulse rate until it returns to 120 or 130. Then start back to the other foul line jogging to left centerfield, sprinting to right centerfield, jogging to the rightfield line. Then take your pulse again.

Note: To get your pulse rate place your fingers underneath your right or left ear. Count your pulse beats for 6 seconds, then multiply the number of beats. When your pulse rate is 120 or 130, you are ready to start work again.

Note: Subtract your age from 200. This is your high rate to be working. This is your highest maximum heart rate. Do not exceed these limitations. 10 repetitions are enough for this routine.

3. Power:
This is sprinting and we are working on explosion. We want an all out effort. We will sprint forty yards all out. This interval will be seven seconds, fourteen seconds or twenty-one seconds. Try to determine your interval before you start your workout. 10 sprints all out are enough. Always start in a sprinter stance with your pivot leg of your pitching motion forward. (Do not worry we will teach you a sprinters start).
Nutrition
Eat to Compete

Does nutrition really make a difference in athletic performance? According to experts, the most important determinants of athletic prowess, in decreasing order of significance.

1. Genetic make up
2. Athletic Training / Physical conditioning
3. Sound Nutrition

It is not possible for a person’s genetic make-up to be altered. However, physical training and conditioning can be maximized for peak performance and often can make a difference between winning and losing. Likewise proper nutritional intake can help maximize an athletes full genetic potential – especially when muscle development is occurring during physical conditioning – but it is not possible to change athletes into superstar champions imply by altering their diet. On the other hand, a poor diet can substantially impair full athletic performance despite adequate physical training.

Most experts agree that highly energetic athletes that are training should follow the recommendation for an optimal diet to help performance.

60-70% of Calories from Carbohydrate = Energy
15-30% of Calories from Fats = Secondary Fuel Source
10-20% of Calories from Proteins = Building Blocks to repair tissue

Carbohydrate – Your body converts carbohydrate into muscle glycogen for storage in the muscles and the liver. Glycogen in the muscles is the super premium fuel that allows you to exercise or compete with great energy. A simple formula for Carbohydrates is: More carbohydrates = more fuel = more energy = moving heavier weight in the weight room or lasting longer periods of time to train or compete.

Carbohydrates consist of breads, cereals, pastas, vegetables, and fruits. Experts recommend 5 grams of carbohydrate per kilogram of body weight.

Some Warning signs of low muscle glycogen or lack of Carbohydrates:

1. weight loss or difficulty maintaining weight
2. An unexplained decline in performance
3. Sluggish and heaviness in the muscles and or difficulty maintaining a normal training pace.

There are several simple ways to increase your carbo intake and maximize your body’s ability to make muscle glycogen.
Timing is everything – The most important time to ingest carbohydrate is the first 30 minutes after training or competition. Research indicates the rate is two times higher of glycogen synthesis than if you wait two hours to ingest carbohydrate. Aim for 60 to 90 grams, or 240 to 360 calories of carbohydrate. Banana, a bagel and an orange juice or a high carbohydrate supplement.

Smaller Doses – Try to eat something every couple of hours – fruit, bagels, crackers, fig bars. Even after a big workout, you don’t have to eat a big meal. Have the first dose of carbs when you finish exercising and continue to eat 60-90 grams every two hours.

Supplement – Carbohydrate rich food and drink supplements can be helpful to both athletic overachievers who balk at the third serving of pasta and to chronic undereaters who balk at the first. However, only use supplements to fill the gaps – no in place of a balance diet.

When you exercise, your body signals you to eat more. But even if you know something about nutrition and your kitchen is full of fruits, grains and cereals, you still may be underloading. Carbo underachievers generally fall into two groups.

Bad Choosers – Some people eat enough calories each day, but not enough from high carbohydrate foods.

Dieters – Athletes who often train to lose weight do not take in enough carbs to have energy to effectively workout to lose the weight. The two goals are incompatible because it is nearly impossible to have an effective workout sufficient carbohydrate calories.

Water – Hydration and Dehydration

Because 70% of the human body by weight is water, it is the most vital of all nutrients.

Dehydration – affects power, aerobic and anaerobic parameters and cognitive functioning. In a study – rifle marksmen, accuracy and detection of cues have been shown to be decreased by between 15-20% of normal.

Thirst alone is not a good indicator of fluid need. Prevention of dehydration during work requires scheduled fluid intakes. Indications of dehydration are:

1. Urine is bright yellow
2. Headaches
3. Burning eyes and feeling sluggish
4. Tight muscles or muscle soreness
5. Muscle cramping
6. Loss of body weight

**Affects of dehydration on performance.** If water loss is defined as a percentage of body weight loss, the following progressive deteriorations in performance should be expected.

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Effect and Notes</th>
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<tbody>
<tr>
<td>0-2%</td>
<td>Impaired thermoregulatory ability. Possible injury.</td>
</tr>
<tr>
<td>2-3%</td>
<td>Reduced muscle endurance. Ability to train longer.</td>
</tr>
<tr>
<td>3-6%</td>
<td>Reduced muscular strength, reduced cognitive ability or reaction time, and heat cramps.</td>
</tr>
<tr>
<td>6 plus %</td>
<td>Head stroke-exhaustion, heat stroke, coma and death.</td>
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</tbody>
</table>

Rules of thumb to stay hydrated:

1. Drink 8-12 oz. Of water every waking hour to maximize performance efficiently.
2. Carry a water bottle
3. Urine should be clear – good indicator
4. For rapid replacement of water

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**Nutrition and Athletic Performance**

**Nutritional Requirements of Athletes:**

The principles of good nutrition are the same for athletes as for non-athletes, except that the athlete must consume additional calories to compensate for his greater energy expenditure. To balance the increased output of energy, a high caloric diet – 5-6,000 calories for football – is accepted as standard fare. What an athlete should eat immediately preceding a game is still unsettled. The following shows how an athlete can get the most out of nutritionally selective food to benefit his health and athletic performance.

**Carbohydrates:**

Carbs = Energy = More Energy = more weight moved lifting and longer periods of training

Current opinion recommends a 45-55% carbohydrate allowance for total energy requirements in a person’s daily caloric need. Carbohydrates are more swiftly metabolized by the body into energy than fat, even though they yield only half as many calories per gram as fat, there is a ten percent higher caloric output when a given amount of oxygen is used to burn carbohydrates rather than fat or protein. Studies have shown that athletes who eat a normal diet get about 350 grams of carbohydrates per day. This type of diet does not replace the muscle glycogen used up in training each
day. An athlete must eat between 550-650 grams of carbohydrate foodstuffs to replace the glycogen he can burn up in 24 hours during heavy athletic activities (4 calories of carbohydrate = 1 gram).

Fats:
Fat = Energy Reserve = Carbs and Fat Burn Together for fuel

Fat provides the following in a diet: reserve fuel; essential unsaturated fatty acids; absorption of fat-soluble vitamins; and palatability, flavor and aroma. The fat proportion of the daily caloric intake for the average man ranges from 35-40% for the athlete, 20-35% dependent on his activity. Fat is the most concentrated source of energy reserve and produces twice as many calories per gram as do carbohydrates or proteins. However, it releases this energy more slowly. Endurance is impaired by a high fat diet. In sports of light energy activity, interspersed with periods of rest, diets dominant in fat or carbohydrates do equally well.

Proteins:

Coaches have traditionally stressed the scientifically refuted need for consuming large amounts of meat. Actually, the protein needs of the body are governed by its rate of growth rather than its activities. Wide variations of protein intake do not seem to influence performance. A well-balanced diet that includes a protein intake of 10-15% of the daily caloric needs should supply sufficient protein for growth, defense mechanisms, tissue repair and maintenance. Protein intake should be reduced to a minimum at the pre-game meal because water is required for the excretion of nitrogenous waste resulting from protein metabolism. An athlete in season or strength training season can effectively use 4-5 grams of protein per pound of his weight. Excessive intakes of proteins or amino acids which cannot be broken down are stored as body fats. Amino acids which many athletes take to try to increase weight or muscle mass, take up to 5 times the digestive breakdown process versus good dietary protein foodstuff.

A special note should be mentioned about protein needs. Increased protein intake by itself does not increase muscle mass – exercise is required! During intense muscle-building programs, athletes may consume 1.2 to 2.0 grams of protein per kilogram body weight daily (versus 0.8 g/kg for sedentary persons). This can be achieved while following the above mentioned nutritional composition recommendations, i.e., obtaining 10% to 20% of total ingested calories from protein. Since caloric energy needs up to 10,000 cal/day are not uncommon for some athletes, the real problem comes in choosing a source of high-protein, low-fat foods (e.g., fish, chicken, pasta) versus high-protein, high-fat foods (e.g., eggs, beef).
(Note: It takes more meals, time and money to attain the needed calories with the low-fat choices.) There is no need to exceed recommended protein intake levels, since no further gain in muscle size or strength will occur (Lemon 1992). Indeed, some studies show that excess protein ingestion of 3 to 4 g/kg body weight per day can harm the kidneys, increase calcium excretion (consequently increasing the risk for osteoporosis), and paradoxically, inhibit muscle growth and endurance performance because of the high blood-nitrogen balance (Layman 1987 / McCarthy 1989 / Bigard 1993).

Vitamins:

Vitamins are neither body building nor energy giving but they are key nutrients in that they are important links in metabolism. They cannot be substituted for one another.

Fat-soluble vitamins: Vitamin A, B and K
Water-soluble vitamins: Vitamin B1 (Thiamine), B2(Riboflavin), Vitamin C (Ascorbic Acid)

Minerals:

Many minerals are required for optimal nutrition; these are inter-related and kept in balance with each other in carrying out certain body functions. The role of calcium in the formation of bone and teeth is commonly known, but is also regulating the heartbeat and exerts a balance between potassium and sodium in maintaining muscle tone. A low blood calcium level may result in impaired muscle action; it is necessary for acid-base equilibrium and under normal conditions catalyzes the conversion of chemical energy into meaningful muscular contractions.

Electrolytes and Fluids:

During exercise, the body loses essential fluids and electrolytes (body salts through perspiration and it is important that both of these be replaced. For years it was thought to be sufficient to simply replace sodium chloride (table salt). However, this caused more problems than it solved. It is now known that many body salts of the sodium phosphate group, buffered with calcium and other minerals, need to be replaced in the body.

In athletics, because of increased muscular activity and perspiration, the body requires 7-14 ounces of water for every 20 minutes of strenuous play. Additional supplements of water are needed if the activity is performed in
hot, humid weather. As many as 5-10 pounds of body weight in water may be lost by an athlete under conditions of excessive sweating or extreme heat.

Other key points:

1. Athletes should drink 8-12 ounces of water 10-15 minutes before practice or competition.
2. Weigh each athlete before competition. For each pound of weight loss, an athlete should drink 2 cups of water.
3. For rapid replacement of water, a drink should be:
   Cold (roughly 40-50 degrees F)
   Low in sugar, less than ½ teaspoon in ½ cup of water
   Consumed frequently and in moderate amounts (7-14 ounces) every 20 minutes.

Pre-Competition Meals:

Background Information – The diet athletes eat 2-3 days before competitions fill their muscles with glycogen. By the time athletes go to bed the night before competition, they have the glycogen stored they will compete with. So what your athlete eats on the day of competition will not do much to increase the level of muscle glycogen.

What is the purpose of the Pre-Competition Meal? – The purpose of the pre-competition meal is to prevent hunger during the competition. However, the stomach should not be full during the event. In general, it can take 1-4 hours for the stomach to process a meal and empty it into the intestine. If the athletes are a bit nervous about the competition, this process might proceed more slowly. Foods which remain in the stomach during competition may cause indigestion, nausea, and possible vomiting. For safety’s sake, advise athletes to eat their pre-competition meal 3-4 hours before competition. That way the stomach will be relatively empty during the event.

What Should Athletes Avoid in the Pre-Competition Meal? High-fat, high-protein foods, such as meats (steak, hamburgers), and fried foods (french fries and doughnuts) are not digested quickly. For that reason, they should be avoided or limited in the pre-competition meal.

Foods that contain a high percentage of carbohydrates are easily removed from the stomach. Then athletes won’t be competing with food in their stomachs. Keep these tips in mind when helping athletes plan their pre-competition meals:
Cereals, breads, pasta, muffins, pancakes, rolls and other grain products are good sources of carbohydrates. Fruits and vegetables are also good sources. Milk, yogurt, cocoa, ice milk, milk shakes, and ice cream all contain carbohydrates. With the exception of dry beans and peas (refried beans and blackeye peas), foods from the Meat group are low in carbohydrates and high in fat and protein. Cakes, pies, cookies, soft drinks and other sugary foods from the “Others” category are high in carbohydrates. Some are high in fat and low in most other nutrients.

Carbohydrate Loading:

**Background Information** - Usually the muscles store about 275 grams of carbohydrates in the form of glycogen. This glycogen will fuel athletes in events lasting less than 60 minutes. However, athletes who are exercising constantly for 60 minutes or longer will deplete those glycogen stores. When they do, the athletes will become exhausted.

Some sports where this exhaustion may occur and where carbohydrate loading may be beneficial are:

- Crew/rowing
- Distance swimming
- Cross country skiing
- Marathon
- Distance cycling
- Soccer
- Distance running
- Tournament tennis

Remember, only those events where athletes are exercising continuously for 60 minutes or longer will benefit from carbohydrate loading.

**How does Carbohydrate Loading Work?** Carbohydrate loading is a training and diet regimen that lasts one week. The training regimen has three parts:

A long, hard training session which uses up the glycogen in the muscles;  
Three days of moderate training to keep muscle glycogen levels low;  
Three days of rest immediately before the competition.  
This allows athletes to store glycogen in their muscles.
The diet regimen has two parts:

A normal diet on the day of the long, hard training session and during the three moderate training days;
A high carbohydrate diet during the three rest days.

SUMMARY OF FUEL ADDITIVES AND THEIR EFFECT ON PERFORMANCE


Carbohydrate Loading

Evidence now supports carbohydrate (CHO) loading with a pre-event meal of 60-70% CHO content. This is potentially beneficial for events requiring very extended endurance activities (e.g., marathon running, an all-day swim meet, a soccer game, very demanding practice sessions). It was recommended that CHO drinks should be consumed during the event and/or training and up to 40-60 gm of CHO taken hourly for five hours after the activity.

Fat Loading

The recently promoted “fad” of increasing dietary fat so that during an activity the body will use it as fuel and save (“spare”) CHO for later is unsupported by facts. It could even be dangerous.

Branch Chain Amino Acids

These are promoted as a means to stimulate an increase in the brain’s level of serotonin, a central nervous system neurotransmitter that could reduce fatigue sensations recognized by the brain. At this time there is little evidence that this works. More research is required.

Protein and Amino Acids

Both are widely used by body-builders wishing to “bulk-up.” Nutritionists claim that normal dietary intake is sufficient. Some dietitians claim 1 gm/kg of body weight per day is all that is needed, whereas a German scientist (Stegeman) has reported that double that amount is required. [A general rule-of-thumb is that an appropriate diet would include 15% protein.]

Most athletes probably have adequate intake of protein if they are not vegetarian. There is likely to be little benefit derived from excess ingestion of protein and/or amino acids.

Caffeine

This is a banned substance over a set blood level. Recent research has shown that any level of caffeine, including below the illegal limit, can improve performance. The amount is not relevant to performance.

Caffeine works because it increases the use of fat as an energy substrate and thus, spares CHO. It is also beneficial for events up to five minutes because of its stimulatory effects.

It is likely that caffeine will be banned completely or totally deregulated.

Creatine
Creatine is involved in the regeneration of energy (adenosine triphosphate – ATP). Its availability limits performance in short explosive activities. The administration of 5 gm doses over five days will significantly enhance muscular performance and enhance recovery. Some research suggests that it may allow athletes to train with reduced fatigue at an intensity higher than normal.

**Bicarbonate**

This is intended to increase the buffering capacity of the blood and thus, delay the onset of debilitating levels of hydrogen ions and lactate. Increased blood acidity inhibits glucose oxidation and energy production.

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**Power Breakaths**

Get the most from your morning meal.

If your morning routine consists of running to the bus with a thermos of coffee or balancing a mug on your dash, you’re giving short shrift to the most important meal of the day. Compared with breakfast skippers, women who eat a morning meal have more nutritious diets, lower blood cholesterol levels, better success with weight control and increased mental alertness.

**BREAKFAST TO GO**

If breakfast is so great for us, why do so many active women skip or short-change it? Kathy, a 42 year old fitness walker, echoes a classic complaint, “I’m just not hungry when I wake up. Besides, I rarely have enough time to get ready for work, much less eat a full breakfast.” Others shun it because they are dieting or they dislike the traditional morning fare. And there are those who simply don’t eat enough.

If you have no time for a sit-down course, you can always munch on the run. On your commute to work or to a fitness center, put lowfat milk in your travel mug to enjoy with a bagel and a banana. Fill a baggie with dry cereal or put a slice of lowfat cheese in a pita pocket. Prepare your meal the night before and you can simply grab it and go during the morning rush hour.

**RUNNING ON EMPTY**

Because muscles are hungriest for carbohydrates within the first two hours after a workout, a carbohydrate-centered breakfast, rather than a high-protein, high-fat meal, is best for morning exercisers. Endurance athletes, particularly those who exercise more than an hour a day, should also load up on carbohydrates in the morning.

Exercising on an empty stomach isn’t wise, especially if your workout is strenuous. Without adequate carbohydrate stores, your blood sugar levels will drop. At best, you won’t have optimal energy for your workout. At worst, you could even develop low blood sugar symptoms: sudden
weakness, dizziness or anxiety. A piece of fruit, toast with jam, even a glass of milk prior to exercise will help sustain you.

THE CALORIE BUDGET

To maintain your energy levels throughout the day, eat two thirds of your calories (1,00 to 1,400 calories) by early afternoon. This way you'll be less likely to overeat at dinner or give in to late night sugar cravings. If you budget one third of those calories for breakfast, this means eating one of the following:

- a bowl of cereal, a banana, lowfat milk and juice
- a bagel with peanut butter, nonfat yogurt and fruit
- a muffin and nonfat yogurt
- several ready-mix packets of hot cereal (most contain only 100 calories) with nonfat yogurt and fruit.

An athlete who is trying to gain weight or a woman with a higher metabolism could eat larger portions or add a morning snack.

TRADITIONAL CHOICES

Cereal is my top choice for breakfast: It's quick, convenient and carbohydrate-dense. Try different toppings, such as bananas, blueberries (fresh or frozen), raisins or even canned fruit. Flavor it with cinnamon, maple syrup or vanilla. Mix different brands. I keep about 15 boxes of cereal in my cupboard, so I can mix and match according to my taste preference for the day.

Because female athletes need extra iron, look for iron-fortified cereals which have more iron than the unenriched, natural types such as granola and shredded wheat. To enhance the absorption of iron, drink orange juice or eat a vitamin C fruit (grapefruit, cantaloupe, strawberries).

Breads, hot cereals and shakes make quick easy meals. Here are a few tips:

- Bake or buy several batches of muffins. Freeze them and pop one or two into the microwave each morning.
- Bake or buy a loaf of quick bread (date, banana, pumpkin). Slice and freeze. Toast for breakfast.
- Bake apple crisp on the weekend, halving the butter and sugar. Freeze and reheat portions.
- Mix a smoothie. Blend ½ cup frozen fruit with ½ cup yogurt, ½ cup juice and ¼ t. cinnamon. Or blend a banana with ½ cup yogurt, ½ cup skim milk, ½ t. vanilla and ¼ t. coconut extract.
UNORTHODOX BREAKFASTS

Breakfast doesn’t have to be traditional. Try the following variations:

- Bake a few potatoes on Sunday evening and reheat them in the microwave while you shower. Top with nonfat yogurt or cottage cheese.
- Make a quick breakfast pizza by toasting an English muffin, topping each half with tomato sauce and lowfat mozzarella cheese and broiling it until the cheese melts.
- Make soup over the weekend and reheat it, or find a quality, lowfat brand in your supermarket (Hains, Pritikin).
- Check your refrigerator for appetizing leftovers to heat up – Chinese food, last night’s pizza or pasta, a casserole.
- Cook a favorite grain (rice, quinoa, kasha, millet) on the weekend to reheat later.