

# ARM STRONG<sup>®</sup>

## COMPLETE PITCHING & THROWING TRAINER

### 6 EASY EXERCISES FOR A STRONGER THROWING ARM:

Perform 3 Sets of 10-15 Repetitions for Each Exercise



**ACCELERATION MODE:** Develops the muscles associated with generating arm speed and velocity. The acceleration mode is a simulation of the throwing motion. Once you reach the follow-through position, slowly reverse to the starting position by following the same path back. This is a great mechanics exercise - be sure the tube finishes over your shoulder enforcing good arm angles and hand position on the ball.



**DECELERATION MODE:** Works the rotator cuff muscles, which act as the brakes in your arm after releasing a baseball. To start, pull back like a bow and arrow, while raising your elbow and hand. Resist the tubes tension while moving forward. Once you reach the follow-through position, slowly reverse to the starting position by following the same path back.

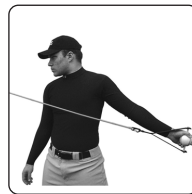


**INTERNAL ROTATION (Rotator Cuff):**

Keep elbow tight against your side and pull in toward your body. Slowly return to the starting position.

**EXTERNAL ROTATION (Rotator Cuff):**

Keep elbow tight against your side and pull away from your body. Slowly return to the starting position.



**SHOULDER FLEXION / ABDUCTION:**

Mount at ankle height or step on tubing. Raise extended arm. Slowly return to the starting position.

**SCAPULA RETRACTION:**

Pull your arm back and pinch your shoulder blades. Slowly return to the starting position.

**ANCHOR OUTDOORS**



Attach tubing to a chain-link fence.

**ANCHOR INDOORS**



**Step 1:** Pull top hinge pin from door.



**Step 2:** Slide pin through the narrow end of anchor clip and mount only to top hinge of door.



**Step 3:** Reinsert pin and attach tubing to anchor clip. **Check before each use.**

**Product Care:** To prolong the life of the latex tubing, occasionally apply a rubber/vinyl protectant such as ARMOR-ALL<sup>®</sup>. Keep cool, dry and avoid long periods of direct sunlight.