

# RELIEF PITCHERS- WORKOUTS BETWEEN OUTINGS

## **1 DAY OFF**

### **AFTER YOU PITCH (the day you pitch)**

Crossover-Iron Scap Routine

Lower Body Lift OR Plyos-2X (if no weight room available)

Light Upper Body Lift- Light push up variation, light horizontal pulling, rotator cuff work

### **DAY 1**

Dynamic Movements/Flexibility

Ladders-1X (Pick 10-15)

Arm Care- CrossOver (recovery)

Stick Drills or Spots

Static Stretches

## **2 DAYS OFF**

### **DAY 1**

Dynamic Warm-up

Ladders-2X each (Pick 10 OR do all of them 1X)

Arm Care- CrossOver Iron Scap

Full Body Lift

Static Stretches

### **DAY 2**

5 Minute Warm Up

Dynamic Movements/Flexibility

Arm Care- CrossOver Recovery Routine

Shoulders loose-1set of 10

Light Long Toss

Stick Drills

Spots- (2 sets)

Static Stretches

## **3 DAYS OFF**

### **AFTER YOU PITCH (the day you pitch)**

Lower Body Lift OR Plyos-2X (if no weight room available)

Light Upper Body Lift- Light push up variation, light horizontal pulling, rotator cuff work

### **DAY 1**

Dynamic Warm-up

Ladders-2X each (Pick 10 OR do all of them 1X)

Arm Care- Crossover (Iron Scap)

Static Stretches

### **DAY 2**

Dynamic Warm-up

Crossover Symmetry-Recovery Routine

Light Long Toss

Bullpen-15-30 pitches OR Spots- (2-3 sets)

6-8 Sprints - 90'

Full Body Lift

Static Stretches

### **DAY 3**

5 Minute Warm Up

Dynamic Movements/Flexibility

Shoulders loose-Crossover (plyometric routine)

Light Long Toss- Optional

Stick Drills

Spots- (2 sets)

Static Stretches

**ANY DAY: Optional= Stick Drills, Wall Drills, Dry Mechanics, Power Drive**