

COMPLETEGAME

INSTRUCTION.TRAINING.MENTALITY.

Day A: Lower Body

Bands	Med Ball	Water Ball	Drill Work	Cool Down
Forward Fly to Overhead Reach	Split Stance Slam	Load and Ride	Step Back Throws	Band Pull Apart
Reverse Fly to Overhead Reach				
Bicep Curl with Supination	Uphill Slam	Anchor Drill	Uphill Throws	Band No Money
Tricep Extension with Pronation				Arm Care
Internal/External Rotation	Walking Windup Throws	Water Ball Throws	Throw 120-150'	

Things To Note:

Every Exercise is 1 Set of 8 Reps

Throw for 10-12 minutes at 60-70% effort

(After 2 Weeks, increase by 2 minutes and throw 150-180 feet)

Repeat throwing session TWICE per week

Link for Drills:

<https://youtube.com/playlist?list=PLY6SyZCzwxPrdx9HBmAUNdqU-JCM2UhWj&si=fq6qXKqpDnv9LKxc>

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Day B: Upper Body

Bands	Med Ball	Water Ball	Drill Work	Cool Down
Forward Fly to Overhead Reach Reverse Fly to Overhead Reach	Split Stance Standup Slam	Load And Ride	PVC Counter Rotation	Band Pull Apart
Bicep Curl with Supination	Dual Hop MB Throws	Anchor Drill	Rocker Throws	Band No Money
Tricep Extension with Pronation Internal/External Rotation	Kneeling Catch to Slam	Uphill Throws	Throw 150-180'	Arm Care

Things To Note:

Every Exercise is 1 Set of 8 Reps

Throw for 12-15 minutes at 50-60% effort

(After 2 Weeks, increase by 2 minutes and throw 180-210 feet)

Repeat throwing session TWICE per week

Link for Drills:

<https://youtube.com/playlist?list=PLY6SyZCzwxPrdx9HBmAUNdqU-JCM2UhWj&si=fq6qXKqDnv9LKxc>