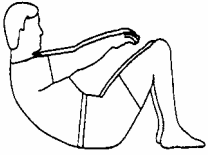
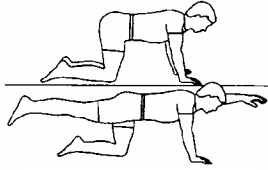


Core Strength for Pitchers

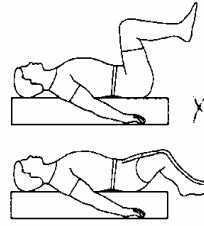
Complete ___ sets of ___ reps ___ times a day.



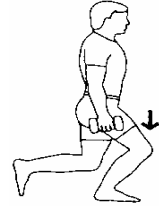
Lie on back, knees bent, arms at side. Lift head and shoulders off floor towards knees



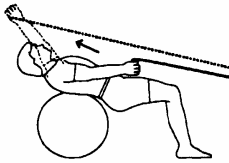
Start on all fours. Extent right leg and left arm at same time. Reverse and repeat.



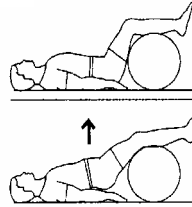
Lie on back with hips at 90 degrees and knees at 90 degrees. Roll hips side to side.



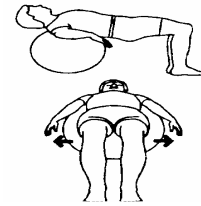
Balancing on one leg, squat down as low as possible while maintaining balance.



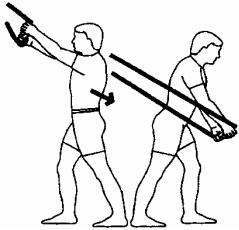
Lie on Swiss ball with 2 T-bands secured. Alternate shoulder flexion with arms straight.



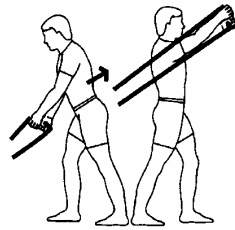
Lay calves over Swiss ball. Use hips/abs to push butt off ground. Keep a straight line from knees to shoulders.



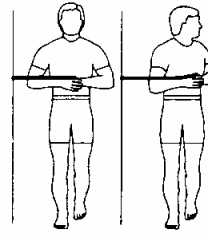
Lie back on Swiss ball with knees at 90 degrees. Keep a straight line between knees and shoulders.



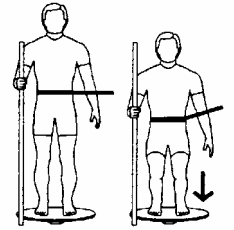
Secure T-band overhead. Grasp with 2 hands and pull across and down body. Keep feet planted, rotating hips.



Secure T-band at floor level. Grasp with 2 hands. Pull up and across body keeping feet planted while rotating hips.



Secure T-band at waist level. Standing on one leg, rotate waist away from the resistance.



Secure T-band around waist while standing on a uneven surface. Perform mini squats.



Vanderbilt Sports Medicine
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