



BULLDOGS PITCHING EXERCISES

Every other day to these drills. The first week do 5 repetitions for each drill each session. The second week do 7 repetitions for each drill each session. Every week thereafter do 10 repetitions for each drill each session.

LOWER BODY

CALVES: Dog: same dog position but toes curled under, Press up and push back – goal – get heels on the ground into a V. Straight line from hands to butt – keep breathing. Come out the way you got into it.

THIGHS Go on knees, put right foot far out in line with right knee, hip and shoulder; Sink groin into the right leg while pulling up the sternum; Left foot not curled; you can put hands on the knee and breathe. Switch legs – spend more time on right side if right handed.

THIGHS: Feet straight ahead; interweave finger, invert hand to palms up over the head; stretch up, put weight on balls of feet, bend from hip (knees locked), legs straight, lift with the arms, raise chest and hold for 10 seconds

UPPER BODY

SIDE MUSCLES: Overhead Extension

Feet straight ahead; interweave finger, invert hand to palms up over the head; stretch up, keep breathing - also stand against a wall

ELBOW CURLS

Feet straight ahead; Fist, knuckles out, thumbs up (as if hitching a ride). Put knuckles on temple, thumbs down, bring elbows in together Go faster over time, pushing further back also

SHOULDERS: Stand, legs spread apart, extend right arm straight out, put left wrist above the right elbow and stretch back – have hips go the other way. Reverse and do the other arm:

ARMS & CHEST: Arm Circles – both ways starting in a small circle – make 20 rotations from small to large to small circles. Then do it the opposite way.

ARMS & CHEST: Touch hand to back with elbow up and use other hand push it further back. Reverse and do the other arm.