

# 2018 PVLL ARM Program

## “Activity & Recovery Management”

### PLAYER/COACH/PARENT EXERCISE GUIDE

#### 1. WARM-UP

- A. **Clasped Hands**  
side-to-side, circles, swims, presses
- B. **Prayer Presses**  
presses, forearm presses, flare ups/downs, fingertips

#### 2. BANDS

- A. **Pinches**  
thumbs up, out, in
- B. **Circles**  
forward / back
- C. **Swims**  
forward / back; maintain box positions w/ forearms... relax traps
- D. **Elbow Saws Back**  
thumbs up, out, in
- E. **Triceps Extensions**  
thumbs up to palms back
- F. **Elbow Saws Front**  
thumbs up, out, in
- G. **“Y” Extensions**  
upside down box to thumbs up/ out



#### 3. JOINT INTEGRITY

- A. **Forearm Push Ups**  
3 hand positions

#### 4. DUMBBELLS (3 lb. recommended)

- A. **Shoulder Press**  
3 hand positions
- B. **45 Degree Shoulder Raise**  
Thumbs Up
- C. **45 Degree Shoulder Raise**  
Thumbs Down
- D. **Swims**  
Palms Facing, Thumbs up, Thumbs down
- E. **Hitch Hikers**  
Alt. Thumbs up / Palm up to sky
- F. **Around the Worlds**  
Palms facing at bottom, rotate palms facing overhead
- G. **Bentover Swims**  
Straight, Thumbs up, Thumbs down
- H. **Bentover Reverse Flys**  
Scap Pinches
- I. **External Rotators**  
Straight, Thumbs up, Thumbs down

