

# ACE DAY TWO PITCHER RECOVERY PROGRAM

<b>EXERCISE</b>	<b>DESCRIPTION</b>
<b>FOAM ROLLER (8-12sec each)</b>	The pitcher lies on the foam roller, slowly moving his body over select muscle areas to increase recovery.
<b>TISSUE REGENERATION (as long as needed)</b>	The pitcher places a baseball between specific body areas and a wall. The pitcher leans into the ball to keep it from dropping and slowly moves his body so the ball rolls over muscle areas to stimulate tissue regeneration.
<b>CROSSOVER SYMMETRY</b>	The pitcher will complete a set of Crossover Symmetry exercises.
<b>ONE-ARM PITCHES (1x5-8 throws)</b>	The pitcher stands in front of the wall with one foot in front of the other in the release point position. He lays back his throwing arm without turning his hips, and then forcefully throws a one-pound ball into the wall.
<b>ONE-ARM PITCHES AT 90 DEGREES (1x5-8 throws)</b>	The pitcher stands in front of the wall at 90 degrees away from being completely squared off to the target. He lays back his throwing arm, turns his hips toward the wall, and then forcefully throws a one-pound medicine ball into the wall.
<b>BACKWARD GRANNY (1x10)</b>	In the outfield or another open area, the pitcher throws a medicine ball up in the air as high as he can but slightly behind him. Then he immediately turns to retrieve the ball and repeats the motion.
<b>ONE-ARM PITCHES AT 135 DEGREES (1x5-8 throws)</b>	The pitcher stands in front of the wall at 135 degrees away from being completely squared off to the target. He lays back his throwing arm, turns his hips toward the wall, and then forcefully throws a one-pound medicine ball into the wall.
<b>FORWARD GRANNY (1x10)</b>	In the outfield or another open area, the pitcher throws a medicine ball up in the air as high as he can but slightly in front of him. Then he immediately goes to retrieve the ball and repeats the motion.
<b>ONE-ARM NEGATIVES (1x5-8 throws)</b>	With his back facing the wall, the pitcher stands with one foot in front of the other. He again lays his arm back, but he forcefully lets go of a one-pound medicine ball into the wall behind him.
<b>TWO-ARM MEDICINE BALL SLAMS (1x10)</b>	The pitcher stands in an athletic position with an 8-10 pound medicine ball in his hands. The pitcher forcefully throws the ball with both hands to the ground as if he is swinging a sledgehammer. He then repeats this on the other side of his body.
<b>TRAMP THROWS (3x25)</b>	A partner holds a mini-trampoline against a wall. The pitcher throws a medicine ball into the trampoline, catches it as it returns, and immediately bounces it again.
<b>GROUND TRAMP THROWS (2x10)</b>	The pitcher bounces a medicine ball on a mini-trampoline that's on the ground. He catches the ball as it returns and immediately bounces it again.
<b>BODYBLADE SERIES</b>	Each exercise is performed to burnout. Some positions may lead to burn out in 10-15 seconds. Some may take 60 seconds. When doing full range exercises, such as those that simulate the pitching motion, the pitcher should strive to make it through the range of motion three to five times while remaining balanced and in control without taking a break. The pitcher should keep his shoulders depressed and his head and chest up. He must not slouch. Correct positioning ensures correct form and causes the muscles to be used more efficiently and in similar positions to throwing.
<b>BODYBLADE HORIZONTAL SHOULDER FLEXION</b>	Hold the body blade at chin level and shake the blade vigorously until burnout. If this becomes easy move through an entire range of motion from hip to overhead level. This is done with throwing arm only.
<b>BODYBLADE VERTICAL SHOULDER FLEXION</b>	Hold the body blade at chin level with the thumb down and shake the blade vigorously until burnout. If this becomes easy perform each set for a longer duration. This is done with throwing arm only.
<b>BODYBLADE CHANGEUP SHOULDER FLEXION</b>	Hold the body blade at chin level with the thumb up and shake the blade vigorously until burnout. If this becomes easy perform each set for a longer duration. This is done with throwing arm only.
<b>BODYBLADE HORIZONTAL SHOULDER ABDUCTION</b>	Hold the body blade at chin level off to the side and shake the blade vigorously until burnout. If this becomes easy move through an entire range of motion from hip to overhead level. This is done with throwing arm only.
<b>BODYBLADE VERTICAL SHOULDER ABDUCTION</b>	Hold the body blade at chin level off to the side, with the thumb down and shake the blade vigorously until burnout. If this becomes easy, perform each set for a longer duration. This is done with throwing arm only.
<b>BODYBLADE BEHIND-THE-BACK HORIZONTAL SHOULDER ABDUCTION</b>	Hold the body blade about 4 inches from your rear end. With the elbow locked shake the blade front to back vigorously until burnout. Remember to keep the shoulders depressed and not shrugged up as you fatigue. If this exercise becomes easy, perform each set for a longer duration. This is done with the throwing arm only.
<b>BODYBLADE DIAGONAL PITCHING MOTION</b>	Hold the body blade in a reverse C position with the arm all the way back and fully extended in to the cocked position. You can begin this on one foot or on both feet in a pitching position. Begin shaking the body blade and moving through the pitching motion, finishing on the landing leg and continuing through to a half squat. Then return all the way to the beginning position without stopping. Do 3-5 repetitions from start to finish.
<b>BODYBLADE REVERSE DIAGONAL PITCHING MOTION</b>	Hold the body blade in front of the body with the elbow in front of the face. Move the body blade diagonally until the arm is extended with the palm facing away from the body at approximately waist level. If this exercise becomes easy, perform each set for a longer duration. This is done with the throwing arm only.
<b>ARC TOSS</b>	With a partner, the pitcher makes a series of arc throws on the way out and on the way back in. Throw based on how you feel with a goal distance of 60% of max distance.