

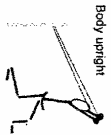
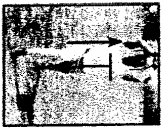


Jaeger Sports J-BANDS Training Program

UPPER ARM EXERCISES

Over-the-head Forearm Extensions

- Elbows stationary
- Palms extend forward



Body upright

Side and Diagonal Extensions

- Push through palm
- Lengthen (not round) the side

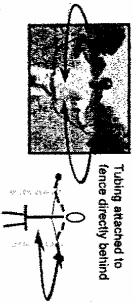


Side

Diagonal

Forward Files

- Slightly bent elbows at shoulder height
- Palms toward each other – do not extend beyond 90 degrees



Tubing attached to fence directly behind

Reverse Files

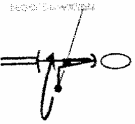
- Same as forward files in reverse direction
- Palms move away from each other – do not extend beyond 90 degrees



IMPROVING ARM SPECIFIC EXERCISES

Internal Rotation

- Elbow on hip
- Keep elbow from lifting away from hip (use non-throwing hand, under arm pit)
- Arm at right angle



Pull toward body



External Rotation

- Elbow on hip
- Keep elbow from lifting away from hip
- Arm at right angle

Start at body – pull away



7. Elevated Internal Rotation

- Arm at right angle
- Elbow stabilized at shoulder height

Pull to horizontal



8. Elevated External Rotation

- Same as internal - opposite direction

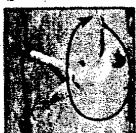
Start horizontal – pull to 90°



9. Reverse Throwing Motion

- Move clip to shin height
- Arm slot in reverse direction
- Front shoulder facing clip

Turn to face fence



10. Forward Throwing Motion (Extension)

- Use two fingers through wrist cuff
- Keep proper throwing mechanics
- Keep tubing in line with arm slot

Back to fence



J-BANDS WORKOUT REMINDERS

1. Quality vs quantity
2. Allow the arm to do the work
3. Maintain proper technique
4. Keep pace under control
5. Keep arm, body, and mind relaxed
6. Keep long, fluid breathing patterns
7. Walk closer to fence to reduce tension
8. Walk away from fence for more resistance
9. Work to the point of fatigue rather than failure

How to contact Jaeger Sports -

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To order the video "Thrive on Throwing" or to order J-Bands please visit our web site at www.jaegersports.com