

**Pitching Work Week**  
Throwing and Arm Maintenance

1. 5-Day work week
  - a. On the Bump
    - i. Post-game work
      1. Cuff Work
      2. Blackburns
      3. Additional Cardio (Sprints)
  - b. Off Day 1
    - i. Throwing
      1. Light toss 60-90ft
      2. No throw (situational)
    - ii. Work-out
      1. Leg day
      2. Cardio (long runs)
  - c. Off Day 2
    - i. Side day
      1. Bullpen (40-60pitches)
      2. Work on Mechanics / next matchup
    - ii. Work-out
      1. Sprints
    - iii. Maintenance
      1. Cuff Work
      2. Blackburns
  - d. Off Day 3
    - i. Throwing
      1. Long toss (150-180+ feet)
    - ii. Workout
      1. Upper Extremity lifts
    - iii. Extra Work
      1. PFP drills – fielding drills
  - e. Off Day 4
    - i. Throwing
      1. Light toss (60-120ft)
      2. “Flat-Ground” Work on breaking balls / off-speed
    - ii. Extra Work
      1. PFP – fielding drills
  - f. On the Bump

2. Post-Throwing Maintenance
  - a. Cuff Exercises
    - i. Standing
    - ii. Prone
    - iii. Sidelying
  - b. Blackburns
  
3. Shoulder Stretching
  - a. Rotator Cuff
  - b. Scapula
  - c. Lats
  
4. Extra Work
  - a. Scapula Rehab Exercises
  - b. Rotator Cuff Rehab exercises
    - i. Manuals
  - c. Rhythmic Stabilizations