

# ACTIVE BASEBALL WARM-UP

Perform before throwing. ▪ Complete in 1 minute ▪ Prepares the body for the speed of throwing • Perform with Fast Movements\*



#1 Big Arm Circles x 5



#2 Small Arm Circle x 5



Start #3 Forearm Touch x 5 Finish



Start #4 90/90 x 5

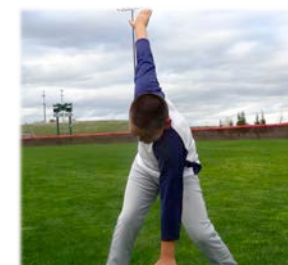


Finish

## TWO OUT DRILL



#5 Trunk Rotation x 5



#6 Full Golf Swing Rotation x 5

## DYNAMIC STRETCH (perform all 5 x each)



Knee Hugs



Lunge and Reach to Sky



Side Lunge



Quad Stretch



Catcher Squat



Inverted "T"

**Form Running: (10 yards): High Knees, Side Shuffle, Backwards Run, Cariocas, Lunge, Heel to Rear, Sprint**

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## CRLI Warm -up

Jog Foul pole to foul pole

Return in Two Lines (6 in front, 6 in back)

10 yards or (30 feet half distance from 1<sup>st</sup> to second)

### **DYNAMIC STRETCH**

Knee hugs

Lunge and Reach to sky

Side to Side lunge with catcher squat

Quad Stretch

Inverted "T"

### **FORM RUN**

High Knees Forward

Side shuffle

Back pedal

Cariocas

Lunge

Heel to Rear

Sprint

### **Two Out Drill (Big Team Circle)**

1 Player or coach in the Center

5 reps each (performed quickly)

Big Arm circles forward

Big Arm Circles Backwards

Small arm Circles forward'

Small Arm Circles backward

90/90

90/90 Forearm touch

Standing rotations (arms out) wide stance rotate

Standing rotations with toe touch

### **WARM UP THROWS (all w feet movement)**

Throw out

5 x 30 feet

5 x 45 feet

5 x 60 feet

5 x 75 feet

Return in (on line)

3 x 75 feet

3 x 60 feet

10 quick throws @ 45 feet