

ACE DAY ONE PITCHER RECOVERY PROGRAM

<u>EXERCISE</u>	<u>DESCRIPTION</u>
BODY WEIGHT LEG CIRCUIT	A series of exercises with an emphasis on the lower half using one's bodyweight.
FOAM ROLLER (8-12 sec. each body area)	The pitcher lies on the foam roller, slowly moving his body over select muscle areas to increase recovery.
TISSUE REGENERATION (as long as needed)	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.
CROSSOVER SYMMETRY	The pitcher will complete a set of Crossover Symmetry Band exercises.
OVERHEAD MEDICINE BALL ON TWO FEET (2x25)	The pitcher faces a wall and stands on two feet. He bounces a medicine ball overhead against the wall. This exercise promotes full range of motion and is an excellent shoulder exercise that benefits the elbow as well.
OVERHEAD MEDICINE BALL ON ONE FOOT (2x25)	The pitcher faces a wall and stands on one foot. He bounces a medicine ball overhead against the wall. This exercise promotes full range of motion and is an excellent shoulder exercise that benefits the elbow as well.
CHEST MEDICINE BALL ON TWO FEET (2x25)	The pitcher faces the wall and stands on two feet. He bounces a medicine ball from the chest against the wall. This exercise is an excellent shoulder and core exercise that benefits the elbow as well.
CHEST MEDICINE BALL ON ONE FOOT (2x25)	The pitcher faces the wall and stands on one foot. He bounces a medicine ball from the chest against the wall. This exercise is an excellent shoulder and core exercise that benefits the elbow as well.
SIDE-TO-SIDE (2x20sec)	The pitcher stands with his back to a wall and bounces a medicine ball from side to side against the wall.
DIAGONALS (2x20sec)	The pitcher stands with his back to a wall and bounces a medicine ball from high to low and low to high against the wall.
WOODCHOPPER (2x20 sec)	The pitcher stands with his back to a wall and bounces a medicine ball above his head and between his legs against the wall.
PITCHER TORQUES (1x10)	The pitcher stands with one foot in front of the other while holding a medicine ball. The pitcher "torques" the ball to his non-throwing side, then torques the ball to his throwing side, followed by an explosive throw against the wall.
OVERHEAD SOCCER THROWS (1x10)	The pitcher makes a throw with the medicine ball much like the way a soccer goalie throws the ball into the field of play.
MEDICINE BALL SIT-UPS (2x35)	The pitcher lies on the ground in a sit-up position, and a partner stands at his feet facing him. As the pitcher performs sit-ups, he and his partner pass the medicine ball back and forth between them.
SIDE-TO-SIDE SIT-UPS (2x35)	While lying in a sit-up position, the pitcher moves the medicine ball from one side of his body to the next with his feet, keeping his feet off the ground. This is a great rotational and abdominal exercise.
FEET-OFF SIT-UPS (2x35)	The pitcher starts in a seated prone position with a partner. With his feet off the ground, the pitcher tosses the medicine ball back and forth with his partner. The standing partner should pass the ball to each side and over the head of his partner, forcing him to tighten his core.
LIGHT TOSS	With a partner or recovery throwing sock, the pitcher makes a series of light throws. The distance will vary based on how far the individuals can throw, but should not exceed 90' in distance.
CROSSOVER IRON SCAPS	The pitcher will complete a set of Crossover Symmetry Iron Scaps recovery program.