

Thrower's 10 Program

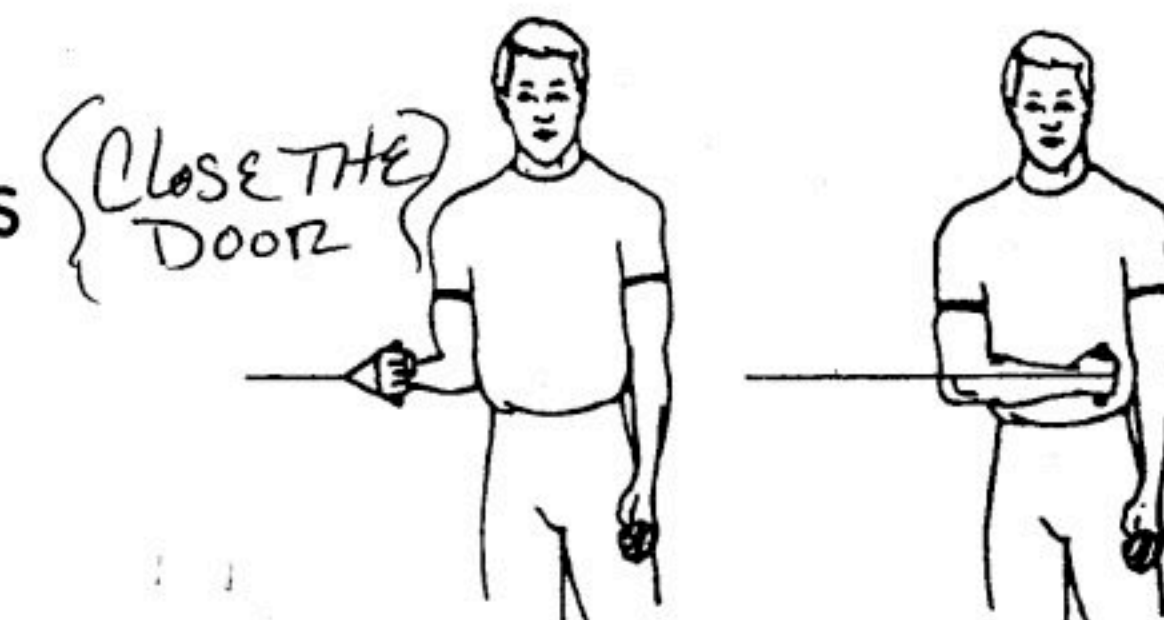
1. Reverse Throwing Motion---(D-2 pattern)--- Tubing is attached low. Grab the handle with palm facing your opposite leg, thumb down. As you raise your arm up and back across your body turn your pal so the thumb goes up. Return to the starting position.



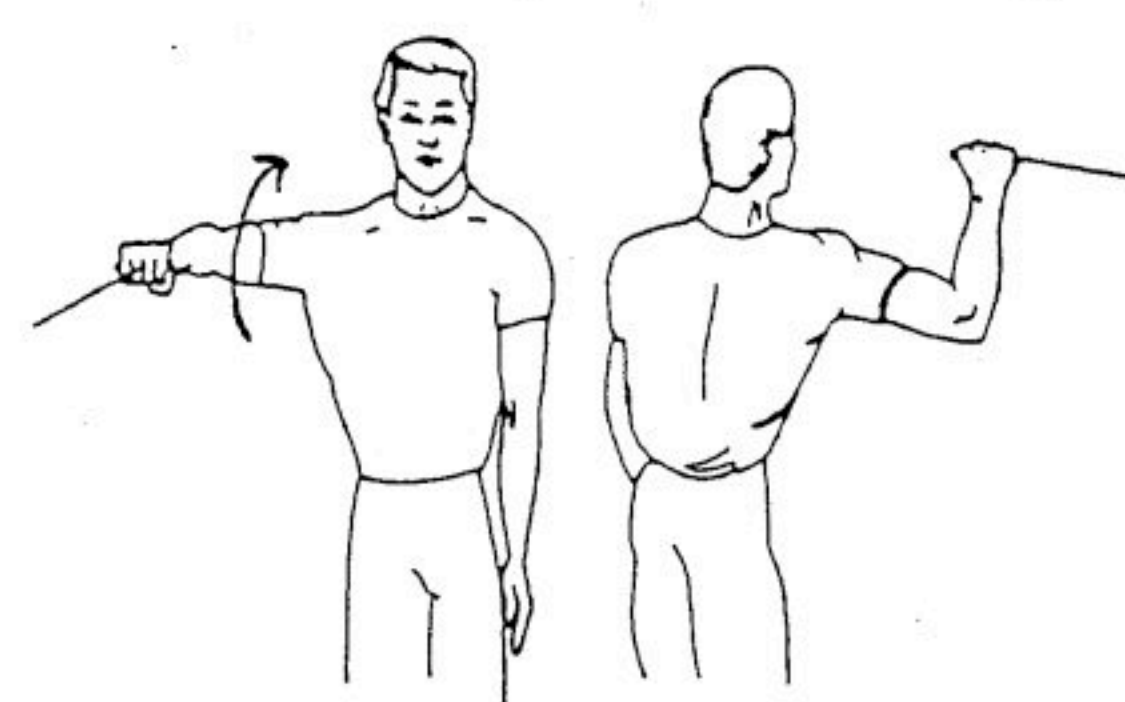
2. Open the Door---External Rotation---Grab handle with your non throwing arm between you and the attachment. Elbow is bent at a 90 degree angle. Keeping your upper body still, your elbow bent, and pressed against your ribs "Open the Door" by pulling the back of your hand away from your body.



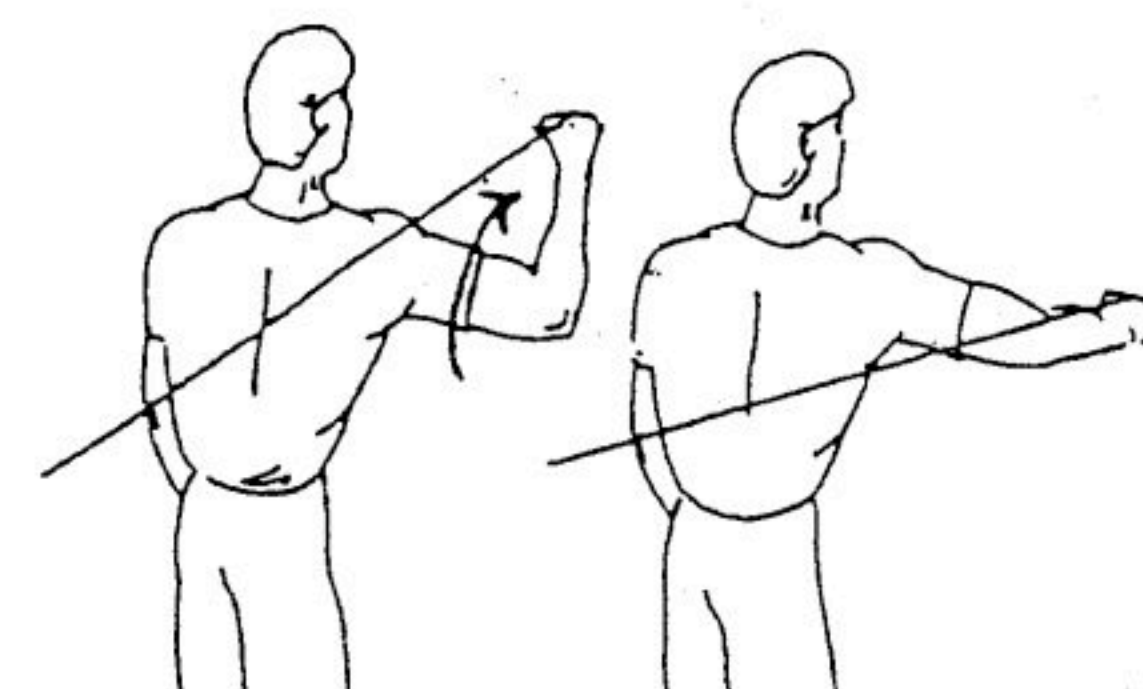
3. Close the Door---Internal Rotation---Same set up as "Open the Door" only you are facing the opposite direction. From this position, "Close the Door".



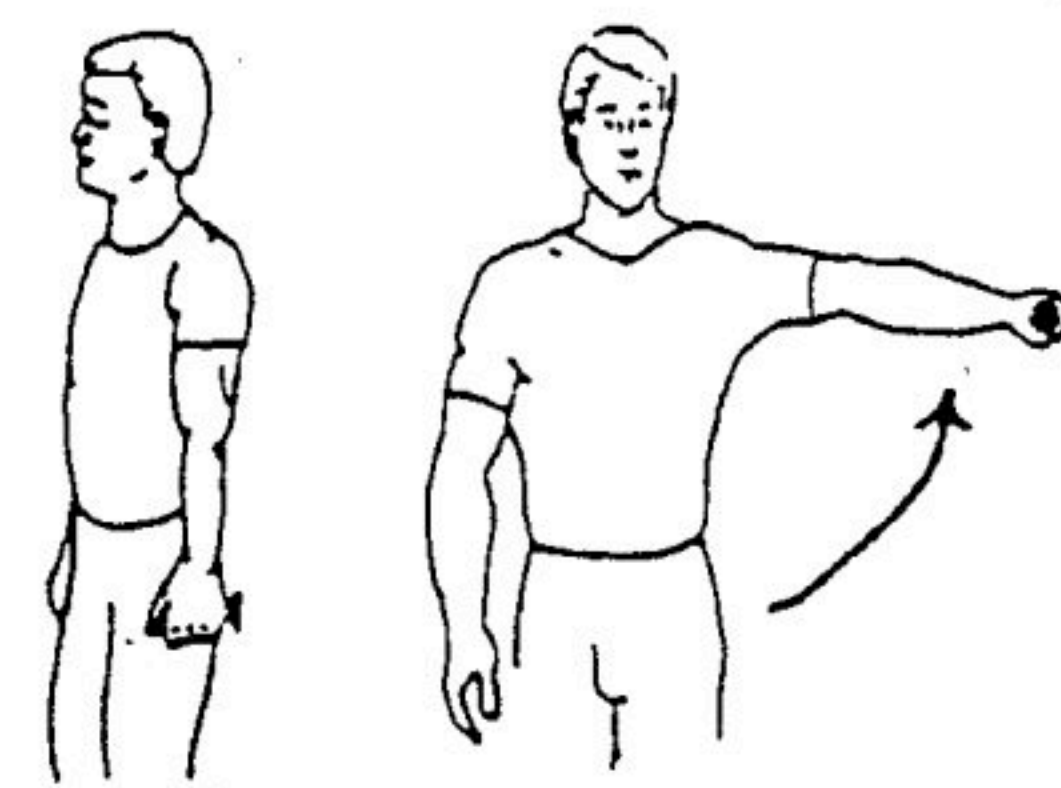
4. 90 Degree Reverse Throwing Motion---Facing the attachment and holding the handle in your throwing hand with your palm facing the ground, and your elbow bent at a 90 degree angle, raise your arm up to the throwing position. (Elbow even with your shoulder) Keeping your hand and your elbow in line with your shoulder .



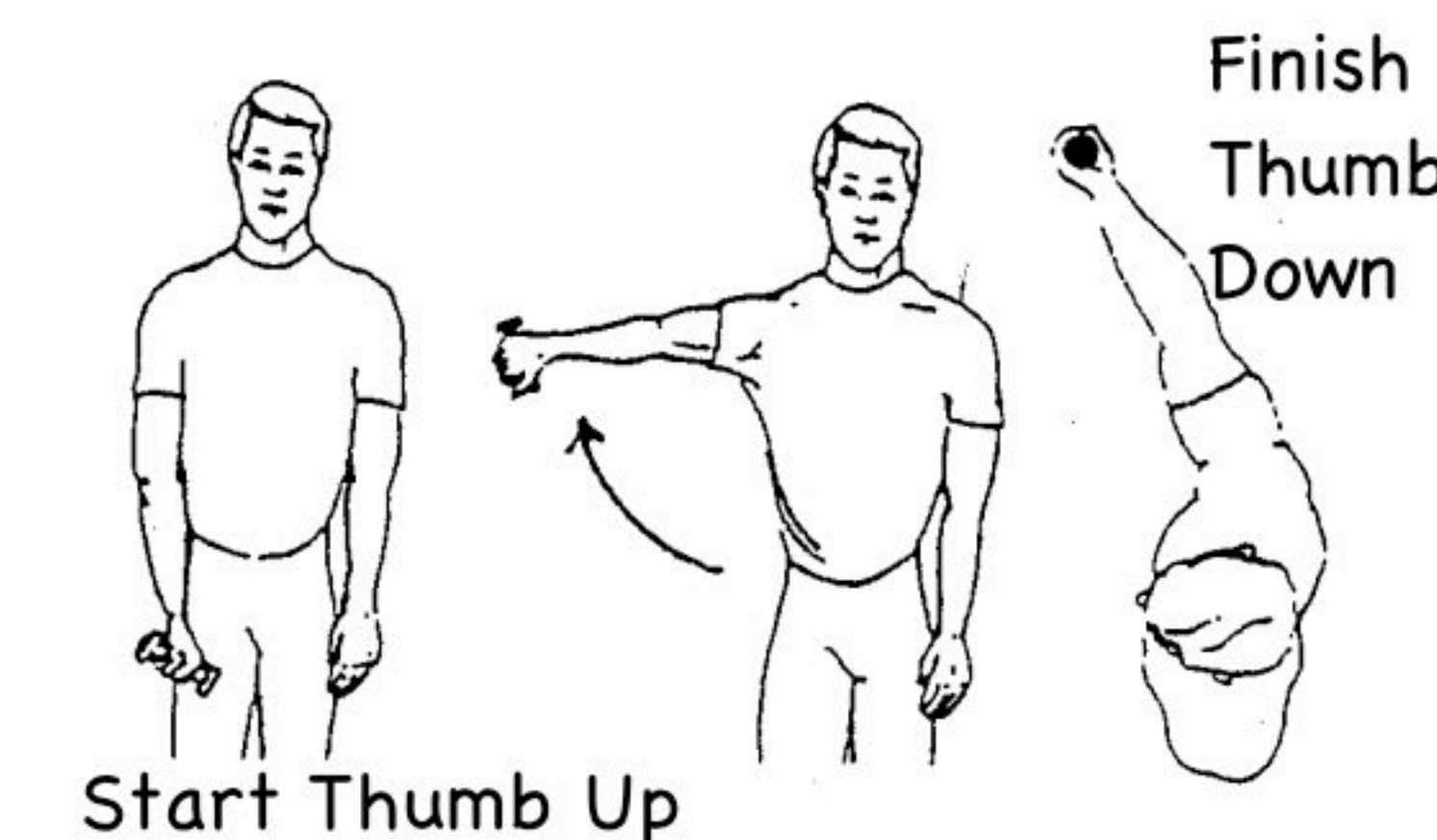
5. 90 Degree Throwing Motion--- Facing away from the attachment and holding the handle with arm bent at a 90 degree angle pull your hand down until the forearm is parallel to the ground.



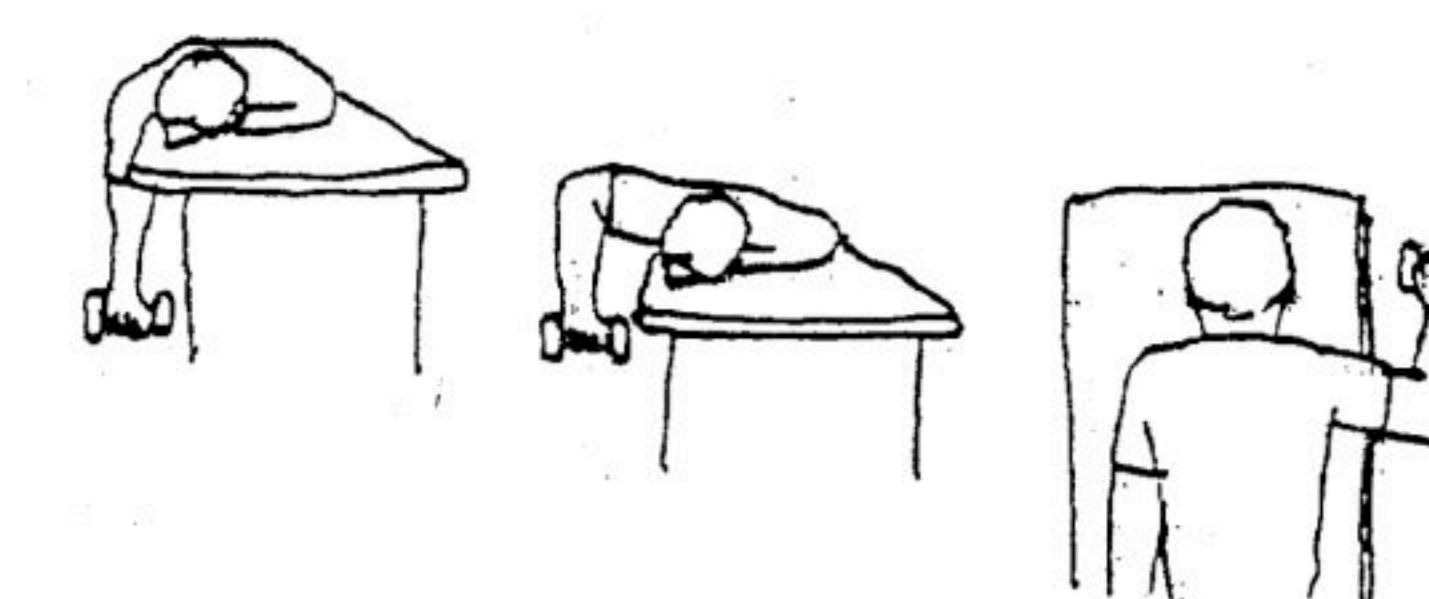
6. Lateral Raise---Shoulder Abduction--- Hold the handle with your non throwing arm between you and the attachment and your hand straight down by your side. Raise your arm up until it is parallel to the ground.



7. Empty the Can---Scaption, External Rotation--- Standing holding the handle with your back to the attachment and your arm straight down by your side, raise your arm in a twisting motion as if you are "Emptying a Can". The finished position has your thumb pointing downward with your arm straight out in front of you.

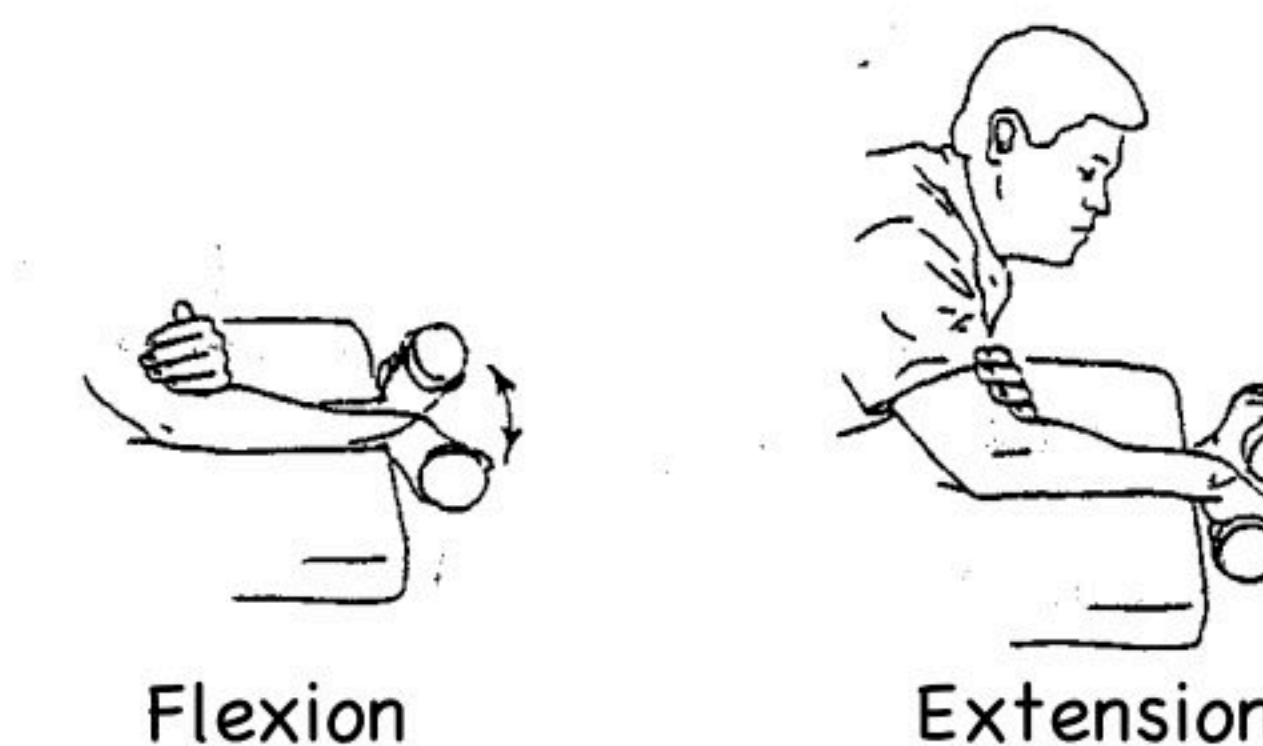


8. Hitchhiker---Rowing into External Rotation---Standing facing the attachment and holding the handle straight out in front of you (arm is parallel to the ground) pull your elbow back until it is bent at a 90 degree angle and still parallel to the ground. (A Rowing Motion). From here perform a "Hitchhiker" move. Pull the back of your hand up until your arm is bent again at a 90 degree angle. As you are pulling the back of your hand up rotate your thumb to the sky as if you were "hitching a ride".



Finish in Thumb up, Hitchhiker position

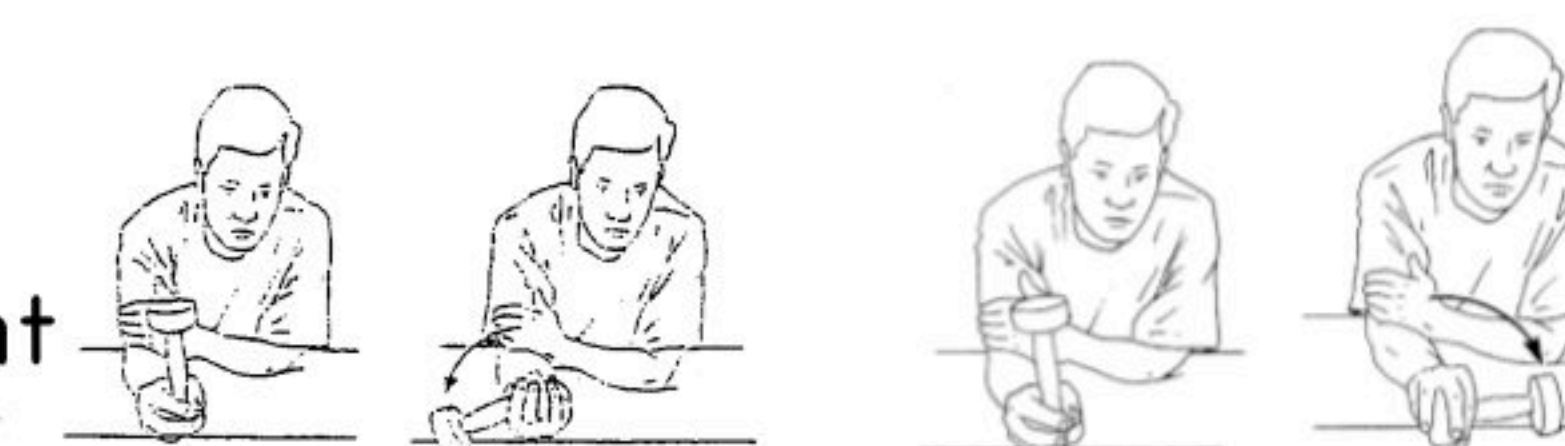
9. Wrist Curls---Wrist Flexion and Extension--- Standing facing the attachment with your arm straight by your side curl your fist down and under for flexion. With your back to the attachment and your arm straight by your side curl your fist up towards your body.



Flexion

Extension

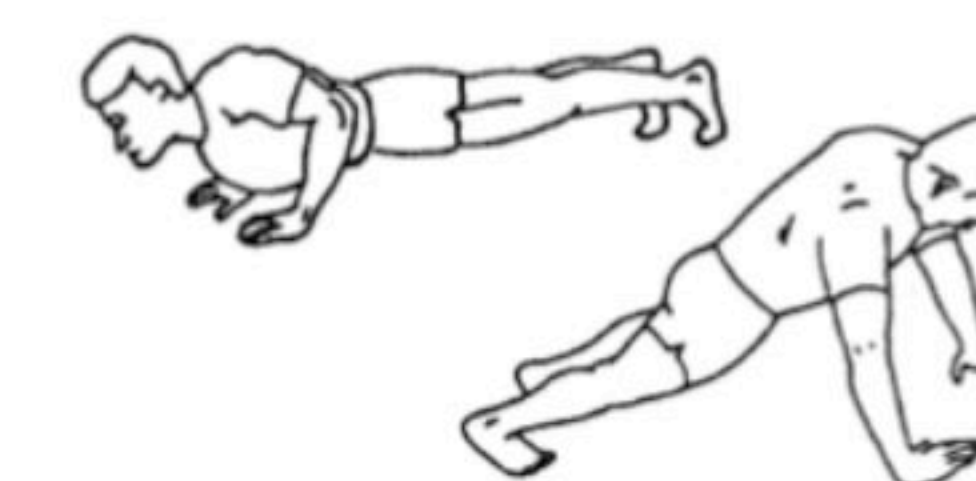
10. Wrist Rolls---Pronation and Supination--- Standing facing the attachment and your arm straight in front of you and parallel to the ground "Roll your Wrists" over and back in a twisting motion. (Pronating and Supinating)



Pronation

Supination

Other Bodyweight Exercises



Push-ups



Press-ups