

Pitching Central's & Ron Wolforth's

"7 Innings of Heck"

<u>Inning #</u>	<u>The Throw</u>	<u>The Sprint</u>	<u>The Push-ups</u>	<u>The Back/Neck</u>	<u>The Abs</u>
1	6-18 Reverse throws	10-10yd Gasers	2-20 Hindu pushups	2-20 Bridges *	10-20 Russian Twists
2	6-18 Granny throws	7- 15yd Gasers	2-10 wide pushups 2-10 narrow "kiss your hands" push ups	2-20 Supermans	10-20 Russian Diagonals
3	6-18 FWD Squat throws	5- 20yd Gasers	2-20 Table makers	1-20 Moon Over My Hammy	10-20 Clemens Crunch
4	6-18 REV Squat throws	4- 30yd Gasers	2-20 Staggered pushups	1-20 Reverse pushups	10-20 T. House Abs
5	6-18 Side throws	3- 40yd Gasers	2-20 Iron Crosses	2-20 1 Legged Storks	10-20 Jack Knives
6	6-18 REV side throws	2- 60yd Gasers	2-20 Pushup Plyos	2-20 Bridges *	10-20 Pretzels
7	6-18 Walking Catapults	1- 100yd Gaser	2-20 Negative Pushups	2-20 Neg Supermans	10-20 Neg Sit Ups

* If your pitcher can't do one full bridge, have him simply hold the position for increasing intervals up to 30 sec until they can do one in good form. When they can do 10 in good form, have them do the bridge without using their hands and start the process over. Always do each and every exercise with PERFECT form. Once the athlete can do two with perfect form, add 1-3 reps each week until they get to 20.