

Pitchers leg workouts

The goal for a pitcher is to develop his legs and glutes in order to increase the leg drive necessary to generate velocity.

The following lower-body exercises should form the basis of any leg workouts as the player looks to maximize lower body power:

1. Squats



2. Lunges



3. **Deadlift**



4. **Single-Leg Deadlift**



5. **Plate Walk**



6. **Sumo**



Pitchers core workouts

An often emphasized, and generally confused, element of athletic training is core training.

For pitchers, core training should not focus on doing hundreds of sit-ups so that your six-pack emerges.

Rather, engaging the core for pitching training involves doing anti-rotation exercises in order to strengthen the midsection. Cable anti-rotation presses, medicine ball throws and planks should be used for a pitcher's core work.

7. Plank



8. Side Plank



The reason planks are great at strengthening a pitcher's core is that rather than twisting or crunching, these exercises require the athlete to concentrate on keeping the abs tight and immobile as they encounter resistance which helps a pitcher maintain posture.

Pitchers arm workouts

The rotator cuff and shoulder accelerate and decelerate the throwing arm, and it's no surprise that if you want a healthy arm, arm exercises are a must.

The following pitching arm exercises should form the basis of any upper-body workouts as the player looks to maximize arm speed, arm strength and arm stamina:

9. Six Packs

10. Standing Manuals

11. High Outside Pull & Lift

12. Front Raise

13. Lateral Arm Raise

14. Reverse Pulls

15. Throwing Motion w/ Resistance

16. Reverse Flies

Pitchers upper back and scap workouts

Beyond the shoulder strengthening exercises described above that every pitcher should be doing, upper body training for a pitcher should focus on pulling motions that strengthen the upper back and scap, which is the area between the shoulder blades.

These exercises, such as bent over rows and pull-ups, can be done with an emphasis on squeezing the shoulder blades together, back and down.

17. Bent Over Row



18. Bent Over Fly



Strengthening the upper back through rows will cause the muscles necessary to decelerate the arm to become stronger.

19. Cable Row



20. Single Leg Cable Row



21. Dumbbell Row



As a result of building strength through rows, the pitcher's body will allow the arm to reach faster speeds as it is more capable of safely decelerating after release.

Remember, faster arm speed means faster pitching velocity.

5 off-season weight training principles for pitchers

Don't run long distance

- **Do run sprints instead.** Pitching a baseball places an explosive, intense demand on your central nervous system. Thus, you need to train in a similar manner. The perfect type of training stimulus for this is sprints—not long distance endurance running, which over time teaches your body to become slow.

Don't do static stretches

- **Do active dynamic stretches instead.** You want your muscles to have a stretch reflex, like a rubber band supplying stored energy when stimulated. Static stretching reduces the ability to be powerful by diminishing your stretch reflex response.

Don't do the leg press machine

- **Do deadlifts instead.** Leg press machines are not nearly as effective as the deadlift, which is awesome. The deadlift, when done correctly, works your entire body. This alone should be enough reason to do them. Specifically, the deadlift engages your hamstrings, glutes, erectors, rhomboids and posterior shoulder muscles—all top priority for pitchers. In order to continually throw a baseball at high speed, pitchers need a tremendously strong lower body. This helps them develop the necessary torque in their hips needed for the pitching motion. Once their lower body develops this power, a stable core helps transfer it up and into their arm for the throw. Strong and stable posterior muscles protect a pitcher from injury.

Don't do barbell bench presses

- **Do body weight push-ups instead.** Push-ups are a great closed-chain exercise. To complete the entire movement, your entire body must remain stable. Barbell bench presses lock the shoulders in a susceptible position. This is a good enough reason to leave them out of your training program. Push-ups are a much safer option for working these joints and muscles.

Don't do overhead presses

- **Do horizontal rowing exercises instead.** For a pitcher, a weak and unstable scapula is like launching a cannon out of a canoe. It won't work. Upper-body stability problems are tyrants among pitchers, but this is exactly what you risk when you perform a technically sound Overhead Press. Instead, you should perform rowing exercises. They help to strengthen the decelerator muscles you use when throwing.

By applying these pitching exercises to your workout routines, you'll make significant improvements this off-season.

Off	Day 1	Day 2	Day 3	Day 4	Day 5	Off
Week 1 J-Bands = 10 reps	Light catch (60-70% effort) 50-75 ft 8-10 min. 15 Pick Offs	Delivery Work Mirror work/ Towel Work What's your Focus?	Light catch (60-70% effort) 50-75 ft 8-10 min. 15 Pick Offs	Delivery Work Mirror work/ Towel Work What's your Focus?	Light catch (60-70% effort) 50-75 ft 8-10 min. 15 Pick Offs	OFF
Week 2 J-Bands = 11 reps	Catch (70-80% effort) 60-90 ft 10-12 min. (10-15 CH) 15 Pick Offs	Delivery Work Mirror work/ Towel Work What's your Focus?	Catch (70-80% effort) 60-90 ft 10-12 min. (10-15 CH) 15 Pick Offs	Delivery Work Mirror work/ Towel Work What's your Focus?	Catch (70-80% effort) 60-90 ft 10-12 min. (10-15 CH) 15 Pick Offs	OFF
Week 3 J-Bands = 12 reps	Catch (80-90% effort) 90-120 ft 12-15 min. (10-15 CH) 15 Pick Offs	Delivery Work Mirror work/ Towel Work What's your Focus?	Catch (80-90% effort) 60-90 ft 10-12 min. (10-15 CH) 15 Pick Offs	Delivery Work Mirror work/ Towel Work What's your Focus?	Catch (80-90% effort) 90-120 ft 12-15 min. (10-15 CH) 15 Pick Offs	OFF
Week 4 J-Bands = 13 reps	LT 120-150 ft 12-15 min. (80-90% effort) 10-15 CH 15 Pick Offs 20 pitch pen FB's only	Delivery Work Mirror work/ Towel Work What's your Focus?	Catch (80-90% effort) 60-90 ft 10-12 min. (10-15 CH) 15 Pick Offs	Delivery Work Mirror work/ Towel Work What's your Focus?	LT 120-150 ft 12-15 min. (80-90% effort) 10-15 CH 15 Pick Offs 20 pitch pen FB's only	OFF
Week 5 J-Bands = 14 reps	LT 150-180+ ft 15-20 min. (85-90% effort) 10-15 CH/Spin Drill 15 Pick Offs 30 pitch pen FB/CH	Delivery Work Mirror work/ Towel Work What's your Focus?	Catch (80-90% effort) 60-90 ft 10-12 min. (10-15 CH) 15 Pick Offs	Delivery Work Mirror work/ Towel Work What's your Focus?	LT 150-180+ ft 15-20 min. (85-90% effort) 10-15 CH/Spin Drill 15 Pick Offs 30 pitch pen FB/CH	OFF
Week 6 J-Bands = 15 reps	LT 180-210+ ft 15-20 min. (85-95% effort) 10-15 CH/Spin Drill 15 Pick Offs 30 pitch pen FB/CH	Delivery Work Mirror work/ Towel Work What's your Focus?	Catch (80-90% effort) 60-90 ft 10-12 min. (10-15 CH) 15 Pick Offs	Delivery Work Mirror work/ Towel Work What's your Focus?	LT 180-210+ ft 15-20 min. (85-95% effort) 10-15 CH/Spin Drill 15 Pick Offs 30 pitch pen FB/CH	OFF
Week 7 J-Bands = 16 reps	LT 210-250+ ft 15-20 min. (85-95% effort) 10-15 CH/Spin Drill 15 Pick Offs 30 pitch pen/ALL Pitches Simulate 1 Batter	Delivery Work Mirror work/ Towel Work What's your Focus?	Catch (80-90% effort) 60-90 ft 10-12 min. (10-15 CH) 15 Pick Offs	Delivery Work Mirror work/ Towel Work What's your Focus?	LT 210-250+ ft 15-20 min. (85-95% effort) 10-15 CH/Spin Drill 15 Pick Offs 30 pitch pen/ALL Pitches Simulate 1 Batter	OFF
Week 8 J-Bands = 17 reps	LT 235-250+ ft 15-20 min. (85-95% effort) 10-15 CH/Spin Drill 15 Pick Offs 30 pitch pen/ALL Pitches Simulate 2 Batters	Delivery Work Mirror work/ Towel Work What's your Focus?	Catch (80-90% effort) 60-90 ft 10-12 min. (10-15 CH) 15 Pick Offs	Delivery Work Mirror work/ Towel Work What's your Focus?	LT 235-250+ ft 15-20 min. (85-95% effort) 10-15 CH/Spin Drill 15 Pick Offs 30 pitch pen/ALL Pitches Simulate 2 Batters	OFF
Week 9 J-Bands = 18 reps	LT 235-250+ ft 15-20 min. (90-100% effort) 10-15 CH/Spin Drill 15 Pick Offs 30 pitch pen/ALL Pitches Simulate 1 Inning	Delivery Work Mirror work/ Towel Work What's your Focus?	Catch (80-90% effort) 60-90 ft 10-12 min. (10-15 CH) 15 Pick Offs	Delivery Work Mirror work/ Towel Work What's your Focus?	LT 235-250+ ft 15-20 min. (90-100% effort) 10-15 CH/Spin Drill 15 Pick Offs 30 pitch pen/ALL Pitches Simulate 1 Inning	OFF
Week 10 J-Bands = 19 reps	LT 235-250+ ft 15-20 min. (90-100% effort) 10-15 CH/Spin Drill 15 Pick Offs 30 pitch pen/ALL Pitches Simulate 2 Innings	Delivery Work Mirror work/ Towel Work What's your Focus?	Catch (80-90% effort) 60-90 ft 10-12 min. (10-15 CH) 15 Pick Offs	Delivery Work Mirror work/ Towel Work What's your Focus?	LT 235-250+ ft 15-20 min. (90-100% effort) 10-15 CH/Spin Drill 15 Pick Offs 30 pitch pen/ALL Pitches Simulate 2 Innings	OFF

Complete the J-Band routine BEFORE & AFTER each workday for the duration of the program. Slowly increase number of reps