



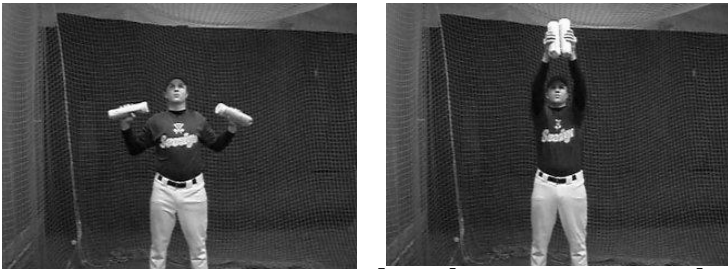
2008
TENNIS CAN/ARM CIRCLES
SWEDEN BASEBALL ACADEMY

DYNAMIC WARMUP Before every practice!!! / **Cool Down** AFTER every practice, run/bike 10-12 min. **IMPORTANT - STATIC STRETCHING ALWAYS DONE AFTER PRACTICE!!!**

DO A FEW BEFORE THROWING AND ALL AFTER THROWING. WARM-UP USE 2-3 BASEBALLS IN EACH HAND

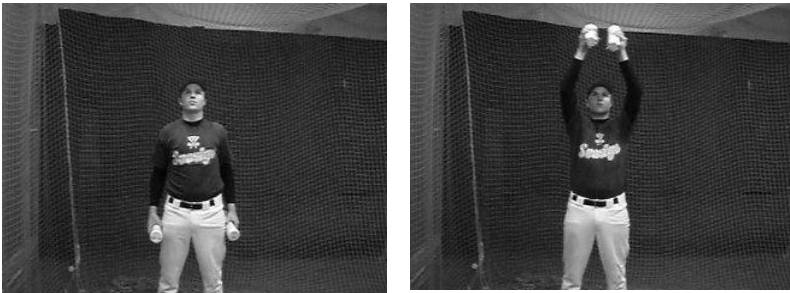
1. CANS—DR JOBE/TOM HOUSE PROGRAM

1. MILITARY PRESS W ROTATION



-Palms face forward, on the way up turn, at the top-palms face each other

2. SIDE RAISES OVER HEAD W ROTATION



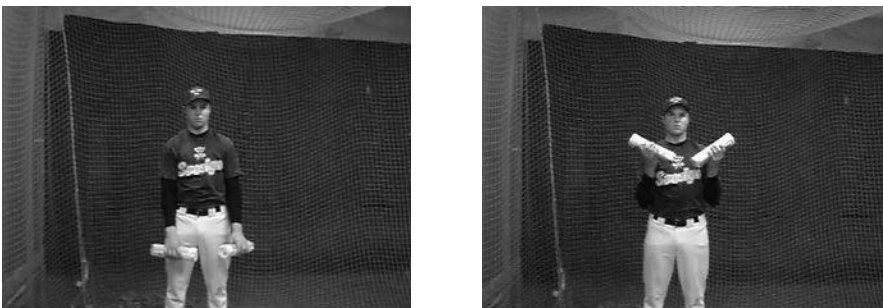
-Palms towards side of legs, on the way up turn, at the top-palms face each other

3. FORWARD RAISES TO OVERHEAD



-Palms face down

4. BICEP CURL PALM UP/ PALM DOWN



-Palm up on the way up
-Palm down on the way



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5. TRICEPS



-Keep hands together

6. DOWN & ACROSS



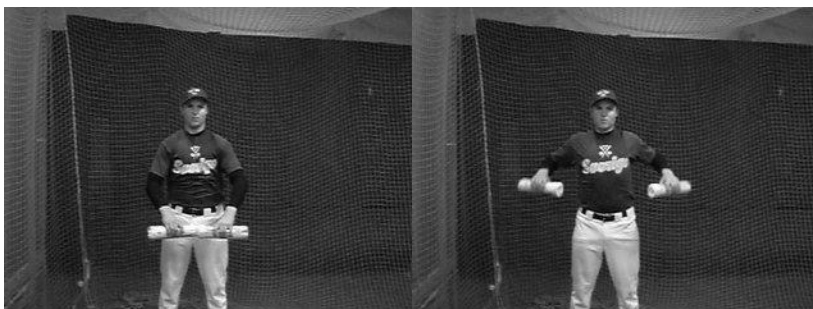
One hand stays at top, other come across, palm facing towards own body

7. LATERAL RAISES ACROSS



-Palms face back, palm face forward as you come across body

8. SCAPULAR LOAD

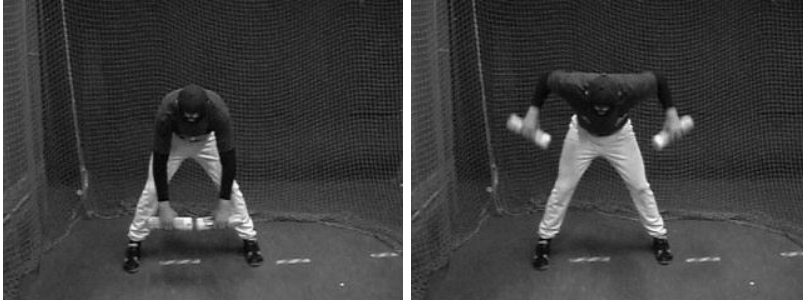


-Bring arms back together with bringing scapular down (skulderbladen)



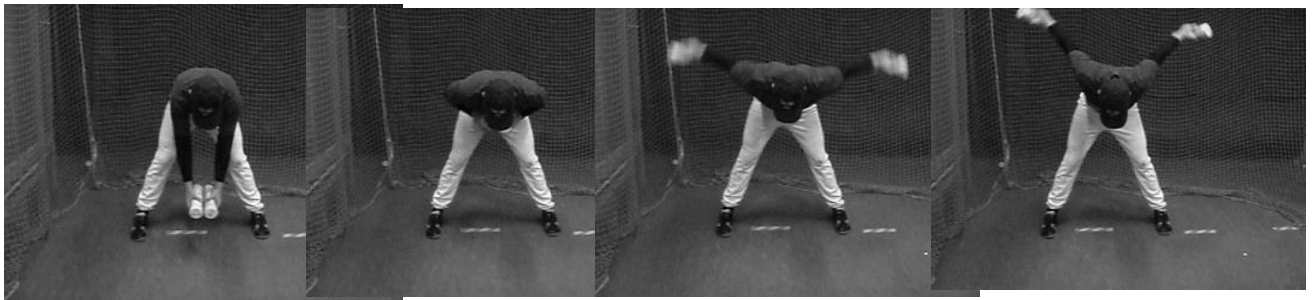
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9. ROWING



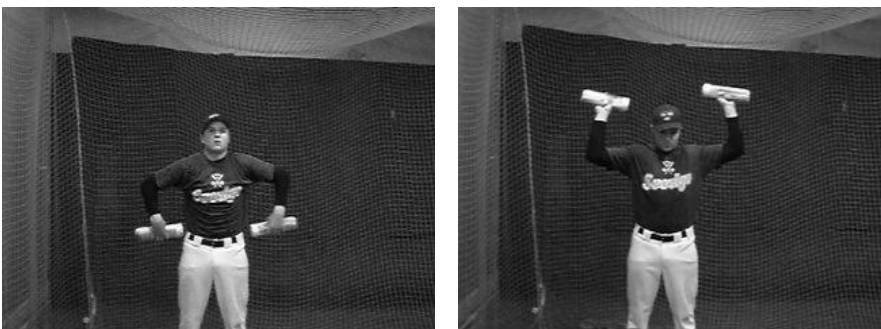
-Bring elbows up, palms facing own body

10. ROW UP/OUT



-Palms facing eachother, bring hands up to chest, bring arms out/up, bring hands to bottom

11. ELBOWS SHOULDER LEVEL. ROTATE BACK & FORTH



-Keep upper arm level, rotate around elbows



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12. WRIST/FOREARM CURLS, PALMS UP/PALMS DOWN



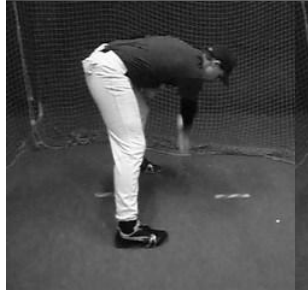
-Keep arms steady, only work wrist (handled), palms facing up and palms facing down

13. SHRUGS (forward/backward)



-Bring shoulders up while arms are kept straight, bring shoulders back then go down, then forward

14. CIRCLES (clockwise/anticlockwise/front-back/side-side)



-First do a circle clockwise/anticlockwise, then go front to back and side to side

OBS OBS OBS OBS OBS!!!

6-15 rep 1-3 sets, 2-3 pound weights, **NEVER exceed 5 pounds (2,3kg)**



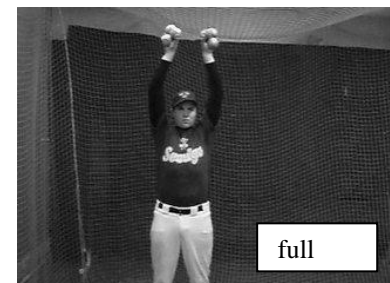
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**MOST IMPORTANT WHEN DOING ARM CIRCLES: KEEP ARMS NOT STRAIGHT OUT,
KEEP ARMS 1dm OUT Forward FROM A STRAIGHT LINE.**

2. ARM CIRCLES

WARM UP AND ROUTINE
FOR ROTATOR CUFF ENDURANCE AND STRENGTH
CONCENTRATE ON DOING THEM RIGHT
SYMMETRY AS HIGH AS YOU ARE LOW
HIT EVERY HOUR ON THE CLOCK
WORK THE BACK PART OF THE ARC

ARM CIRCLES ARE
DONE A SET OF 5
BEFORE THROWING AND
ALL AFTER THROWING



- small, 1/4, 1/2, 3/4, full, 3/4, 1/2, 1/4, small – 1st palm down rotate fwd 2nd palm up rotate backward
times 5, 10, 15, 20 or 25, start with 5 then progress, no balls, one ball, two balls, three balls (in each hand)

If you have any questions please contact:

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Many Thanks to Dave Ewing at Otterbein Baseball, Otterbein College Columbus Ohio for introducing these drills to us.