DUAL ARM EXERCISES

1: Over-the-head Forearm Extensions

- **BE SURE** to place clip so it is not in alignment with head
- Get in lunge position with front knee over front heel at right angle
- Elbows stay stationary
- Palms extend forward

Exercise 1 Step 1



Exercise 1 Step 2



2: Side Extensions

- **BE SURE** to place clip so it is not in alignment with head, & that there is lag in the J-Band
- Front knee over front heel at right angle
- Lengthen *(not round)* the side
- Extend from back hip through fingertips

Exercise 2 Step 1



Exercise 2 Step 2



3: Diagonal Extensions

- Clip at mid-back height
- Front knee over front heel at right angle
- Extend from back hip diagonally through fingertips

Exercise 3 Step 1



Exercise 3 Step 2



4: Forward Flies

- Clip at chest height
- Slightly bent elbows at chest height
- Bring palms toward each other

Exercise 4 Step 1



Exercise 4 Step 2



5: Reverse Flies

- Clip at mid-back height
- Same as Forward Flies in reverse direction
- Palms move away from each other
- Bend knees; keep chin over toes and head still

Exercise 5 Step 1



Exercise 5 Step 2



Workout Reminders

1. Exercises are to be done **PRIOR** to throwing *(or on average of 3-5 days a week during periods of time off)*
2. One set of 25 repetitions per exercise *(Exercises 2 & 3 involve using the breath while stretching in 30 second increments)*
3. Quality over Quantity
4. Maintain proper technique, alignment, etc
5. Keep pace fluid in both directions
6. Keep arm, body, and mind relaxed
7. Keep long, fluid breathing patterns
8. Walk closer to the fence to reduce tension
9. Work to the point of fatigue rather than failure.

THROWING ARM SPECIFIC EXERCISES

6: Internal Rotation

- Clip at hip height
- Elbow on hip
- Arm at right angle
- Place off-hand under armpit
- Maintain level shoulders
- Rotate arm towards opposite hip

Exercise 6 Step 1



Exercise 6 Step 2



7: External Rotation

- Clip at hip height
- Arm at right angle
- Same as Internal Rotation in opposite direction
- Opposite hand on outside of elbow to stabilize
- Maintain level shoulders

Exercise 7 Step 1



Exercise 7 Step 2



8: Elevated Internal Rotation

- Clip at shoulder height
- Arm at right angle
- Throwing elbow stabilized perpendicular to shoulder at shoulder height and in line with silver clip

Exercise 8a Step 1



Exercise 8a Step 2



8: Elevated Internal Rotation (Alternative)

- Clip at shoulder height
- Have chest facing away from fence
- Have throwing elbow in alignment with clip at shoulder height & maintain right angle *(wrist over elbow)*
- Keep elbow as stable as possible

Exercise 8b Step 1



Exercise 8b Step 2



9: Elevated External Rotation

- Clip at shoulder height
- Same as Internal Rotation in opposite direction

Exercise 9 Step 1



Exercise 9 Step 2



10: Reverse Throwing

- Clip at waist height
- Front shoulder facing clip
- Take arm in reverse direction maintaining the same arm action and arm slot of forward throwing motion
- Make a complete arm circle

Exercise 10 Step 1



Exercise 10 Step 2



11: Forward Throwing Motion

- Clip at waist height
- Place throwing fingers through wrist cuff & in alignment with clip
- Keep clip and tubing in line with arm slot
- Maintain normal throwing mechanics
- Extend out in front & make a complete arm circle with loose & relaxed arm action

Exercise 11 Step 1



Exercise 11 Step 2



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Jaeger SPORTS

BASEBALL

Important Notice and J-Band™ Care information

BE SURE that the silver clip is **NEVER** in alignment with your face or head. The J-Band™ is not a toy and should not be used in any way other than the exercises that it is designed for. The J-Band™ is **NOT** to be stretched more than one-to-two feet of its original length — even for the strongest of students. Increase reps if needed.

Keeping it out of the sun and away from your cleats *(when not in use)* will help maximize the longevity and safety of your J-Band™.



When fastening silver clip to a chain link fence be sure to fasten the clip where the links intersect for stronger support.

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Exercise 8b Step 1



Exercise 8b Step 2



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Exercise 9 Step 2



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throw
account

Tree D&L
target base
relays/cuts
comms.

OF

IF

pitching
pickoffs
holds
signs

load/timing

live hitting
bp
live arm
machine

baserunning



SDC-2026-10-0196 · scan 9/14 · 3/8

2025-09-07 double

- outfield - position - grad - split the distance

deeper, adjust in/out

R/L → CF shade

CF adjust → R/L split line to CF

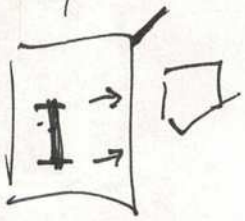
no doubles defense

do you thing they'll hit far

action

footwork - open to ball, back not to ball

lucas -
remy



short wave
mid accuracy
long throw it

20 mins

- presume

hitting, getting confident

football

bump an hour

clash w/ football

9/11

jameson - to close to plate, coming down

rylan -

schedule groups

situational bunting

hitting

Jonah - throwing mechanics → pause

- CF -

- hitting

→ time to loosen
warm the arm

heavy ball vs cage

- watch teams

- virtual, solidifying positions

SDC-2026-10-0197 · scan 9/14 · 4/8