



ARM CARE GUIDE

A Complete Weekly Framework for Throwing Arm Health & Performance

WEEKLY STRUCTURE

- Day 1 — Lower Intensity
- Day 2 — Lower Intensity
- Day 3 — High Intensity
- Day 4 — High Intensity
- Day 5 — Self-Explore Movement

How to use this guide

-This isn't set where you have to do the days in order, not everyone's throwing schedule is the same so match your days to the days on here. My recommendation is on your high intent





have a high intent arm care day and the same for the low intent days. I would save the movement day for a day you have off from throwing to get the arm and body moving.

- Also you may be already getting some of this in your team setting or lifts so if you are repeating a move you can just skip it or replace it with something from another day if needed.

DAY 1 — LOWER INTENSITY

Exercise	Sets / Reps or Time	Video Example
Upper Body Joint Moves	Pick one from each of shoulder, wrist, finger, and elbow to hit for 50 reps each	 Upper Joint Moves
Deep Pec Circles	We are on a bench with a small Medball or foam roller between shoulder blades. Trying to relax and make bigger circles each rep, pick weight that feels comfortable for you. Going for 40 total reps on these	 Deep Pec Circles
Prone PVC Lift Off's	We are face down on the bench here and putting the pvc pipe resting on something even with our head. Arms straight and lifting up overtop head with the scaps. Can put a small plate on PVC if needed. Going 2 sets of 25 reps	 Prone PVC Lift Off's
Medball Dribbles	We are taking each position on video and accumulating 75 reps on each move, stay fluid on these and find some rhythm.	 MB Dribbles
Banded 4 Way Wrist/Forearm	Have a band tied to rack or something else. Going 50 reps total on each of	 4 Way Banded Forearm





Exercise	Sets / Reps or Time	Video Example
	the 4 moves, doesn't have to all be in a row	
PVC Front and Lateral Holds	We have arm completely straight on this with hand facing the ceiling. Holding position with PVC for a 3 minute clock on each	PVC Front and Lateral Holds

DAY 2 — LOWER INTENSITY

Exercise	Sets / Reps or Time	Video Example
Joint Move Holds	We are picking one move from each of shoulder, wrist, finger, and elbow and holding the end range of each for 2x30 seconds	Joint Move Hold Example
Deep Pec Fly ISO Hold	Same position as the pec circles put we are going down into pec fly and seeing how deep of a position we can get in. Going to go 2 sets of 30 seconds on these.	Deep Pec Fly ISO
Crawl Flips	You are starting in bear crawl position and flipping over and then back to starting position. We are just getting 40 reps total doesn't have to be in one go.	Crawl Flips
Prone High Rep Field Goals	We are face down on the bench here. Have arms at 90 degrees and bringing it up even with head and back down, trying to be as smooth as we can with scaps here. Going 2 sets of 50 reps	Prone Field Goals
PVC Bi/Tri	Going high reps here, curl and skullcrusher.	PVC Bicep Reps





Exercise	Sets / Reps or Time	Video Example
	Accumulating 100 reps on each	PVC Tricep Reps
PVC Slow Lower Pull-up and reverse pull-up	We are going through a full pull-up rep here with PVC, for first we are starting at top and pulling down second we are starting at bottom and going up. One rep should take 3 minutes, own the rep and positions	PVC Slow Lower Pull Up

DAY 3 — HIGH INTENSITY

Exercise	Sets / Reps or Time	Video Example
Weighted Joint Moves	Pick one each from shoulder, wrist, elbow, and finger. We are holding weight, can be a plyo, a weight plate, whatever you have works but somewhere from 1-3 pounds. 50 reps each	Weighted Joint Move Exa...
Wrist and Finger Overcoming ISO	We are going 4 positions with wrist and each finger. Pressing into object like you are going to rip it in half. Going 2 sets of 5 seconds each	Wrist ISO Up/Down Wrist ISO Left/Right Finger ISO
Prone Weighted Field Goal Holds	We are face down on bench with arms at 90 degrees, in field goal position. Holding plyo or light weight in hand. Holding position for 2 sets of 1 minute	Prone Weighted Field Goals
Handstand Wall Shoulder Tap	Walking a handstand up on a wall and going shoulder taps one at a time, we are accumulating	Handstand Wall Taps





Exercise	Sets / Reps or Time	Video Example
	75 reps. Doesn't have to all be in a row	
Weighted ER/IR on Bench	We are sitting on ground with bench next to us have arm on bench at 90 degrees. Going through full ER/IR on each rep. Going 2 sets of 10 reps	Weighted ER/IR on Bench
One Arm Hangs	On pull-up bar we are going 2 sets of max time for each arm here	One Arm Hangs

DAY 4 — HIGH INTENSITY

Exercise	Sets / Reps or Time	Video Example
Monkey Bar Hangs	We are up on the pullup bar, walking around like monkey bars, switching hands each rep. No clock on this we just want 50 switches, however many hangs that takes you	Monkey Bar Hangs
PVC Bi/Tri Overcoming ISO	PVC pipe in hand in curl and skullcrusher position. If you have a partner have them reset you for 2 sets of 15 seconds each move. If no partner then pushing into rack shoulder or something else that wont move. Can use a barbell if you have no PVC.	PVC Overcoming TRI PVC Overcoming BI
Finger Plank	In straight arm plank position but fingers are completely extended holding you up. Going 2 reps for max time	Finger Plank
Wrist DB Flexion and Extension	Load this up stress that wrist and forearm. Going 2 sets of 10 each move	Wrist DB Flex/Ext





Exercise	Sets / Reps or Time	Video Example
Weighted Shoulder ISO Series	We have 3 positions for this, Front, Lateral, and ER. We are going 2 sets of 30 seconds each move	Shoulder ISO Series
Deep Push-up Holds	We are elevating hands and feet here and getting in deep position for 2 max reps for time, the goal is to be able to hold position	Deep Push-up ISO

DAY 5 — SELF-EXPLORE MOVEMENT

Open exploration — move freely through ranges of motion, joint by joint. Use this day to find and address personal restrictions. (None of the timers are 5 minutes in a row its just 5 total minutes that you are on that explore)

Exercise	Sets / Reps or Time	Video Example
High Rep Upper Body Joint Moves	Pick one move from each from shoulder, wrist, finger, and elbow and get 100 reps of each	Upper Joint Moves
MedBall Freestyle	Set a timer for 5 minutes and just rip Medball throws, make every throw different, be creative have fun	Medball Freestyle
Crawl Freestyle	Set a timer for 5 minutes and explore with different crawls. Forward, backwards, sideways, flips, be creative find new ways to move	Crawl Freestyle
Back Bridge Holds	Set a timer for 5 minutes. Either learning to do a back bridge or trying to get into a deeper position each rep	Back Bridge Holds





Exercise	Sets / Reps or Time	Video Example
Handstand Cartwheel Explore	5 minute timer again. Same as back bridge, if you don't know how to do either then we are learning here. If you do then we are explore new ways to perform them, have fun here.	 Cartwheel/Handstand Expl...
Hang Explore	Ending the day with the best ever. 5 minute timer, jump on the pull-up bar and move, hang in different position, move around stay free have fun.	 Hang Explore Freestyle

