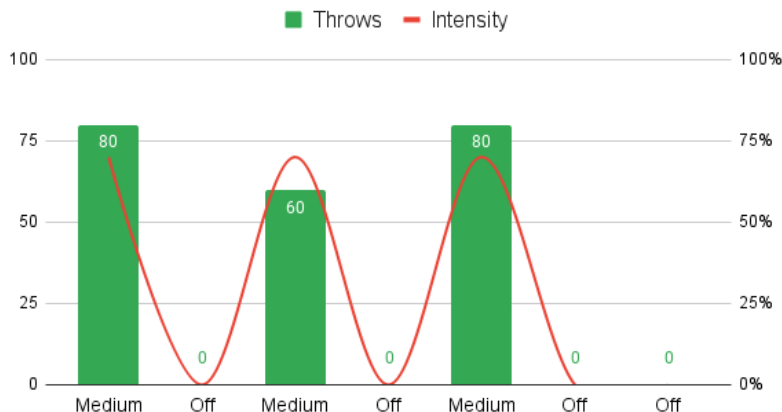


Grandview Baseball December Throwing On-ramp

Winter workouts are right around the corner. We would like to give everyone some more information on arm care to help all of our players prepare for the upcoming workload in January. Below is a basic (no equipment needed) on-ramp throwing program for December. Baseball players should be getting their arms in shape prior to throwing full speed off of the Mound. We will be throwing bullpens in January at Gameday. This program will help get our players arms ready.

Ideally we are throwing 3 days a week for the next month. With a day of rest between each throwing day. Mon, Wed, Fri, or Tues, Thurs, Sat. Players should listen to their arms, if they feel good throw the max number of throws. If they are sore, limit the total throws. None of the throws this month need to be max effort. Notice the intensity line below maxes out at 75%. Gradually increase distance to build arm strength. Light days can be 90ft-150ft. Moderate days can be 120ft-200ft.

3 Day On-Ramp



Weekly volume increase

Week 1: Day 1- 25-40 throws| Day 2- 20-30 throws| Day 3- 25-40 throws
Week 2: Day 1- 30-50 throws| Day 2- 20-30 throws| Day 3- 30-50 throws
Week 3: Day 1- 40-60 throws| Day 2- 30-40 throws| Day 3- 50-70 throws
Week 4: Day 1- 50-75 throws| Day 2- 40-50 throws| Day 3- 50- 75 throws

This program will help create a good base of throwing volume for our players. Once Winter workouts start at Gameday we will have limited time to throw during our 2 practices a week. So if the athletes can create a routine now of throwing at home, we can keep the routine going through January and February. The ultimate goal is every player is fully on-ramped and in good throwing shape for outdoor practice in the Spring.

Along with throwing we should be warming up before throwing days and cooling down after. Below is a basic warm up and cooldown for throwing each day.

Warm up

Ground Work

Quad Breathing 1 set of 10 breaths

T-Spine Rotations 1 set of 10 each side

Hip Mobility 1 set of 10 each side each exercise

Youtube link: ([Ground Work](#))

Dynamic Work 20yrs for each exercise

[Crossovers](#)

[Lunge and twist](#)

[Single leg toe touch](#)

[Reverse Lunge Reach](#)

[Dead Bugs](#)

[J Band routine](#) (if you own Jbands or crossover symmetry bands)

Cooldown

[Stability Walk](#) (any object between 10-20lbs could be used)

[Waiter Walk](#) (any object between 15-30lbs could be used)

[Half moon on wall](#) 1 set of 10 reps each side

[Reach roll lift off wall](#) 1 set of ten each side

[Planks](#) 2 sets of 45sec-1min

Contact Dillon Moritz with any questions regarding this program.
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