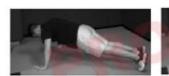


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Body Work

Body Work (BW) is another component of functional strength training. Body Work exercises are designed to create balance between your small, medium, and large muscle groups, thus enhancing your ability to stay injury free and consistently pitch at peak performance levels. Body Work helps you build strength while maintaining posture and joint stabilization – an awesome combination. Your own body resistance is the most effective and safest way to gain strength & muscular balance. Once you're able to lift your own weight efficiently, in all movements and angles, you're ready for resistance training. Do these 5 exercises in single sets of 3-5 repetitions, and in all three hand positions: fastball, curveball, & change-up.





Res-T Pushups: Perform the Res-T push-ups with your hands straight, supinate (hands in), and pronate hands out. You can do these in either the standard push-up position or with your kness on the foor. Droulder blades can be pinched and un-pinched at the bottom or top of the push-up, to tolerance



Buthups: Perform the butt ups with your hands in, streight, and out. Extend your arms until your butt is off ground, pinching your shoulder blades together, and then return to the ground. Repeat.

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Cobras: Lift your torso as high up as you can, leasping your bely button and legs flat on the ground Phase your hands hard into the ground and hold for files accords, then pinch your shoulder blade

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