11 Rotator Cuff Exercises

endorsed by
BARRY ZITO
Cy Young Winner
Over-the-head Forearm Extensions

- Clip at mid-back height
- Front knee over front heel at right angle
- Elbows stay stationary
- Palms extended forward
DUAL ARM EXERCISES

Side Extensions

- Clip at mid-back height
- Front knee over front heel at right angle
- Right leg out with left arm up (Hold for 20 seconds and switch, repeat twice)
- Lengthen (not round) the side
- Extend from back hip through fingertips
Exercise 3

DUAL ARM EXERCISES

Diagonal Extensions

- Clip at mid-back height
- Front knee over front heel at right angle
- Right leg out with left arm extended (Hold for 20 seconds and switch, repeat twice)
- Lengthen (not round) the side
- Extend from back hip through fingertips

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Exercise 4

DUAL ARM EXERCISES

Forward Flies

- Clip at chest height
- Slightly bent elbows at shoulder height
- Palms toward each other

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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
- Make sure clip is not directly in line with your eyes
Internal Rotation

- Clip at hip height
- Elbow on hip
- Arm at right angle
- Place off-hand under armpit
Exercise 7

THROWING ARM SPECIFIC EXERCISES

External Rotation

• Clip at hip height
• Same as Internal Rotation in opposite direction
• Opposite hand on outside of elbow to stabilize

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Elevated Internal Rotation

- Clip at shoulder height
- Arm at right angle
- Throwing elbow stabilized directly in front of shoulder at shoulder height
THROWING ARM SPECIFIC EXERCISES

Elevated External Rotation

- Clip at shoulder height
- Same as Internal Rotation in opposite direction
- Make sure elbow is inline with the shoulder and does not move
THROWING ARM SPECIFIC EXERCISES

Reverse Throwing

- Clip at waist height
- Take arm in reverse direction of a forward throw maintaining the same arm action and arm slot
- Front shoulder facing clip

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THROWING ARM SPECIFIC EXERCISES

Forward Throwing Motion

- Clip at chest height
- Use two fingers through wrist cuff
- Keep proper throwing mechanics
- Keep tubing in line with arm slot

Exercise 11

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Workout Reminders

1. One set of 25 reps, per exercise,
   (2 & 3 are stretching and not counted in reps).
2. Exercises are to be done before throwing,
   (on average 4 days a week).
3. Maintain proper technique.
4. Keep pace under control.
5. Keep arm, body, and mind relaxed.
6. Keep long, fluid breathing patterns.
7. Walk closer to the fence to reduce tension.
8. Walk away from the fence for more resistance.
9. Work to the point of fatigue rather than failure.

Important Notice and Band Care information

Always make sure 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.

J-Band is NOT to be stretched more than 2 to 3 times 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 the J-Band.

JaegerSports.com
Getting Focused, Staying Focused
by Alan Jaeger

A great way to develop yourself as a baseball player is to address the most neglected part of your game - the mind. Getting Focused, Staying Focused delves into the mental game through sports philosophy, game & life management, & mental training techniques (breathing, meditation, and visualization).

Thrive On Throwing

Thrive on Throwing takes you step by step through Jaeger Sports Signature Long Toss Throwing Program and J-Bands™ exercise routine. The program has been adopted by hundreds of professional players as well as top ranked college and high school programs from around the country.

“The BEST instructional video I have ever reviewed.”
Lou Pavolich — Editor, Collegiate Baseball Magazine
J-Bands™

J-Bands are an integral part of our systematic throwing program. The eleven step J-Bands exercise routine is designed to balance, strengthen and condition the rotator cuff & surrounding muscle groups. The J-Bands exercise program is crucial for injury prevention, endurance, recovery period and increased velocity. It is an essential workout for any player whose goal is to have a long & healthy career.

J-Bands™ For ages 12 and older
J-Bands™ Jr. For ages 11 and younger — Lighter tension
“The Jaeger Sports Program has really developed me physically and mentally — The mental training and discipline you learn is exactly what will enhance athletes not only in baseball but in life... the J-Band and Long Toss Throwing Program is essential for conditioning and strengthening my arm.”

— Michael Montgomery
Jaeger Sports Student
Tampa Bay Rays

Kansas City Royals
2009 Minor League Pitcher of the Year

“Jaeger Sports has a passion for keeping arms healthy”

Jon Daniels
General Manager, Texas Rangers

“Jaeger Sports and the J Bands have always been a big part of our program.”

John Savage
Head Coach, UCLA

“It was very easy for me to become a fan of the Jaeger Sports’ throwing program.”

Derek Johnson
Minor League Pitching Coordinator, Chicago Cubs

“This is only for the serious player who wants to raise the bar for their own peak performance.”

Rich Hill
Head Coach, University of San Diego

“Health, Strength, Endurance and Recovery Period are a priority to any players arm and that’s why we’ve made the J-Band Program an integral part of our Pitching Camps.”

Cole Hamels
Pitcher, 2009 World Series MVP

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