

# UNA BASEBALL

## Pitchers Quick Warm-up Drills & Rotator Cuff Drills

- I. Quick Feet ( 15 meters)
- II. Quick Carioca (15 meters)
- III. Slow Sprint (15 meters)
- IV. Lunges 6 x each way
- V. Abs (50 bikes)
- VI. Partner Fast Rotators
- VII. Arm Circles (10 x each)
- VIII. Slap Backs
- IX. Lateral Raises
- X. “V” ups
- XI. External and Internal Rotations - Tubing
- XII. Bent Over Elbow Lift – 2.5 kilos
- XIII. Bent Over Arm Rotations – 2.5 kilos
- XIV. Hitch Hikers
- XV. Wrist Rollers – 5 Kilos On Rope
- XVI. Wall P-ups