



Band Routine Checklist

Name: _____

Purpose of these drills:

- Warm up your arm before you throw.
- Wake up the small muscles that help control your shoulder.
- Build strong, stable, and mobile shoulders.
- Keep your arm feeling good during your throwing program.

We want your shoulders to feel a light burn. If 10 reps feels too hard, move closer to the band. If you do not feel anything, step farther away.

“If you’re not practicing, somebody else is, somewhere, and he’ll be ready to take your job.” - Brooks Robinson

J-Bands (10–15 reps each)

- ☐ J-Bands
 - ☐ External/internal shoulder extensions
 - ☐ Wall facing I’s extension
 - ☐ Wall facing T’s extension
 - ☐ 90’s internal rotation
 - ☐ Wall facing Y extensions
 - ☐ I’s extension Away
 - ☐ T’s extension Away
 - ☐ 90’s external rotation
 - ☐ Tricep Extension Away
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Singular band (10–15 reps each)

- ☐ Palms up pull apart
 - ☐ Palms down PA
 - ☐ Diagonal PA
 - ☐ Behind the head shoulder blade pinch
 - ☐ Around the worlds
 - ☐ Bicep curls
 - ☐ Tricep extension
 - ☐ Shoulder press
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One set of each movement, 10–15 quality reps, before you throw.