



SEQUENCE & PROGRESSION

Weeks 1 & 2: 1 set of 15 reps

Mon: I & shoulder stretches
Tues: II & wrist/forearm stretches
Wed: III & shoulder stretches
Thurs: II & wrist/forearm stretches
Fri: IV & shoulder stretches
Sat and Sun: OFF

Weeks 3 & 4: 2 sets of 15 reps

Mon: I & shoulder stretches
Tues: II & wrist/forearm stretches
Wed: III & shoulder stretches
Thurs: II & wrist/forearm stretches
Fri: IV & shoulder stretches
Sat: II & wrist/forearm stretches
Sun: OFF

Weeks 5 & 6: 1 set of 15 reps; 2nd set of 29 reps
Schedule same as weeks 3 & 4.

Weeks 7 & 8: 2 sets of 20 reps, schedule as weeks 3 & 4.
Maintain until season starts.

** In season keep same schedule and maintain set of 25 reps.