

# BROOKLYN BULLDOGS

## THROWING ARM CONDITIONING WITH RESISTANCE BANDS (15 REPS EACH)

### Throwing Motion: Resistance Band at Ankles



### Reverse Windmill: Resistance Band at Ankles



## Bent Elbow In: Resistance Band at Waist



## Bent Elbow Out: Resistance Band at Waist (Non-Throwing Arm Tucked into throwing arm pit)



## Raised Elbow Folded In: Resistance Band at Eye Level



## Two Arms Pull Back Low: Resistance Band at Eye Level



## Two Arms Elbow Pulls Overhand: Resistance Band at Eye Level



## Two Arms Sidearm Pulls: Resistance Band at Eye Level



**Thanks to Joe Fernando**

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