



Barton's Bullpen - Arm Care Program

Prepared For: Cocalico Baseball Organization

Pre-Throwing Activation	Recommended Band Resistance* & Reps
<u>Row Activation</u>	10 lbs x 8 Reps
<u>Reverse Fly Activation</u>	5 lbs x 8 Reps
<u>Pulldown Activation</u>	10 lbs x 8 Reps
<u>90/90 Activation</u>	5 lbs x 8 Reps
<u>Scaption Activation</u>	5 lbs x 8 Reps
<u>Incline Plus Activation</u>	10 lbs x 8 Reps
<u>Victory Activation</u>	5 lbs x 8 Reps
Pitchers Post-Throwing Recovery	Recommended Band Resistance* & Reps
<u>Archer</u>	10 lbs x 20 Reps (10 each side)
<u>Pulldown</u>	10 lbs x 10 Reps
<u>WY Negative</u>	5 lbs x 10 Reps
<u>Snow Angel</u>	5 lbs x 10 Reps
<u>ATYT</u>	5 lbs x 10 Reps

** Please lower the resistance if form begins to compromise
Increase resistance where see fit*