

Advanced Thower's Ten Exercises

*All exercises are oriented to a right-handed thrower

1. Shoulder internal rotation with isometric abduction



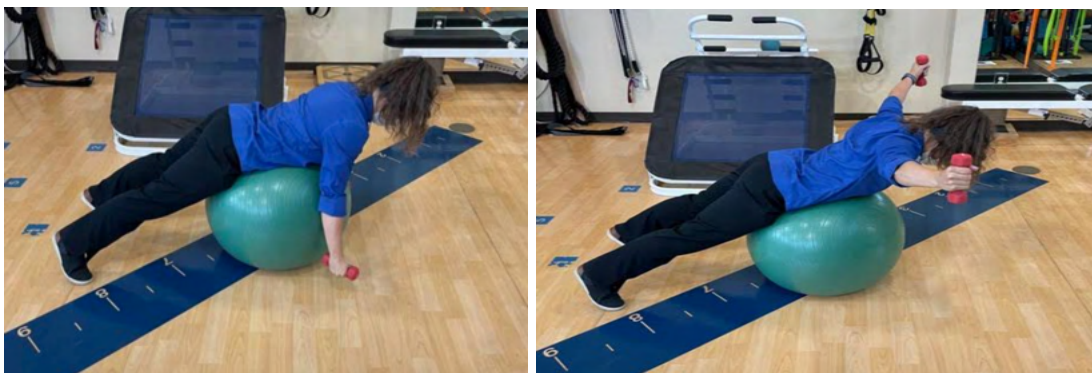
Sets ____ Reps ____

2. Isometric abduction with shoulder external rotation



Sets ____ Reps ____

3. Prone Y's



Sets ___ Reps ___

4. Prone 90/90 external rotation



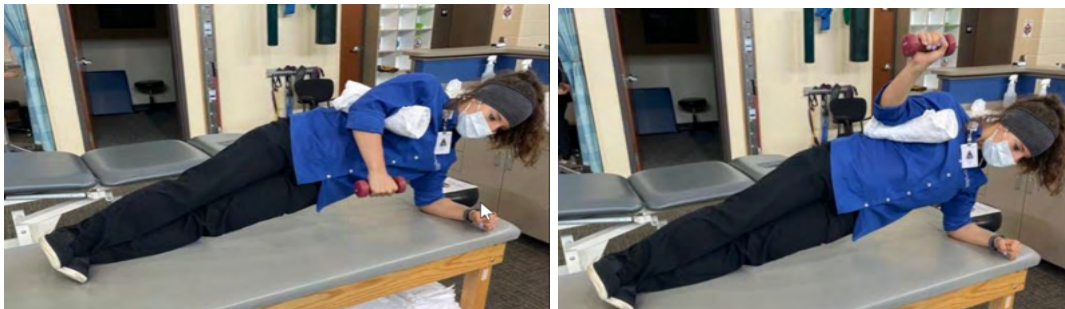
Sets ___ Reps ___

5. High row to external rotation



Sets ___ Reps ___

6. Side-lying plank to external rotation



Sets ___ Reps ___

7. Bosu ball push up



Sets ___ Reps ___

8. External rotation



Sets ___ Reps ___