



Interval Windmill Pitching Program

Athlete: _____

Begin: ____/____/____

Guidelines:

1. Perform throwing program under supervision of a Physical Therapist or Athletic Trainer if possible.
2. Emphasize proper throwing mechanics.
3. Allow one day of rest between throwing sessions.
4. Perform warm-up and stretching routine before throwing. Perform any strengthening exercises after your throwing.
5. Repeat each step 2-3 times without complications before advancing to the next step.
6. Avoid throwing through pain.
7. If pain and or swelling persist: discontinue throwing until examined by a medical professional. Resume throwing at the step preceding the offending step.

9 O'clock Stage

<p>Step 1: _____</p> <p style="padding-left: 40px;">Warm-up 15 pitches REST Warm-up 15 pitches</p>	<p>Step 2: _____</p> <p style="padding-left: 40px;">Warm-up 15 pitches REST Warm-up 15 pitches REST Warm-up 15 pitches</p>
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12 O'clock Stage

<p>Step 3: _____</p> <p style="padding-left: 40px;">Warm-up 15 pitches REST Warm-up 15 pitches</p>	<p>Step 4: _____</p> <p style="padding-left: 40px;">Warm-up 45' x 25' REST 30' x 10' 45' x 25' REST 30' x 10' 45' x 25'</p>
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60 ft. Stage

<p>Step 5: _____</p> <p style="padding-left: 40px;">30' x 5' 45' x 5' 60' x 25' REST 30' x 5' 45' x 5' 60' x 25'</p>	<p>Step 6: _____</p> <p style="padding-left: 40px;">30' x 5' 45' x 5' 60' x 25' REST 30' x 5' 45' x 5' 60' x 25' REST 30' x 5' 45' x 5' 60' x 25'</p>
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90 ft. Stage

<p>Step 7: _____</p> <p style="padding-left: 40px;">45' x 5' 60' x 5' 90' x 10' REST 45' x 5' 60' x 5' 90' x 25'</p>	<p>Step 8: _____</p> <p style="padding-left: 40px;">45' x 5' 60' x 5' 90' x 10' REST 45' x 5' 60' x 5' 90' x 25' 45' x 5' 60' x 5' 90' x 25'</p>
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