**Skyview Baseball Band Exercises**

### **1) Standing Shoulder Row with Anchored Resistance**

* Begin in a standing upright position, holding both ends of a resistance band that is anchored in front of you at chest height, with your palms facing inward.
* Pull your arms back with your elbows tucked at your sides, then return to the starting position and repeat.
* Make sure to keep your back straight during the exercise and think of squeezing your shoulder blades together as you pull on the band.

### **2) Shoulder Extension with Resistance**

* Begin in a standing position holding both ends of a resistance band anchored in front of you with your arms straight in front of your body.
* Keeping your elbows straight, pull your hands down toward your hips. You should feel your shoulder blades go down. Return to start and repeat.
* Make sure to maintain good posture during the exercise and do not shrug your shoulders.

### **3) Shoulder External Rotation w/ Anchored Resistance**

* Begin in a standing upright position with your elbow bent at 90 degrees and a towel roll tucked under your arm, holding a resistance band. The anchor point should be on the side furthest away from your bent arm.
* Slowly rotate your arm out to the side.
* Make sure to keep your hips and shoulders facing forward and maintain a gentle chin tuck throughout the exercise.

### **4) Shoulder Internal Rotation w/ Anchored Resistance**

* Begin in a standing upright position with one arm bent at a 90 degree angle with your fist facing forward.
* Rotate your forearm across your body so your fist is facing the opposite direction, then return to the start and repeat.
* Make sure to keep your elbow tucked in at your side and maintain good posture during the exercise.

### **5) Single Arm Shoulder External Rotation in Abduction w/ Anchored Resistance**

* Begin in a standing upright position with one arm out to the side and your elbows bent 90 degrees with your palm facing the floor.
* Slowly rotate your arm upward until your palm is facing forward and hold.
* Make sure not to let your elbow drop as you rotate your arms and maintain a gentle chin tuck throughout the exercise.

### **6) Shoulder PNF D2 with Resistance**

* Stand with an elastic band looped around the foot on the opposite side of the arm you plan to raise.
* Pull up on the band, lifting your arm at a 45 degree angle from your body, squeezing your shoulder blades together. Slowly lower your arm to your side and repeat.
* Make sure to keep your elbows straight and avoid shrugging your shoulders and overarching your low back while raising and lowering the arm.

### **7) Dynamic Hug with Resistance**

* Begin in a standing upright position. Wrap a resistance band around your mid back and grasp one end in each hand. Raise your arms to be parallel with the floor.
* Reach forward with your arms as if you were wrapping them around a beach ball, then slowly return to the starting position.
* Make sure to avoid shrugging your shoulders and do not let your arms move past your body as they return to the starting position.

### **8) Standing Shoulder Flexion with Resistance**

* Begin in a standing upright position holding both ends of a resistance band that is looped under your feet
* Raise your arms straight forward to shoulder height, then slowly lower them back down and repeat.
* Make sure to keep your back straight and do not shrug your shoulders during the exercise.

### **9) Standing High Shoulder Row w/ Anchored Resistance**

* Begin in a staggered stance position, holding both ends of a resistance band that is anchored in front of you at shoulder height, with your palms facing downward.
* Pull your arms back until your elbows are level with your shoulders, then return to the starting position and repeat.
* Make sure to keep your back straight during the exercise and think of squeezing your shoulder blades together as you pull on the band.

### **10) Lawn Mower with Resistance**

* Begin in a standing upright position with a resistance band under one foot and held in your opposite side hand. Step backward your other foot.
* Rotate your trunk forward and down, reaching across your body with one arm toward your forward foot. Then rotate back up and bend your elbow, as if cranking a lawnmower.
* Make sure to rotate your body slowly through this movement and allow your knees to bend slightly. Let your elbow lead the movement as you rotate upward.

### **11) Single Arm Punch with Resistance**

* Begin in a staggered stance position, holding one end of a resistance band anchored behind you at chest height, with your elbow bent by your side and palm facing inward.
* Slowly punch your arm forward until your elbow is straight, rotating your arm so your palms down, then return to the starting position and repeat. Your trunk should rotate as you punch your arm forward.
* Make sure to keep your back straight during the exercise.