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Wrist Action and Internal Rotation Progression for Throwing

Triphasic Training Block 1

Eccentric Phase – Perform 3 Days a Week for 3 Weeks

Band Lying Internal Rotation Eccentric – 5 Reps x 3 Sets

Cuban Press Internal Rotation Band Eccentric– 5 Reps x 3 Sets

Internal Rotation Band Eccentric– 5 Reps x 3 Sets

Wrist Pronation Partner Eccentric– 5 Reps x 3 Sets

Wrist Supination Partner Eccentric– 5 Reps x 3 Sets

Wrist Ulna Flexion Partner Eccentric– 5 Reps x 3 Sets

Wrist Radial Flexion Partner Eccentric – 5 Reps x 3 Sets

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Triphasic Training Block 2

Isometric Phase – Perform 3 Days a Week for 3 Weeks

Band Lying Internal Rotation Isometric– 8 Reps x 3 Sets

Cuban Press Internal Rotation Band Isometric– 8 Reps x 3 Sets

Internal Rotation Band Isometric– 8 Reps x 3 Sets

Wrist Pronation Partner Isometric– 8 Reps x 3 Sets

Wrist Supination Partner Isometric– 8 Reps x 3 Sets

Wrist Ulna Flexion Partner Isometric– 8 Reps x 3 Sets

Wrist Radial Flexion Partner Isometric– 8 Reps x 3 Sets

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Triphasic Training Block 3

Concentric Phase – Perform 3 Days a Week for 3 Weeks

Band Lying Internal Rotation – 12 Reps x 3 Sets

Cuban Press Internal Rotation Band– 12 Reps x 3 Sets

Internal Rotation Band– 12 Reps x 3 Sets

Wrist Pronation– 12 Reps x 3 Sets

Wrist Supination– 12 Reps x 3 Sets

Wrist Ulna Flexion– 12 Reps x 3 Sets

Wrist Radial Flexion– 12 Reps x 3 Sets

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Block 4

Reactive Phase – Perform 3 Days a Week for 3 Weeks

Band Lying Internal Rotation Reactive– 12 Reps x 3 Sets

Cuban Press Internal Rotation Band Reactive– 12 Reps x 3 Sets

Internal Rotation Band Reactive– 12 Reps x 3 Sets

Wrist Pronation Reactive– 12 Reps x 3 Sets

Wrist Supination Reactive – 12 Reps x 3 Sets

Wrist Ulna Flexion Reactive– 12 Reps x 3 Sets

Wrist Radial Flexion Reactive– 12 Reps x 3 Sets