



VMAX TRAINING



HOLY TRINITY
EPISCOPAL ACADEMY

TIGER PRE/POST THROW ROUTINE

Comprehensive Program to help mitigate
soreness to the shoulder girdle and
minimize Injury.

I. Pre:

Helps warm up shoulder girdle and prepare for the demands of rapid motion of the tendons, ligaments, and muscles of the shoulder girdle and surrounding upper body musculature. Helps increase mobility and allow for lubrication of joints.

II. Post:

Prevents residual soreness. Helps emphasize deceleration and body control. Allows for the athlete to have a post throw routine that minimizes tendonitis and overuse of musculature by allowing adequate blood flow.

MORE INFO:

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