



Welcome to Franus Fitness "Performance Matters". During the last 2 weeks, we have been focusing on the topic of arm care for baseball players. We'll close out the topic this week with some tips for improving the pitching recovery process.

Post game activity options for pitchers

- 1) 4-8 30 yard sprints.
- 2) Football receiver. Coach throws (soft nerf) football to players after they run a short to medium length route.
- 3) Frisbee catch and light toss. Run and catch a frisbee that has been thrown ahead of the player. He will have to quickly sprint to catch it before it hits the ground.

These 3 drills are fun, effective, and take significantly less time than running poles.

It's a long season and we need to do all that we can to keep those arms healthy. Give these drills a try and let me know how it goes.

Faithfully Fit,

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