

## Stretching for Baseball Hitters

Stretching exercises should only be performed after a thorough warm up is conducted. A thorough warm up will prepare your muscles for the following stretching exercises by increasing blood flow, which in-turn increases the delivery of oxygen and nutrients to the working muscles. A thorough warm up should consist of light physical activity for about 10 minutes and result in a light sweat.

Perform each stretch gently and slowly and avoid any bouncing or jerky movements. Stretch only to the point where you can feel tension in the muscle group and never stretch to the point of pain or discomfort. Breathe slowly and deeply while performing each stretch.

After reading the description and viewing the accompanying picture on the next page move your body into the stretch position and hold each stretch for 20 to 30 seconds. Relax for 10 to 15 seconds between each stretch and perform each stretch 2 to 3 times.

### **Stretch #1, Arm-down Rotator Stretch, is for the muscles of the Shoulders**

Stand with your arm out and your forearm pointing downwards at 90 degrees. Place a broomstick in your hand and behind your elbow . With your other hand pull the top of the broomstick forward.



### **Stretch #2, Back Arching Stomach Stretch, is for the muscles of the Stomach**

Sit on a Swiss ball and slowly roll the ball forward while leaning back. Allow your back and shoulders to rest on the ball and your arms to hang to each side.

### **Stretch #3, Bent-over Chest Stretch, is for the muscles of the Shoulders**

Face a wall and place both hands on the wall just above your head. Slowly lower your shoulders as if moving your chin towards the ground



**Stretch #4, Rotating Stomach Stretch, is for the muscles of the Stomach**

Lie face down and bring your hands close to your shoulders.

Keep your hips on the ground, look forward and rise up by straightening your arms. Then slowly bend one arm and rotate that shoulder towards the ground.



**Stretch #5, Kneeling Chest Stretch, is for the muscles of the Shoulders**



Kneel on the floor in front of a chair or table and interlock your forearms above your head. Place your arms on the object and lower your upper body toward the ground.

**Stretch #6, Arm-up Rotator Stretch, is for the muscles of the Shoulders**

Stand with your arm out and your forearm pointing upwards at 90 degrees . Place a broom stick in your hand and behind your elbow. With your other hand pull the bottom of the broom stick forward.



**Stretch #7, Reaching-up Shoulder Stretch, is for the muscles of the Shoulders**

Place one hand behind your back and then reach up between your shoulder blades.





**Stretch #8, Lying Leg Cross-over Stretch, is for the muscles of the Lower Back**

Lie on your back and cross one leg over the other. Keep your arms out to the side and both legs straight. Let your back and hips rotate with your leg.

**Stretch #9, Back Arching Stomach Stretch, is for the muscles of the Stomach**

Sit on a Swiss ball and slowly roll the ball forward while leaning back. Allow your back and shoulders to rest on the ball and your arms to hang to each side.



**Stretch #10, Kneeling Chest Stretch, is for the muscles of the Shoulders**

Kneel on the floor in front of a chair or table and interlock your forearms above your head. Place your arms on the object and lower your upper body toward the ground.



**Stretch #11, Standing Lateral Side Stretch, is for the muscles of the Sides**

Stand with your feet about shoulder width apart and look forward. Keep your body upright and slowly bend to the left or right. Reach down your leg with your hand and do not bend forward.





**Stretch #12, Lying Cross -over Knee Pull-up Stretch, is for the muscles of the Buttocks**

Lie on your back and cross one leg over the other. Bring your foot up to your opposite knee and with your opposite arm pull your raised knee up towards your opposite shoulder

**Stretch #13, Finger Stretch, is for the muscles of the Forearms & Wrists**

Place the tips of your fingers together and push your palms towards each other.



**Stretch #14, Lying Cross -over Knee Pull-up Stretch, is for the muscles of the Buttocks**

Lie on your back and cross one leg over the other. Bring your foot up to your opposite knee and with your opposite arm pull your raised knee up towards your opposite shoulder.

**Stretch #15, Fingers-down Wrist Stretch, is for the muscles of the Forearms & Wrists**

Hold on to your fingers while straightening your arm. Pull your fingers towards your body .





**Stretch #16, Above Head Chest Stretch, is for the muscles of the Chest**

Stand upright and interlock your fingers. Bend your arms and place them above your head while forcing your elbows and hands backwards .

**Stretch #17, Reverse Shoulder Stretch, is for the muscles of the Shoulders**

Stand upright and clasp your hands together behind your back.  
Slowly lift your hands upward.



