



CONSISTENT PITCHER

AT-HOME STABILITY ROUTINE

This is a simple routine that you can do at home - in your own bedroom, living room, garage, you name it. Pin it up on a wall or door, put it somewhere you'll be able to perform this routine on a daily basis.

You can do this routine with no equipment, and if you do it daily (or close to daily – ideally 3 to 5 times a week), you WILL see an improvement in your overall stability, balance and body control in your pitching delivery... And when you have better stability and body control, you'll be able to repeat your motion more consistently... improving command & control and becoming a more CONSISTENT Pitcher.



AIR SQUATS – 10X

- Keep your heels down
- Sit back, good posture
- Get low, under control



AIRPLANES – 8X EACH SIDE

- Pitchers stride position
- Hips square, arms up (T)
- Tilt side to side (und. control)



FWD LUNGES – 5X EACH

- Strong stable core
- Plant thru entire front foot
- Slow and under control



SIDE HOPS – 10X EACH SIDE

- Load up as if pitching
- Hop to side, repeat back
- Good direct and control



MOUNT. CLIMBERS – 10X

- Strong through your arms
- Engage your core (stable)
- Try not to wobble side to side



SPEED SKATERS – 5X EACH

- Lift knee and opposite arm
- Sink down/fwd and switch
- Turn into it, focus on balance



WALKING YOGA PUSHUPS – 5X

- Regular Pushup (optional)
- Raise hips, heels to the ground
- Back to plank – walkover, repeat



DRY WORK – 5X EACH STEP

- Pocket, Pocket, Power, Finish
- No ball in hand (towel is ok)
- Control/Stability over Speed

Remember, it's not about what you do *once* – it's what you do CONSISTENTLY... It's not the *number* of reps... it's the FOCUS and approach you bring to each rep. Don't just go through the motions. Perform each exercise, each rep, the best you possibly can... Becoming the best you can be starts right HERE.