

Alta Hawks Baseball Warm Up Routine
 (Warm up and throwing routine should be 20-25 minutes)

Warm Up/Stretch	Throwing Routine
Jumping Jacks (15)	Trunk Rotation Throws (30 feet – 10 tosses min)
Seal Jacks (15)	Step-Stride-Separate-Throw (45 feet)
Side Lunges – Left (15)	Progressively Lengthen Out (10 feet at a time to max distance)
Side Lunges – Right (15)	Log Toss at Max Distance
Arm Circles – Back – Small to Big	Progressively Shorten Up (10 feet at a time back to about 45 feet)
Arm Circles – Front – Small to Big	Finish on Quick Catch – Proper Hands and Feet Positioning
Arm Swings	
Push Ups (15)	
Push Up Plus (15)	
Mountain Climbers (15)	
Fire Hydrant Circles (15 each leg)	
Leg Raises Left (15)	
Leg Raises Right (15)	
Bridges	
Wideouts (3 sets @ 5 seconds each)	
Squat to Lunge Forward	
Cossack Squat	
Iso Push Up Wrist Tap	
Spiderman Lunges (90 feet)	
Cradle Walk (90 feet)	
Walking RDL's (90 feet)	
Backwards Hip Circles (90 feet)	
Power Skips (90 feet)	
Side Shuffle (90 feet)	
Broad Jumps (90 feet)	
Triceps Stretch	
Posterior Shoulder Stretch	
Anterior Shoulder Stretch	
Forearm Stretch	
Pectoral Stretch w/Partner	