



K2 QUARTERBACK WORKSHOP





THE GAMEPLAN

PREPARATION ISN'T OPTIONAL. IT'S YOUR COMPETITIVE ADVANTAGE.

PLAYING QUARTERBACK REQUIRES YOU TO BE DIFFERENT. YOU DON'T GET HERE BY ACCIDENT AND YOU WORK TOO HARD TO LEAVE SOMETHING UP TO CHANCE.

THE GOAL OF THIS PROGRAM ISN'T SIMPLY TO WARM UP. THIS ROUTINE IS DESIGNED TO PREPARE YOUR BODY FOR EVERY THROW BY IMPROVING MOVEMENT AVAILABILITY, OWNING STABILITY, AND DEVELOPING THE ABILITY TO CREATE AND ABSORB FORCE THROUGHOUT THE ENTIRE BODY.

THE PROGRAM IS BUILT UPON THE FOLLOWING PRINCIPLES:

MOVE - YOU CAN'T OWN POSITIONS YOU DON'T HAVE ACCESS TO

THE BASE - THROWS START FROM THE GROUND UP

STABILITY - OWN THE PATTERN

VELOCITY/DECELERATION - EXPRESS IT; ALL GAS AND THE BRAKES

THE QUARTERBACKS WHO STAY HEALTHY THE LONGEST AREN'T THE ONES WHO JUST THROW MORE. THEY ARE THE ONES WHO PREPARE THE BEST.

COMMIT TO THE PROCESS. TRUST THE ROUTINE. THROW WITH CONFIDENCE.

THE AUDIBLE - WARNING SIGNS OF POTENTIAL INJURY



DECREASED THROWING VELOCITY



DECREASED RANGE OF MOTION



PERSISTENT SORENESS LASTING MORE THAN 24 HOURS

*** THIS PROGRAM SHOULD NOT REPLACE YOUR REGULAR STRENGTH TRAINING PROGRAMS. THIS IS PURELY A SUPPLEMENTAL RESOURCE THAT IS MORE SPECIFIC TO PREPARING AND MAINTAINING HEALTH OF THE THROWING SHOULDER.



THE PLAYBOOK

PRE-GAME ROUTINE

EXERCISE

REPS

MOVE

WALL SLIDES	1x15
1/2 KNEELING OPEN BOOK	1x10 EA.
WORLD'S GREATEST	1x5 EA.

THE BASE

ADDUCTOR ROCK	2x10 EA.
COPENHAGEN ISO	2x30" EA.
GLUTE STAR	2x8 EA.
PALLOF PRESS WALKOUT	2x5 EA.

STABILIZE

PRONE IYTW ISO	2x15" EA.
SCAP PUSH UP	2x12
REVERSE BEAR CRAWL	2x10 YARDS
STANDING Y	2x12
STANDING ER @ 90/90	2x12

VELOCITY/DECELERATE

IR SNAPDOWN	2x5
BANDED-Y SNAPDOWN	2x5
IYT WALL BALLS	2x20 EA.
1/2 KNEEL REVERSE THROW - 90	2x8
1/2 KNEEL REVERSE THROW - Y	2x8

DAY 1

EXERCISE

REPS

PRONE Y	2x8
SIDE PLANK ER	2x8
BANDED 90/90 PIVOT	2x8
BANDED SS HIGH TO LOW	2x8
BANDED PULLDOWN	2x8
KB SERRATUS PUNCH	2x10
FINGER TO WRIST CURL	2x10
TALL KNEELING MB SLAM	2x6

DAY 2

EXERCISE

REPS

BANDED SCAPTION	2x8
BANDED 90/90 ER	2x8
BANDED ROW TO PRESS	2x8
BANDED SS LOW TO HIGH	2x8
BANDED- Y RAISE	2x8
BEAR CRAWL SLIDER	2x10 YARDS
DB PRONATION/SUPINATION	2x10 EA.
MB STEP AND PRESS	2x5

DAY 3

EXERCISE

REPS

WALL WALKS	2x8
BANDED IR ECCENTRICS	2x8
BANDED FACE PULL	2x8
PRONE T	2x10
SCAP PUSH-UP + TAPS	2x12
BANDED PRONATION/SUPINATION	2x10 EA.
PRONE IYT PLYO BALL CATCHES	2x10 EA.
SS MB SLAM	2x5 EA.

RECOMMENDED EQUIPMENT



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