



## “ACE” TRAINING DIAGRAM

Arm Care Exercises  
PBDBaseball.com

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### **External Rotation at 0 degrees Abduction**

Stand with involved elbow fixed at side, elbow at 90 degrees and involved arm across front of body. Grip tubing handle while the other end of the tubing is fixed to a stationary object. Pull out with arm, keeping elbow at side. Return tubing slowly and in a controlled manner.



### **Internal Rotation at 0 degrees Abduction**

Standing with elbow at side, fixed at 90 degrees and should rotated out. Grip tubing handle while other end of tubing is fixed to a stationary object. Pull arm across body, keeping elbow at side. Return tubing slowly and controlled.



### **Diagonal Pattern Extension**

Involved hand will grip tubing handle overhead and out to the side. Pull tubing down and across your body to the opposite side of leg. During the motion, lead with your thumb.



### **Internal Rotation at 90 degrees Abduction**

Stand with shoulder abducted to 90 degrees, externally rotated 90 degrees and elbow bent 90 degrees. Keeping shoulder abducted, rotate shoulder forward, keeping elbow bent at 90 degrees. Return tubing and hand to start position.