

## Great Oak Baseball's POST Baseball Menu

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#	Sets	Reps	Duration	ECise
1	1	1	0:01:00	Sitting Floor Twist
2	1	10		Cats & Dogs
3	1	1	0:01:00	Counter Stretch - Wall
4	1	1	0:02:00	Airbench

### Instructions:

Pay close attention to your movement and alignment during the Ecise more so than the amount of effort/strength exerted. It is better to perform the Ecises correctly than trying too hard. Remember, the goal here is to get your body moving properly.

1

## Sitting Floor Twist

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Hold this eCise for 01 min.

### Instructions:

1. Sit on the floor with your legs straight out in front of you
2. Bend your right leg and cross it over the left leg
3. Place the left elbow on the outside of the right knee while it is crossed over
4. Roll your hips forward to create an arch in your low back
  - \* It is very important to hold the arch throughout this e-cise
5. Tighten the thigh in your straight leg and pull your toes back toward you
6. Now, twist your upper body to the right using your back muscles to rotate your spine
7. Turn your head to the right as you twist your back
8. Hold this position and breathe
9. Hold as directed on your menu and repeat on other side

### Purpose:

This exercise promotes mid thoracic extension through rotation in a hip disparity

**2**

**Cats & Dogs**

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Repeat this eCise 10 times

**Instructions:**

1. Start on your hands and knees
  - \* Be sure that your hips are directly above your knees and that your shoulders are directly above your hands
  - \* Fingers should be pointed forward
2. For the Cat position: Pull your hips under, pull your head under and push your upper back to the ceiling to round your back up high
3. For the Dog position: Roll your hips forward to put an arch in your back, collapse your shoulder blades together and look up
4. Slowly move back and forth between the Cat and Dog positions
5. Repeat as directed on your menu

**Notes:**

- \* Remember to drop your shoulder blades together in the Dog position
- \* Exhale on Cat and inhale on Dog

**Purpose:**

This exercise promotes bilateral spine flexion and extension while loading the shoulder and hip joints.

**3**

**Counter Stretch - Wall**

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Hold this eCise for 01 min.

**Instructions:**

1. Stand facing a wall
2. Place your palms about shoulder width apart on the wall, fingers pointing straight up
  - \* Keep your feet pointed straight
3. Walk your feet back so that your weight is in your toes
  - \* Keep the hips, knees and feet in alignment
4. Kick your buttocks/hips back to place an arch in your low back
  - \* Keep your elbows locked out and tighten your quads
  - \* Let your upper body drop between your arms
5. Hold as directed on your menu

**Notes:**

- \* The key is to keep your hips tilted forward, and continue attempting to place an arch in your lower back throughout the e-cise

**4**

**Airbench**

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Hold this eCise for 02 min.

**Instructions:**

1. Stand with your back against a wall with feet and knees hip width apart and feet pointed straight
2. Walk your feet away from the wall while sliding your body down at the same time
  - \* You will be "seated" in an invisible chair, with your knees bent to 90 degrees
  - \* Your hips are just slightly higher than your knees; your ankles are slightly ahead of your knees
  - \* Your lower back should be completely flat against the wall
  - \* Your arms can hang down to your sides, or rest your hands gently on your lap
3. Hold as directed on your menu
  - \* Keep the weight in your heels, do not press forward on your toes

**Notes:**

- \* Your hands and arms should be relaxed down at your sides or resting lightly on your lap
- \* Once you have lowered yourself into a sitting position your lower back should be flat against the wall

**Purpose:**

This exercise promotes proper function of the lower load joints while stabilizing the opposing pelvis.