

## MIRROR IMAGE YOUR MOTION

Muscle memory is a crucial part of forming habits. (anytime you see a mirror).

tel: [318.730.6958](tel:318.730.6958)

email: [craig@qb1sports.com](mailto:craig@qb1sports.com)

web: [www.qb1sports.com](http://www.qb1sports.com)

## JUMP ROPE ROUTINE

3-4x/week (1500 - 2000 jumps per week)

- |                        |                        |
|------------------------|------------------------|
| 1/ 2 foot hops x 100   | 4/ Front to back x 100 |
| 2/ 1 foot hops x 50/ea | 5/ Scissor Jumps x 100 |
| 3/ Side to side x 100  |                        |

## DUMBBELL ROTATOR CUFF ROUTINE

2x/week (10 each exercise)

## BAND ROTATOR CUFF EXERCISES

1-2x/week (15-20 each exercise)

- |                             |                              |
|-----------------------------|------------------------------|
| 1/ Internal rotation (side) | 3/ Internal rotation (above) |
| 2/ External rotation (side) | 4/ External rotation (above) |

## STRETCH BAR

Challenge yourself but don't sacrifice posture! Do a little bit every day.

- |   |  |
|---|--|
| <b>1/ Chest</b><br>Work 5 seconds up to 10 seconds                    | <b>3/ Rotator cuff</b><br>Should be uncomfortable,<br>but not painful! |
| <b>2/ Tricep</b><br>Hold for 8+ seconds then lean to<br>get obliques. | <b>4/ Forearm/Wrist</b><br>Front and back pushdowns<br>+ bar twists.   |

## HANG

Find a tree or a bar to hang from after each stretching.

This will feel good as well as help elongate the muscles in your upper body.

(If you want a challenge, try not to adjust your grip once you pick up your feet, hold till you drop. This will help strengthen your hands and forearms; grip. My personal best is 3:19.)

***movin' the chains***

premiere quarterback coaching

tel: [318.730.6958](tel:318.730.6958)

email: [craig@qb1sports.com](mailto:craig@qb1sports.com)

web: [www.qb1sports.com](http://www.qb1sports.com)