

# PERFECT THROW USA TRAINING GUIDELINE

This program is to be performed 5-7 times a week using the Strippz as an active warm-up prior to throwing a baseball. It can also be used to supplement throwing in the off-season, by working on their mechanics.

Working on: Extension, Follow-Through, and Finish.

*Check out our Demo/Videos at [perfectthrowusa.com](http://perfectthrowusa.com)*

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| <b>WEEK 1</b>                          | <b>WEEK 7</b>                          |
| (5) Balance with 3 sec hold (stretch)  | (10) Balance with 3 sec hold (stretch) |
| (5) Stretch delivery                   | (10) Stretch delivery                  |
|  | (5) Wind-up delivery                   |
| <b>WEEK 2</b>                          | <b>WEEK 8</b>                          |
| (5) Balance with 3 sec hold (stretch)  | (10) Balance with 3 sec hold (stretch) |
| (5) Stretch delivery                   | (10) Stretch delivery                  |
|  | (5) Wind-up delivery                   |
| <b>WEEK 3</b>                          | <b>WEEK 9</b>                          |
| (5) Balance with 3 sec hold (stretch)  | (10) Balance with 3 sec hold (stretch) |
| (5) Stretch delivery                   | (10) Stretch delivery                  |
| (5) Wind-up delivery                   | (10) Wind-up delivery                  |
| <b>WEEK 4</b>                          | <b>WEEK 10</b>                         |
| (5) Balance with 3 sec hold (stretch)  | (10) Balance with 3 sec hold (stretch) |
| (5) Stretch delivery                   | (10) Stretch delivery                  |
| (5) Wind-up delivery                   | (10) Wind-up delivery                  |
| <b>WEEK 5</b>                          | <b>WEEK 11</b>                         |
| (10) Balance with 3 sec hold (stretch) | (15) Balance with 3 sec hold (stretch) |
| (5) Stretch delivery                   | (10) Stretch delivery                  |
| (5) Wind-up delivery                   | (10) Wind-up delivery                  |
| <b>WEEK 6</b>                          | <b>WEEK 12</b>                         |
| (10) Balance with 3 sec hold (stretch) | (15) Balance with 3 sec hold (stretch) |
| (5) Stretch delivery                   | (10) Stretch delivery                  |
| (5) Wind-up delivery                   | (10) Wind-up delivery                  |

