

Resources

JAEGER SPORTS

THE 3 PARTS OF THE JAEGER SPORTS THROWING PROGRAM



THE JAEGER SPORTS THROWING PROGRAM IS BROKEN DOWN INTO THREE PARTS

1. ARM CIRCLES

Arm Circles are a great way to get blood flow, range of motion and heat to the throwing specific muscle groups.

2. J-BANDS™

Our Jaeger Sports J-Bands™ Exercise Routine is designed specifically for the Throwing Specific Muscle Groups.

3. LONG TOSS

Long Toss is our Throwing Routine that consists of two phases; the Stretching Out Phase and the Pull Down Phase.