



Arm Health,
Arm Strength &
Mental Training
Since 1991

JAEGERSPORTS.COM



BASEBALL



Our Philosophy Simple... What could be more important to an athlete than a Healthy Mind

Training Programs

Summer Camp August

Winter Camp December

Private Training Appointment only

Jaeger Sports

China McCarney, Alan Jaeger
and Jim Vatcher
(Pictured left to right)

"I have been using the J-Bands for the past three seasons, and have noticed a significant difference in my velocity and arm strength. I also notice the difference going into the later months of a season, as my velocity has not dropped from the beginning of the season."

Clayton Kershaw

Pitcher, Los Angeles Dodgers
2011, 2013 and 2014 Cy Young Award Winner
2014 MVP Award Winner

Jaeger Sports is a Southern California-based organization dedicated to developing athletes in the three most neglected aspects of the game: Arm Conditioning/Arm Strength, Mental Training and Flexibility/Balance.

and Body.

1: Over-the-head Forearm Extensions

- **BE SURE** to place clip so it is not in alignment with head
- Get in lunge position with front knee over front heel at right angle.
- Elbows stay stationary
- Palms extend forward

Exercise 1
Step 1



Exercise 1
Step 2



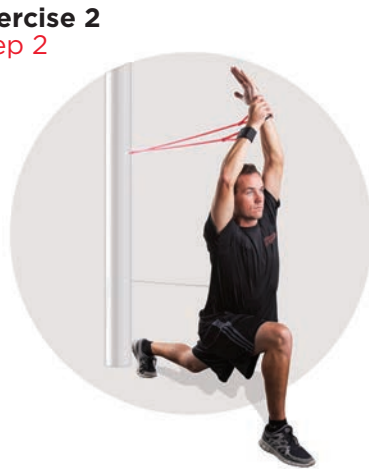
2: Side Extensions

- **BE SURE** to place clip so it is not in alignment with head, & that there is lag in the J-Band
- Front knee over front heel at right angle
- Lengthen (*not round*) the side
- Extend from back hip through fingertips

Exercise 2
Step 1



Exercise 2
Step 2



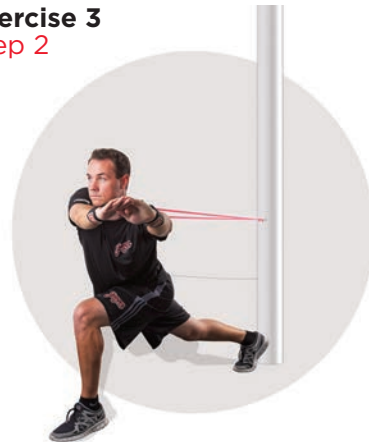
3: Diagonal Extensions

- Clip at mid-back height
- Front knee over front heel at right angle
- Extend from back hip diagonally through fingertips

Exercise 3
Step 1



Exercise 3
Step 2



4: Forward Flies

- Clip at chest height
- Slightly bent elbows at chest height
- Bring palms toward each other

Exercise 4
Step 1



Exercise 4
Step 2



5: Reverse Flies

- Clip at mid-back height
- Same as Forward Flies in reverse direction
- Palms move away from each other
- Bend knees; keep chin over toes and head still

Exercise 5
Step 1



Exercise 5
Step 2



6: Internal Rotation

- Clip at hip height
- Elbow on hip
- Arm at right angle
- Place off-hand under armpit
- Maintain level shoulders
- Rotate arm towards opposite hip

Exercise 6
Step 1



Exercise 6
Step 2



7: External Rotation

- Clip at hip height
- Arm at right angle
- Same as Internal Rotation in opposite direction
- Opposite hand on outside of elbow to stabilize
- Maintain level shoulders

Exercise 7
Step 1



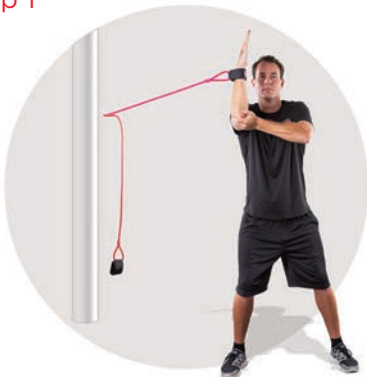
Exercise 7
Step 2



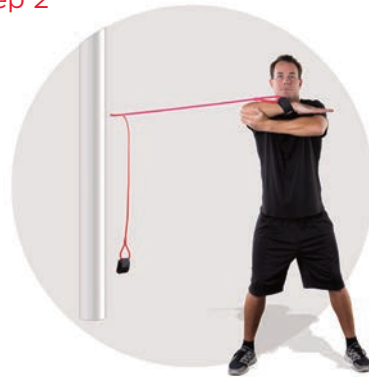
8: Elevated Internal Rotation

- Clip at shoulder height
- Arm at right angle
- Throwing elbow stabilized perpendicular to shoulder at shoulder height and in line with silver clip

Exercise 8a
Step 1



Exercise 8a
Step 2



8: Elevated Internal Rotation (Alternative)

- Clip at shoulder height
- Have chest facing away from fence
- Have throwing elbow in alignment with clip at shoulder height & maintain right angle (*wrist over elbow*)
- Keep elbow as stable as possible

Exercise 8b
Step 1



Exercise 8b
Step 2



9: Elevated External Rotation

- Clip at shoulder height
- Same as Internal Rotation in opposite direction

Exercise 9
Step 1



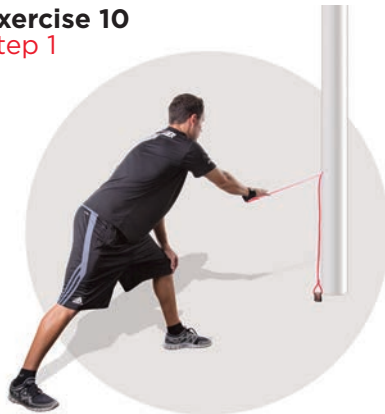
Exercise 9
Step 2



10: Reverse Throwing

- Clip at waist height
- Front shoulder facing clip
- Take arm in reverse direction maintaining the same arm action and arm slot of forward throwing motion
- Make a complete arm circle

Exercise 10
Step 1



Exercise 10
Step 2



11: Forward Throwing Motion

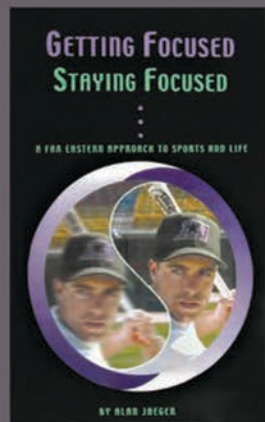
- Clip at waist height
- Place throwing fingers through wrist cuff & in alignment with clip
- Keep clip and tubing in line with arm slot
- Maintain normal throwing mechanics
- Extend out in front & make a complete arm circle with loose & relaxed arm action

Exercise 11
Step 1



Exercise 11
Step 2

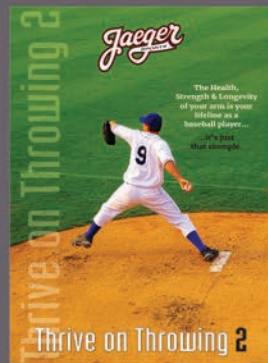




Getting Focused, Staying Focused

by Alan Jaeger

A great way to develop yourself as a baseball player is to address the most neglected part of your game - the mind. Getting Focused, Staying Focused delves into the mental game through sports philosophy, game & life management, and mental training techniques (breathing, meditation, and visualization).



Thrive On Throwing 2 DVD

Thrive On Throwing 2 takes you step by step through our signature Long Toss Throwing Program and J-Band Exercise Routine. This program has been adopted by hundreds of professional players as well as many College and High School Programs across the country.


“Thrive on

Throwing is the BEST

instructional video I have
ever reviewed.”

Lou Pavolich

Editor,
Collegiate Baseball
Magazine



Yoga is incorporated into all of our training camps.



Breathe Wrist Bands

Remind
yourself to
"Breathe"
and
"Stay in the
Moment"!

Available in
Black and Pink

Team pack of 12
available



J-Bands

Heavier tension designed
for ages 13 & older



J-Bands Jr.

Lighter tension designed
for ages 12 & younger

Jaeger Sports **J-Bands** and **J-Bands Jr.** are now available in Black and Pink. Please call or visit our website for additional colors.

J-Bands are an integral part of our Arm Care Program and a prerequisite to our Throwing Program. The eleven step J-Band exercise routine is designed to balance, strengthen & condition the rotator cuff & surrounding muscle groups. The J-Band exercise routine is crucial for injury prevention, endurance, recovery period and increased velocity. It is an essential workout for any player whose goal is to have a long and healthy career.

Team Packages are available

Workout Reminders

1. Exercises are to be done **PRIOR** to throwing (*or on average of 3-5 days a week during periods of time off*)
2. One set of 25 repetitions per exercise (*Exercises 2 & 3 involve using the breath while stretching in 30 second increments*)
3. Quality over Quantity
4. Maintain proper technique, alignment, etc
5. Keep pace fluid in both directions
6. Keep arm, body, and mind relaxed
7. Keep long, fluid breathing patterns
8. Walk closer to the fence to reduce tension
9. Work to the point of fatigue rather than failure.

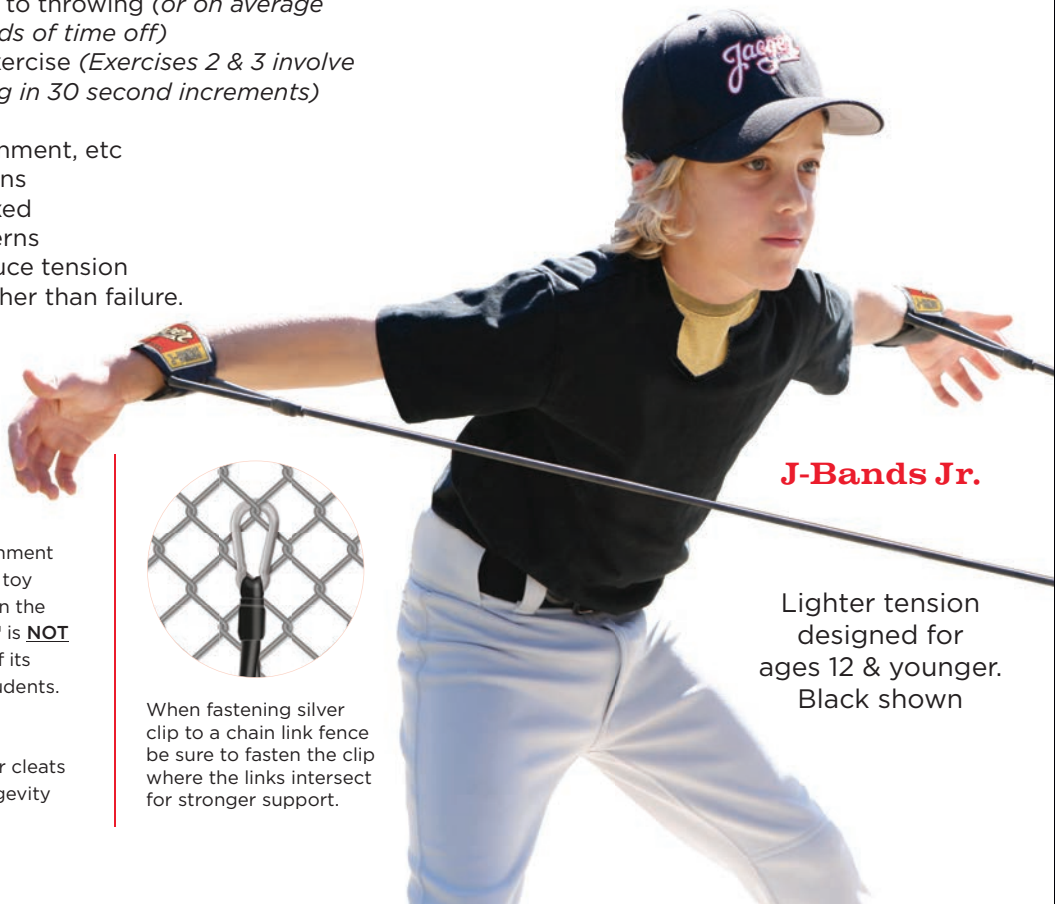
Important Notice and J-Band™ Care information

BE SURE that the silver clip is **NEVER** in alignment with your face or head. The J-Band™ is not a toy and should not be used in any way other than the exercises that it is designed for. The J-Band™ is **NOT** to be stretched more than one-to-two feet of its original length — even for the strongest of students. Increase reps if needed.

Keeping it out of the sun and away from your cleats (*when not in use*) will help maximize the longevity and safety of your J-Band™.



When fastening silver clip to a chain link fence be sure to fasten the clip where the links intersect for stronger support.



J-Bands Jr.

Lighter tension
designed for
ages 12 & younger.
Black shown

Listen to what people are saying about Jaeger Sports

"Jaeger Sports has shaped the foundation of our pitching philosophy here at Vanderbilt with J-Band work and Long Toss principles. These two areas are implemented into each individual's routine & the pitchers are passionate about both."

Scott Brown

Pitching Coach, Vanderbilt University,
2014 National Champions

"For the past four years we have used the Jaeger Bands and Long Toss Throwing Program on a daily basis."

Butch Thompson

Pitching Coach,
Mississippi State University
2013 National Champions Runner-up

"Jaeger Sports has a passion for keeping arms healthy"

Jon Daniels

General Manager, Texas Rangers

"Jaeger Sports and the J-Bands have always been a big part of our program."

John Savage

Head Coach, UCLA, 2013 National Champions

"This is only for the serious player who wants to raise the bar for their own peak performance."

Rich Hill

Head Coach, University of San Diego

"J-Bands are the foundation of our Throwing Program and allow us to prepare for and play Long Toss without limitations. The significance of them and their development of our players cannot be overstated."

Nate Yeskie

Pitching Coach, Oregon State University,
National Champions 2006 and 2007



8939 S. Sepulveda Blvd.
Suite 102
Los Angeles,
California 90045

Call us
310.665.0746

Visit us online
jaegersports.com



We invite you
to follow us
twitter.com/jaegersports
[flickr.com/jaegersports](https://www.flickr.com/photos/jaegersports/)
[facebook.com/jaegersports](https://www.facebook.com/jaegersports)
[youtube.com/jaegersports](https://www.youtube.com/jaegersports)
[instagram.com/jaegersports](https://www.instagram.com/jaegersports)