



At Home Mobility & Strength

Equipment:

- PVC Pipe or Dowel Rod or Broom Stick (Detatch if possible)
- Chair or Stool
- Painters Tape or Masking Tape
- Towel
- 1-2 Small Lunchpales
- Backpack
- Books
- Filled Water Bottles or Tube Socks filled w/ Loose Change

Outline

- Assuming you have no weights, bands, etc.. at home
- Consistency & Compounding Effect
- Great time to Develop a Consistent Routine
- Great time to learn how to move efficiently
- How to build an at home program
 - On Floor
 - In Place
 - Movement/Moving
 - Core to Extremities
 - Pelvic Control
 - Lumbo-Pelvic
 - Thoracolumbar
- Strength Exercise Selection
 - Squat
 - Hinge
 - Push
 - Pull
 - Jumping/Landing
 - Iso Abdominal



AT HOME MOBILITY & EXERCISE

On Floor

- Lying Pelvic Tilt + Progress to Marching
- Single Leg Glute Bridge (progress to loop band)
- Clams (progress to fire hydrants)
- Dead Bug (Hold Lunchpale or Backpack)
 - Progress to include arms
 - Progress to holding water bottles in your hands
- Open Books (progress to water bottle)
- Bird-Dog (progress to water bottle)
- Kneeling Pelvic Tilt
- Prone T's, I's, Y's
- Prone Serrano Press
- Superman w/ supination & pronation
- Hollow Body Plank

In Place

- Hip Hinge/RDL w/ PVC (or broomstick or dowel rod)
- Overhead Squat w/ PVC (or broomstick or dowel rod)
- Hip Hinge/RDL Rotation w/ PVC (or broomstick or dowel rod)
- Deep Squat w/ Rotation
- In Place Inchworm

Movement/Dynamic

- Bear Crawl (FWD, BkWD, LAT)
- Multiplanar Lunge
- Snap Down (Progress to Lunge)
- Line Push-ups & Davies Drill

Strength

- Bulgarian Split Squat (rear leg elevated)
- Single Leg RDL or Good Morning
- Lateral Bound/Ice Skaters (hold landing 2-3 sec)
- Yoga Push-up
- Isometric Towel Row
- Side Plank



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