

Resources

JAEGER SPORTS

WHY DO ARM CIRCLES?



ARM CIRCLES ARE THE FIRST PART OF THE JAEGER SPORTS THROWING PROGRAM

OUR ARM CIRCLES CONSISTS OF TWO SETS:

- Palms Down Going Forward
- Palms Up Going Backward

EACH SET OF THE ARM CIRCLE ROUTINE CONSISTS OF NINE CHECKPOINTS:

Small Circles, $\frac{1}{4}$ Circles, $\frac{1}{2}$ Circles, $\frac{3}{4}$ Circles, Full Circles, $\frac{3}{4}$ Circles, $\frac{1}{2}$ Circles, $\frac{1}{4}$ Circles, Small Circles

We recommend to start with 8-10 reps at each checkpoint with taking a break between forward circles and backwards circles

Arm Circles promote blood flow, range of motion, heat and prepares the arm for J-Bands™ and Long Toss