



Monica Abbott

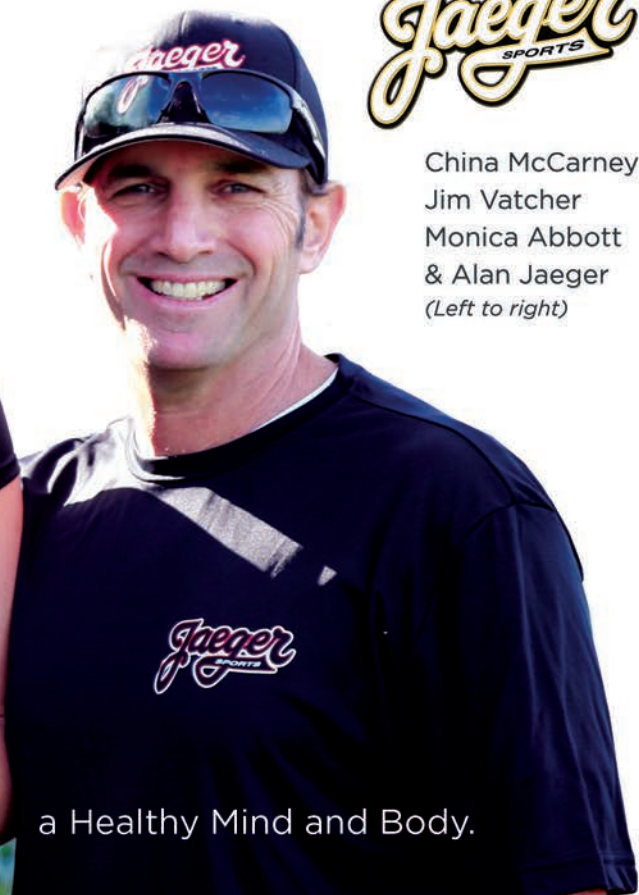
Chicago Bandits
2007 USA Player of the Year
2008 USA Olympic Team

**Arm Health,
Arm Strength &
Mental Training
Since 1991**





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



China McCarney
Jim Vatcher
Monica Abbott
& Alan Jaeger
(Left to right)

a Healthy Mind and Body.

"The Jaeger Throwing Program will provide the proper bio - mechanical foundation needed to develop and sustain your throwing motion. A healthy arm, that maintains stamina, is one of the most valued traits when college coaches are evaluating prospects. Invest in your arm, you've earned it"

Sue Enquist


Former UCLA Coach (27 years)
11-time National Champion
5-Time Hall of Fame

"We have been using the Jaeger Sports program religiously and see good results! No gimmicks...just healthy arms that are getting stronger!"

Mike Candrea

Head Coach
University of Arizona
8-Time NCAA National Champion

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.

A low-angle shot of a person's right arm reaching upwards, holding a dark brown baseball glove with red laces. The arm is extended from the right side of the frame towards the center. The background is a vast, bright blue sky filled with soft, white, wispy clouds. The lighting is bright, suggesting a sunny day.

"The J-Bands and Long Toss Throwing Program allow me to best condition



*my arm and pitch at my top speed.” - **Monica Abbott***

Pitcher, Chicago Bandits/Team Toyota
2007 USA Player of the Year | 2008 USA Olympic Team

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



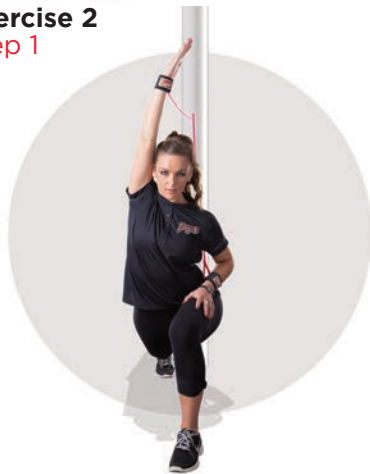
Exercise 1 Step 2



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



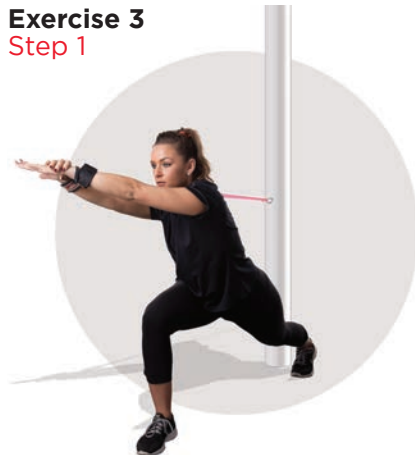
Exercise 2 Step 2



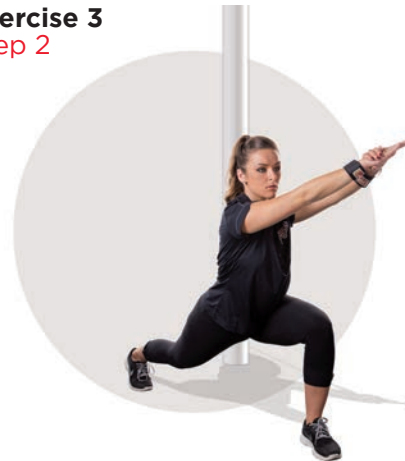
3: Diagonal Extensions

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

Exercise 3
Step 1



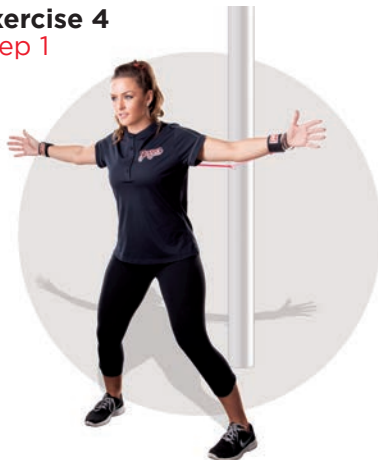
Exercise 3
Step 2



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



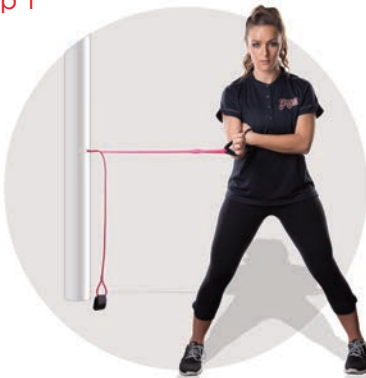
Exercise 5
Step 2



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



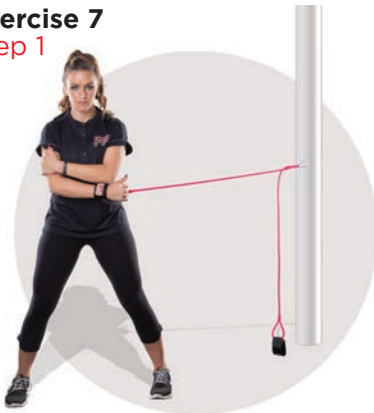
Exercise 6
Step 2



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



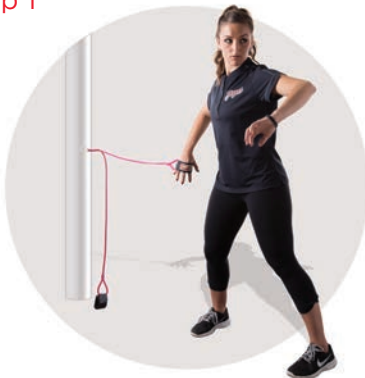
Exercise 10
Step 2



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



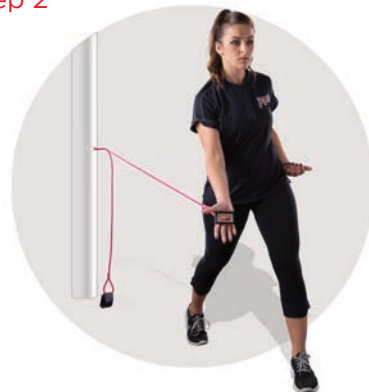
12: Forward Throwing Underhand

- Clip at chest height
- Place throwing fingers in wrist cuff
- Keep proper throwing mechanics
- Keep clip and tubing in line with arm slot
- Maintain loose and relaxed arm action and feel resistance on the way up

Exercise 12 Step 1



Exercise 12 Step 2



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.

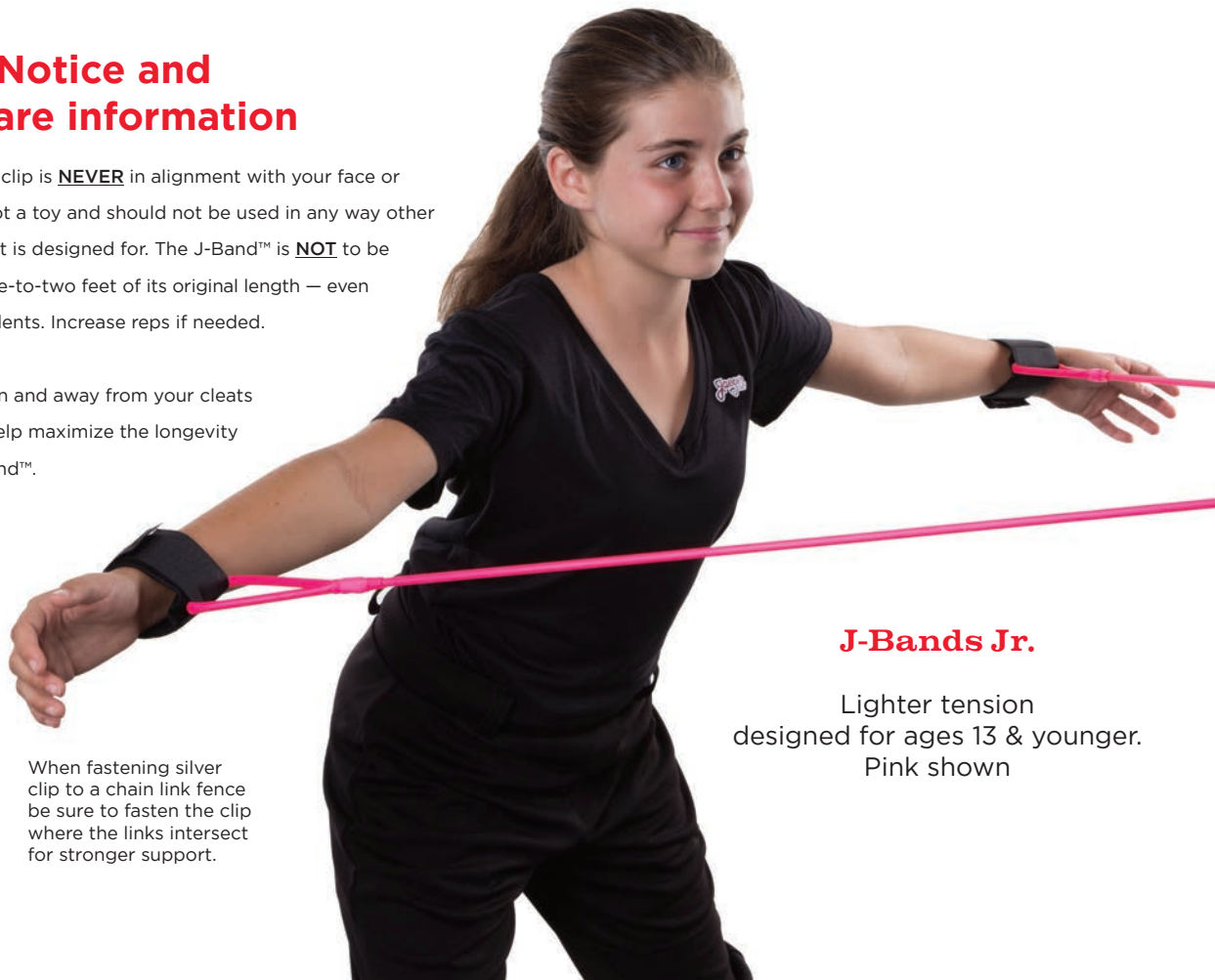
Important Notice and J-Band™ Care information

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™.

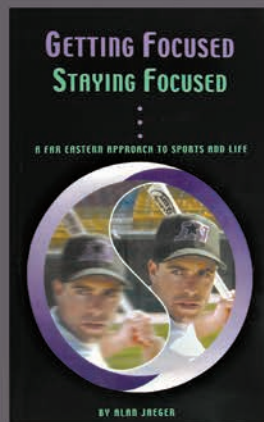


When fastening silver clip to a chain link fence be sure to fasten the clip where the links intersect for stronger support.



J-Bands Jr.

Lighter tension
designed for ages 13 & younger.
Pink shown



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 will take you through our systematic Arm Care & Long Toss Throwing Program.

Featuring Monica Abbott

“Thrive on

Throwing is the BEST

instructional video I have

ever reviewed.”

Lou Pavolich

Editor,
Collegiate Baseball
Magazine



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 14 & older



J-Bands Jr.

Lighter tension designed
for ages 13 & 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 twelve 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

Listen to what people are saying about Jaeger Sports

"We are really glad that we committed to the J-Bands and Long Toss Throwing Program this past year. Arm Health and Arm Strength are so essential to the development of any softball players career. The time that we dedicated was extremely valuable as we did not have to change practice plans or limit throwing reps due to sore arms throughout the season."

Kelly Inouye-Perez

Head Coach, UCLA

"We flat out use the Jaeger Bands every day at practice as well as game days. It serves as a stretching, strengthening and preventative arm work out for our athletes. There is a direct correlation between the decrease of arm injuries in our program and the use of the Jaeger Bands."

Kelly Ford

Head Coach
Cal State Fullerton

"The J-Band system, along with the Long Toss Throwing Program is a must for any team at any level. When our team had arm issues a few years ago, the first change we made was to purchase the J-Bands. Not only did we see a decrease in arm pain, but we started to see a dramatic increase in arm strength and accuracy. I would highly recommend this program to anybody."

Dee Dee Kingsbury

Head Coach, Whittier College
Former Associate Head Coach
Cal State Fullerton



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California 90045

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