



Baseball x4

Pretend you are standing on home-base, facing the pitchers-mound.

1. Jump to first base landing on a bent right leg. Your shoulders, hips, knees and toes should all be pointing towards first base. Left arm is forward. Push back to home plate landing onto two legs and facing the pitchers mound again.
2. Repeat jumping to third base landing on the left leg with right arm forward. Repeat 1 and 2 as directed by your Physical Therapist.
3. Jump to first base but land on your left leg with your right arm reaching forward.
4. Jump to third base onto your right leg.