

# ***BASES – Pitcher's Bootcamp***

## **CAMP CONTENT:**

- Multi-Week Exercise Sessions for Pitchers
- One Hour per Session
- Arm and Core Stability
- Leg Strength and Balance
- Compound Movements and Conditioning

## **NOTES:**

1. Players should bring their own gear where possible. Players should dress appropriately for a moderate workout. Full gear includes comfortable workout clothing and baseball/softball gloves (recommended but not mandatory).