



Decelerator Booster

Throwing Blueprint

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Arm Care	Cs Activation	Cs Activation	Cs Activation	Cs Activation	Cs Activation	Cs Activation	Off
Throwing/Workout	Throw/workout	Throw/workout	Throw/workout	Throw/workout	Throw/workout	Throw/workout	Off
Arm Care	Cs Strength X2		Cs Strength X2		Cs Strength X2		Off

CS Activation: Perform one set of CS Activation prior to any throwing or strength training session. If you are throwing and strength training on the same day, use the CS Activation prior to each session. You can use the CS Activation Program several times per day because it does not fatigue the arm.

CS Activation+: Once you have mastered the CS Activation, transition to the more advanced CS Activation+ program. The CS Activation+ program increases muscle activation 33% according to a pilot EMG study. It also enhances the neuromuscular timing for improved coordination of muscle firing within the shoulder complex.

CS Strength: Complete 2 sets of the CS Strength Program 3 times per week following a throwing or strength training session. Incorporate a day of rest in between using the CS Strength program (Example: Monday, Wednesday, Friday). The CS Strength program should be done immediately following a throwing or strength training session.

Rest for 5 minutes in between sets. When incorporating into a strength training session, perform 2 sets of the CS Strength program toward the end of the session after you have completed all of your big lifts. If you are throwing and strength training on the same day, use the CS Strength program after the last session.

CS Mobility: Use as needed pre- & post-activity.