

FITNESS FORM FOR THE THROW CENTER

Always begin any aggressive event with a good stretch program

DO NOT WORK THROUGH PAIN

Record each event with a zero to five rating. 0 for no pain, 1 for slight stress, 3 for mild pain, and 5 for too much pain to complete the event

Long ball – throw only the distance you can throw with no pain

If recovering from a dislocated shoulder – be very careful on #4 and on #13, bypass if necessary

HAVE SOMEONE TIME YOU ON EACH EVENT AND RECORD HOW MANY, HOW LONG OR HOW FAR YOU CAN GO IN **ONE MINUTE** ON EACH EVENT

PAIN LEVEL
0 TO 5

- | | | | |
|-----|---|--------------------|-------|
| 1. | PUSH UP'S | _____ # OF TIMES | _____ |
| 2. | PULL UP'S | _____ # OF TIMES | _____ |
| 3. | HAND WALK - WALK ON HANDS | _____ DISTANCE | _____ |
| 4. | SKIN THE CAT - HANG ON BAR AND
BRING FEET BETWEEN HANDS AND BACK AGAIN (GOOD FOR ROTATOR CUFF) | _____ # OF TIMES | _____ |
| 5. | HAND STAND - HEELS AGAINST
WALL FOR 1 MIN | _____ SECONDS | _____ |
| 6. | KNEE LIFTS - HANG ON BAR AND
TOUCH CHEST WITH KNEES | _____ # OF TIMES | _____ |
| 7. | SIT UP'S - IN 1 MIN. | _____ # OF TIMES | _____ |
| 8. | CARIOKA RIGHT | _____ DISTANCE | _____ |
| 9. | CARIOKA LEFT | _____ DISTANCE | _____ |
| 10. | JUMP ROPE | _____ # OF JUMPS | _____ |
| 11. | LONG BALL THROW (ONLY NO PAIN) | _____ DISTANCE | _____ |
| 12. | SWIM - EXCELLENT FOR REHAB
ARM, SHOULDER, ELBOW | _____ DISTANCE | _____ |
| 13. | OVERHEAD LADDER - WALK | _____ DISTANCE | _____ |
| 14. | 10/5 SUICIDE | _____ # OF TIMES | _____ |
| 15. | 12 FOOT PARALLEL BAR WALK | _____ TIME FOR 2 | _____ |
| 16. | SPRINT UP HILL OF 40 DEGREE SLOPE | _____ 40 YD SPRINT | _____ |
| 17. | ELBOW SPINNERS)
(FOR MIDDLE BODY | _____ 50 | _____ |

COMPLETE THIS FORM AND MAIL WITH YOUR APPLICATION