

Hammer Flexibility Exercises

The Upper Back and Shoulder Girdle

The best way to develop flexibility is functional strength work with barbell plates. See my article on Plate Drills at www.ironmanthrows.com.

180 to 180 Twist

This helps develop that range of motion that allows you to let the hammer run long left going into the turns with a loose upper body after you have accelerated it from the catch of the hammer.

Shoulder to Shoulder and Plate Winds

Both of these will give you great range of motion for a good full-shoulder turn when winding vs. winding mostly with the arms.

In addition, here are a couple of exercises you can try.

Wall Clock/Floor Clock

These will help with getting a nice long radius when you learn to relax the upper body while throwing.

Wall Clock

Kneel facing a wall and extend your hands straight up against the wall (palms facing the wall) in a 12 o'clock position and hold 60 sec. Then move them down to 10 & 2 o'clock for 60 sec, and then to 9 & 3 o'clock. Eventually, hold them for 2- 3 minutes in each position.

Floor Clock

Lay prone on the floor, extend your arms to the 12 o'clock position with your hands resting on something (books, foam blocks, etc.) 6" high. Same as the wall clock, except that you move the books/blocks to the respective positions.

Upper Spinal Stretch

Lay on your left side and bring your knees up to a 90 degree angle in the knee; hold the knees on the floor with the left arm/hand; extend the right arm out from the shoulder; r(palm up). Now relax and let that arm gradually work its way down to the floor in a natural stretch. Like the "clock" exercises, start with 60 sec and build to 3 minutes if you need to. Then repeat for the other side.

Hip Flexibility

Weight Training

The **One-Leg Presses** and **Step-ups** help your hips/hip flexors. Also, facing away from a cable, one-leg front and one leg behind, with ankle strap on back leg, bring the back knee forward and up.

Hero Squats

Kneel facing the wall; tops of shoes/feet on floor; clasp your hands together behind your head; drop down to your heels and sit back up against the wall. do 3 sets of 10-20reps.

Hip Crossover

Lie on your back with knees up and feet flat on the ground; place your right ankle on your left knee; arms outstretched with palms up; roll your hips to the left while trying to keep the right shoulder on the ground. You should really feel the pull in the side of the hip and glute. Hold for the same 60 sec. to 3 minute progression. Change sides.