

A SAMPLE ROUTINE

IMPROVING LAYBACK

BEN BREWSTER



TREADATHLETICS

IMPROVING LAYBACK

A List of Ideas

SOFT TISSUE

- [Pec major / minor barbell smash](#) – 3-5 min
- [T-spine tissue work](#) – 3 min
- [Posterior cuff](#) – 3 min
- [Lat tissue work w/ roller](#) – 3 min

MOBILITY WORK

- [Pec Doorway Stretch](#) - 2x30 seconds
- [Doorway Lat Stretch](#) - 2x30 seconds
- [T-Spine Extensions](#) - 2x10 reps
- [T-Spine Rotation](#) – 2x10 reps
- [Scapular Patterning](#) – 2x10 each
- [Low Trap Patterning](#) – 2x10 each
- [Ankle Dorsiflexion](#) – x2 min
- [Ankle Eversion](#) – 2x10 reps

THROWING DRILLS

1. [Lasso Drill](#) – 2x10 throws @ 50%
2. [Ten-Toes Drill](#) – 2x5 throws @50-60%
3. [Rhythm Rocker Drill](#) – 2x5 throws @50-70%
4. [Step-Back Drill](#) – 2x5 throws @60-75%
5. [Walking Wind-Up](#) – 2x5 throws @60-75%

General Tips for this drill progression:

- Be sure to get the arm up and back (torso closed) before you rotate.
- Elbow should be *in line* with the shoulders and stay there as you rotate.
- Allow the arm to *relax* into layback and *pull* into release.
- Maintain *upright* posture.
- The lasso drill is your bread and butter drill to feel layback. Focus most of your throws here until you can feel it, then *integrate* that pattern of arm acceleration in to the other drills.
- Sets and reps vary greatly depending on your situation. If you are unsure, we recommend spending 5-8 minutes performing these throwing drills as part of your throwing warm-up at a low to moderate intensity.
- Email us for recommendations specific to your situation.

Disclaimer: we are not liable for any injuries associated with your execution of these drills or exercises. This PDF is simply a hypothetical routine. Perform at your own risk.

ADDITIONAL NOTES

*Addressing tissue quality of the pecs, lats, posterior shoulder and thoracic spine can play a key role in allowing the arm to smoothly relax into layback. Generally spending 3-5 minutes per area, several times per week is sufficient to see changes.

***These set/rep figures are just examples. We have not assessed you and this is just a very general guideline.*

****There are lots of mechanical factors that can contribute to limited layback. It often requires a coach and a trained eye to really tell what's going on. Feel free to reach out for guidance if you're having issues.*

Where to go from here

If you haven't already, shoot us an email and let's discuss your own specific training situation.

After doing so, you'll also have the chance to schedule a call with one of our coaches to discuss your results, specific situation and goals moving forward. No strings attached.

Before I go, let me just say thank you.

We put a lot of time and effort into creating this type of content (and refrained from charging for this against the advice of many), so if you feel this information would be valuable to other athletes, share your thoughts on social media!

Here's to reaching your potential,

A handwritten signature in black ink that reads "Ben Brewster". The signature is fluid and cursive, with the first name "Ben" and last name "Brewster" clearly distinguishable.

Ben Brewster, BSc, CSCS
Co-Founder, Tread Athletics