

REHAB % OF MAX			LONG HOLD % OF MAX	
% of Max Target (*2)	Sessions / wk		Long Hold % of Max Target (*3)	Sessions / wk
10% of Max	1-2		10% of Max	1-2
20% of Max	1-2		10% of Max	1-2
30% of Max	1-2		10% of Max	1-2
40% of Max	1-2		20% of Max	1-2
50% of Max	1-2		20% of Max	1-2
60% of Max	1-2		20% of Max	1-2
70% of Max (*4)	1-2		30% of Max (*4)	1-2

Suggested Starter Schedule Day 0 (post-Start) or following day Rehab “A Day” or “C Day”
 Day 1 evening on day after Start Long Hold
 Day 3 after Start in morning Rehab “B Day” or nothing
 Day 3 after Pen / Side in evening Long Hold

Suggested Reliever Schedule After any in-game appearance / pen Long Hold
 AM on 1st day of week when scheduled off Rehab “A Day” or “C Day”
 AM on 2nd day during week if scheduled off Rehab “B Day”

(*1) Set your 1 Rep Max REHAB and LONG HOLD REHAB targets by following these steps:

- a) Open the www.FlexProGrip.com website, select USER PORTAL, then select 1RM STRENGTH TARGETS.
- b) Write on a piece of paper the 1RM Strength Target for each FlexPro Grip exercise based on the peak throwing velocity of the pitcher.
- c) Select USER PORTAL on the website, then USER DASHBOARD and login.
- d) In the header bar, select PR MANAGEMENT, then REHAB TARGETS, then fill in the 1RM Strength Target for each FlexPro Grip exercise that you wrote on the piece of paper in Step “B” by clicking EDIT under ACTIONS, then SAVE.
- e) Once you have done this for all 17 exercises, start to repeat the process by selecting PR MANAGEMENT in the header bar, only this time, instead of selecting REHAB TARGETS, select LONG HOLD REHAB TARGETS, then fill in the 1RM Strength Target for 4 FlexPro Grip exercises using the values from Step “B”: 4 finger fingertip flexion, ulnar deviation, 4 finger mid-finger flexion, and index + little mid-finger flexion.
- f) Once these targets are set, the reps you perform when doing either REHAB % OF MAX training or LONG HOLD % OF MAX training will be based on these 1RM Targets. You can change these 1RM Targets anytime you wish, and we encourage you to do so if your peak throwing velocity increases.

(*2) **REHAB % of MAX** protocol (Purpose is to maintain strength):

- 1) Access under the REHAB tab on the app.
- 2) Must hit all percentage training targets and have no residual pain 24 hours post training to increase to higher percentage training target.
- 3) NEVER increase your “% of Max” level by more than 10% at a time.
- 4) If you have pain performing any exercise or you are unable to hit all percentage training targets, drop down 10% until you are able to hit the targets and/or no longer have pain.

(*3) **LONG HOLD % of MAX** protocol (3 exercises) (Purpose is recovery post-throwing):

- 1) Access under the REHAB tab on the app.

- 2) "Long Hold % of Max" exercises can be done on the same day as "Rehab % of Max" training, but you should always have at least a 6 hour gap between "Long Hold % of Max" training and "Rehab % of Max" training sessions.
- 3) Ideally do post-throwing same day.
- 4) "Long Hold % of Max" targets correspond to the "Rehab % of Max" targets. Example, if you are doing Rehab 40% of Max training, select the "Long Hold 20% of Max" protocol.

(*4) In season, never train at the "Rehab 70% of Max" target or "Long Hold 30% of Max" target without approval of AT, PT, or physician.

Of course, if you have any questions, feel free to contact us at 504-526-4747.