

# Stretch It Out

## 3 Useful Stretches for Baseball Players



### Lying Knee Roll-Over Stretch

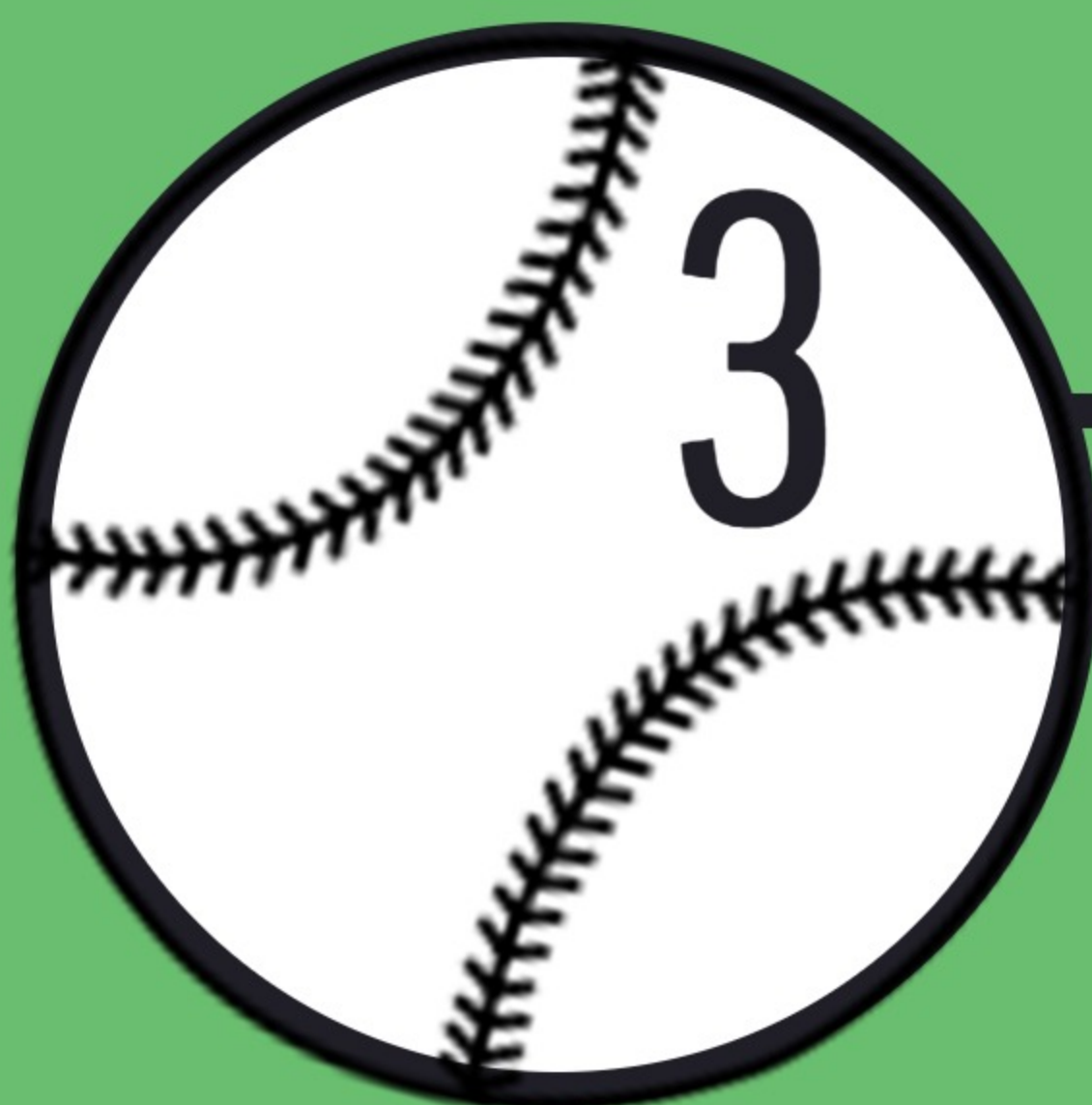
While lying on your back, bend the knees and let them fall to one side. Keep your arms out to the side and allow your back and hips to rotate with your knees.

### Elbow-Out Rotator Stretch

Stand with your hand behind the middle of your back, with your elbow pointing out. Reach over with your other hand and gently pull your elbow forward



### Rotating Wrist Stretch



Place one arm straight out in front and parallel to the ground. Rotate your wrist down and outwards. Using your other hand, further rotate your hand upwards.