**Rice Bucket – Simple**

2-3 sets of 25 reps

1. Open hand – put hand in rice up to wrist with all fingers spread – rotate side to side
2. Squeeze and Release – grab a large amount of rice, squeeze until rice “pops” out, release and repeat
3. Finger Pinch with Thumb – pinch indicated finger with thumb then open as much as you can, repeat
   1. Index finger
   2. Middle finger
   3. Last two fingers together
4. Buried Fist – push hand deep into the rice and make a fist
   1. Rotate side to side
   2. Bend wrist front to back

Rice Bucket – Long Program

Each exercise for 20 seconds on each hand

1. Rice grab – grab a handful of rice from top and release
2. Rice grab deep – put hand deep into the rice, grab a handful and lift out, release and repeat
3. Full hand pinch – put hand into rice, pinch 4 fingers as a unit to the thumb, open and repeat
4. Thumb pinch – put hand into rice, pinch thumb only towards palm, open and repeat
5. Fist circles – put hand into rice above wrist, make a fist
   1. Move fist in a circle clockwise then counterclockwise
   2. Move fist front to back
   3. Move fist side to side
6. Open hand Deep Rotation – push hand deep into rice, spread fingers wide and rotate clockwise and counterclockwise
7. Hand Shake – Hold hand flat, put into rice and move side to side like shaking a hand
8. Rice Squeeze – Grab a big handful of rice, squeeze hard until rice “pops”, release and repeat
9. Hand Spread – put hand into rice, open fingers wide the close, repeat

Pitchers:

Fast Ball Grip – put hand in fast ball grip, put into rice up to wrist, move front to back

Curve Ball Grip – put hand in curve ball grip, put into rice up to wrist, rotate

Change Ball Grip – put hand in change ball grip, put into rice up to wrist, rotate