



- HOME
- NEWS
- BUSINESS
- SPORTS
- ENTERTAINMENT
- TRAVEL
- LIVING
- FORUMS
- SHOP
- JOB
- AUTOS
- REAL ESTATE
- CLASSIFIEDS
- PLACE AN AD

MLive.com - High School Sports - Detroit Lions - Detroit Pistons - Detroit Red Wings - Detroit Tigers - MSU Spartans - U-M Wolverines - More

SEARCH:

Enter Keyword(s)

GO! →



DETROIT TIGERS BASEBALL

News, Blogs, Photos, Audio, Schedule & Stats

LATEST DETROIT TIGERS NEWS

- [Tigers avoid arbitration with four players: still seek deal with Justin Verlander](#)
- [Tigers sign Juan Rincon to a minor-league contract](#)
- [Detroit approves \\$27M plan for Tiger Stadium](#)
- [Tigers' Nate Robertson in best shape of career](#)
- [Fernando Rodney, Marcus Thames sign with Detroit Tigers to avoid contract arbitration](#)

Detroit Houses for Sale

Ultimate Luxury on the Water or Midtown
www.ellingtonlofts.com/go.html

Michigan Arrest Records@

Lookup Free Arrest Records On Anyone In Michigan. Official Service
Michigan.GovArrestRecords.com

What's Your House Worth?

Grand Rapids home market values Get a valuation from expert today!
www.HouseValues.com

Visual Poetry

Modern Innovative Photography Wedding photography & Portraiture
www.jenknivila.com



Ads by Google

ESSENTIALS

- [Schedule](#)
- [Roster](#)
- [Spring Training](#)
- [Latest Injuries](#)
- [Team Statistics](#)
- [Standings](#)
- [MLB Scoreboard](#)
- [League leaders](#)

TIGERS FORUM

Fans gather here to discuss the latest Tigers news.

- [Enter the forum](#)

Latest posts

- [So Rodney is making more...](#) by [MikeBrumley](#)
- [I CANT STAND 97.1](#) by [ShrineKnight](#)
- [At least we have 1130.](#) by [MikeBrumley](#)

[ALL FORUMS >](#)

NEWSFLASH

INTRODUCING THE EXCLUSIVE BLACK CARD™




LEARN MORE ▶

BLACK CARD
The World Awaits.

INSIDE THE TIGERS


- [Detroit Tigers Home](#)
- [Detroit Tigers Stories](#)
- [Cutoff Man Blog](#)
- [Tigers Podcasts](#)
- [Detroit Tigers Forum](#)
- [Detroit Tigers Photos](#)
- [West Mich. Whitecaps](#)
- [Sports Home](#)

Browse by day posted:

Select a date 

GO ▶

Browse by week posted:

Select a date 

GO ▶

ADVERTISEMENT
 • [See coupons and values for local businesses. Click here!](#)

TIGERS BLOGS

Cutoff Man
 by Scott Warheit

- [Several Tigers on provisional WBC rosters](#)
- [Tigers in the mix for Jason Istringhausen, Brandon Lyon](#)
- [Kid Rock part of Granderson's Celebrity Shootout](#)

MORE >>

Curveballs
 by Chip Mundy

- [Tigers move quickly at winter meetings](#)
- [Who will play shortstop for the Tigers?](#)
- [Will the Rays win it all?](#)

MORE >>

LATEST PHOTOS



- [Week of 09/21-09/29](#)
 - [Week of 09/14-09/20](#)
 - [Week of 09/07-09/13](#)
- MORE TIGERS PHOTOS** >>

LATEST AUDIO



Local Baseball News

- [Laird, Jackson, Zumaya, Seay agree with Tigers](#) 1/20/2009, 8:00 p.m. EST
- [Juan Rincon gets minor league deal from Tigers](#) 1/20/2009, 12:21 p.m. EST
- [Tigers re-sign Rodney, Thames for 2009](#) 1/14/2009, 6:01 p.m. EST

MORE AP HEADLINES >>



- Home | News |
- Sports | Forums |
- Blogs |
- Entertainment |
- Jobs | Autos |

- Real Estate | Classifieds | Shopping
- Complete Forecast | RSS Feeds | RSS Terms and Conditions |
- Site Index | About Us | Contact Us | Advertise | Help/Feedback



- [Ann Arbor News](#) | [Bay City Times](#) | [Flint Journal](#) | [Grand Rapids Press](#)
- [Jackson Citizen Patriot](#) | [Kalamazoo Gazette](#) | [Muskegon Chronicle](#) | [Saginaw News](#)

© 2008 Michigan Live LLC. All Rights Reserved. Use of this site constitutes acceptance of our Advertising Agreement, User Agreement and Privacy Policy.

- [Curtis Granderson on WZAM: 'Expectations are still high' for Tigers' 2009 season](#)
- [Kornacki on The Huge Show: Mariners' Putz the answer to Tigers' bullpen needs](#)
- [Dombrowski on The Huge Show: Tigers can't afford to pursue Francisco Rodriguez](#)

[MORE AUDIO »](#)

CONTESTS

[Contests and Games](#)
[Click Here](#)

Tigers' Nate Robertson in best shape of career

by Steve Kornacki

Sunday January 18, 2009, 12:30 AM

DETROIT -- Nate Robertson balanced on the physioball, his abdominals carrying the load.

He stretched out his arms with a mild grunt and held the position for several seconds.

"I call this the Superman," he said, twisting his neck slightly to look up and smile.

Then, the Detroit Tigers' left-hander thrust his arms back to his side.

"This is the 'Matrix'," he said. "You know, how they did this position in the movie."

Next, he brought his arms back out front and extended both thumbs up.

"This one is called the politician," he said.

It also could signify the reaction of his ball club to the intense conditioning program he has undergone in hopes of overcoming a miserable season and regaining the form that merited a three-year, \$21.3 million contract a year ago.



Duane Burleson

Detroit Tigers pitcher Nate Robertson throws during a session at the University of Detroit. He works out there twice a week.



Duane Burleson

Detroit Tigers' Nate Robertson, left, works out with Detroit Mercy assistant strength and conditioning coach Nick Wilson.

Not much of an offseason

Two days after the season ended, Robertson was in a pilates class near his home in Canton. He kept going three times a week, and worked out with a trainer twice weekly at the University of Detroit Mercy.

"I got going right away because I had a bad taste in my mouth that I wanted to replace," said Robertson, who was 7-11 with a 6.35 ERA and was sent to the bullpen to rediscover his once-potent slider. "I'm getting everything in place and preparing myself."

He could feel the confidence the team and fans once had in him disappearing.

"And I want that back," Robertson said.

It was determined that a lack of flexibility was part of what was holding him back.

"Free movement helps with life on the ball and accuracy in your throws," Robertson said. "I'm so excited with how I feel now."

Robertson has lost 10 pounds. He weighs 229 and wants to be 224 when reporting to spring training with the other pitchers Feb. 13.

