

Throwers Workout

Monday

4/4

Speed Warm-up

FOCUS ON FORM IN WARM-UP

4* fly 10's

Walk back to start

Weight room: (20-25 minute for workout)

5 * Bench Press Feet planted and back arched
banded crunches or reverse crunch

2 sets: (Groups of 3)

5 * DB military

5 * Tricep Extension

5 * Push Ups

Then to field to throw

Everybody Drills:

5 * shoulder rotations with band both arms and each direction
10 second band Pec(Chest) Stretch each Arm

Shot Put:

5 overhead throws

5 - Standing throws Facing Forward both toes Touching board

5 -10 Standing Throws

5 - ¼ turn drills (360 = 1 rep)

10- full throws if ready go back to stands

Discus:

5 - Standing throws Facing Forward both toes Touching board

5 -10 Standing Throws

5- ½ turn throws

5 - ¼ turn drills (360 = 1 rep)

10- full throws if ready go back to stands

Cool Down phase 2 easy