

Throwers Workout

Week 1

| LIFT 1 | | | LIFT 2 | | |
|----------------------------------|------|-------------------------------|--------|----|------|
| Wt | Reps | Wt | Reps | Wt | Reps |
| Bench Press 65% 70% 75% 80% | 8 | Squat 65% 70% 75% 80% | 8 | | 8 |
| Incline Press 65% 70% 75% 80% | 8 | Hang Clean 65% 70% 75% 80% | 8 | | 8 |
| | | | | | |
| | | | | | |
| DB Fly | 10 | Calf Extension | 10 | | 10 |
| DB Curl | 10 | Leg Extension | 10 | | 10 |
| | | Leg Curl | 10 | | 10 |
| Pec Dec | 10 | Single Leg Press | 10 | | 10 |
| Lat Pulldown | 10 | | | | |
| Tricep Pushdown | 10 | | | | |
| Push Press | 10 | | | | |

| LIFT 3 | | | LIFT 4 | | |
|------------------|------|-------------------|--------|----|------|
| Wt | Reps | Wt | Reps | Wt | Reps |
| | | | | | |
| | | | | | |
| | | | | | |
| Box Jump | 10 | Plank | 30s | | 30s |
| Side Cone Jumps | 20 | Knee Tucks | 10 | | 10 |
| Burpee | 10 | V-sit Ball Touch | 10 | | 10 |
| | | Cable Twist L/R | 10 | | 10 |
| | | Cable Chop Up L/R | 10 | | 10 |
| MB Slam | 10 | | | | |
| MB Chest Press | 10 | MB Soccer Pass | 10 | | 10 |
| MB Back Throw | 10 | MB Sit Up Throw | 10 | | 10 |
| MB Under Throw | 10 | | | | |
| MB Rotations L/R | 10 | | | | |

Week 3

| LIFT 1 | | Wt | Reps | Wt | Reps | Wt | Reps | Wt | Reps | LIFT 2 | | Wt | Reps | Wt | Reps | Wt | Reps | Wt | Reps |
|-----------------|-----------------|----|------|----|------|----|------|----|------|-------------------|-----------------|-----|------|-----|------|-----|------|-----|------|
| Bench Press | 75% 80% 85% 88% | | 4 | | 4 | | 4 | | 4 | Squat | 75% 80% 85% 88% | | 4 | | 4 | | 4 | | 4 |
| Incline Press | 75% 80% 85% 88% | | 4 | | 4 | | 4 | | 4 | Hang Clean | 75% 80% 85% 88% | | 4 | | 4 | | 4 | | 4 |
| DB Fly | | | 10 | | 10 | | 10 | | 10 | Calf Extension | | | 10 | | 10 | | 10 | | 10 |
| DB Curl | | | 10 | | 10 | | 10 | | 10 | Leg Extension | | | 10 | | 10 | | 10 | | 10 |
| Pec Dec | | | 10 | | 10 | | 10 | | 10 | Leg Curl | | | 10 | | 10 | | 10 | | 10 |
| Lat Pulldown | | | 10 | | 10 | | 10 | | 10 | Single Leg Press | | | 10 | | 10 | | 10 | | 10 |
| Tricep Pushdown | | | 10 | | 10 | | 10 | | 10 | | | | | | | | | | |
| Push Press | | | 10 | | 10 | | 10 | | 10 | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | |
| LIFT 3 | | Wt | Reps | Wt | Reps | Wt | Reps | Wt | Reps | LIFT 4 | | Wt | Reps | Wt | Reps | Wt | Reps | Wt | Reps |
| | | | | | | | | | | Plank | | 40s | | 40s | | 40s | | 40s | |
| | | | | | | | | | | Knee Tucks | | 15 | | 15 | | 15 | | 15 | |
| | | | | | | | | | | V-sit Ball Touch | | 15 | | 15 | | 15 | | 15 | |
| | | | | | | | | | | Cable Twist L/R | | 15 | | 15 | | 15 | | 15 | |
| | | | | | | | | | | Cable Chop Up L/R | | 15 | | 15 | | 15 | | 15 | |
| | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | MB Slam | | 18 | | 18 | | 18 | | 18 | |
| | | | | | | | | | | MB Chest Press | | 18 | | 18 | | 18 | | 18 | |
| | | | | | | | | | | MB Back Throw | | 18 | | 18 | | 18 | | 18 | |
| | | | | | | | | | | MB Under Throw | | 18 | | 18 | | 18 | | 18 | |
| | | | | | | | | | | MB Rotations L/R | | 18 | | 18 | | 18 | | 18 | |