

Throwers Workout

Questions: Contact Miss Melenchick in Room 154

4-5x per week Schedule

Daily:

- Warm Up – Team or Solo
 - STRETCH
 - Jog around gym and up the stairs 2-4 laps.
- Med Ball – Start light – work up to heavier weights.
 - Wall Taps: 2 x 50
 - Side Throws: 2 x 8 each side
 - Wall Pass: 2 x 8
 - Overhead Throws: 2 x 8
 - Squat Throws: 2 x 8
 - Pushups: 2 x 10
 - Lunges: 2 x 5 each leg

- **Plyo Workout – 2x a Week**

Plyometric Workout 1

- Tuck Jump: 4 sets of 5-10 reps
- Depth jumps: 4 sets of 5-10 reps
- Bounding: 4 sets x 5-10 reps each leg (try getting as much height as possible during the jumping to alternate legs)
- Power Push-Ups: 3 sets of 5-10 reps

Plyometric Workout 2

- Box Jumps: 4 sets of 5-10 reps
- One legged maximal jumps: 4 sets of 5-10 reps each leg
- Bounding: 4 sets of 10-12 reps each leg
- Push-up jump clappers: 3 sets of 5-10 reps (like push up jumps but add a clap, or even multiple claps)

Day 1: Legs/Lower Back

- **Squats:** 4-5 sets of 3-5 reps
- **Deadlifts:** 4-5 sets of 3-5 reps
- **Leg extensions:** 3 sets of 6-10 reps
- **Lunges:** 2 sets of 6-10 reps
- **Calf raises:** 4 sets of 6-10 reps
- **Back extensions:** 3 sets of 6-10 reps

Day 2: REST

Day 3: Chest/Upper Back

- **Wide-grip barbell bench press:** 4-5 sets of 3-5 reps
- **Incline dumbbell bench press:** (Explosive) 3 sets of 8-10 reps
- **Close-grip barbell bench press:** 4-5 sets of 3-5 reps
- **Pull-ups:** 3 sets of 6-10 reps
- **One-arm dumbbell rows:** 3 sets of 6-10 reps
- **Seated rows:** 3 sets of 6-10 reps
- **Behind-the-back barbell shrugs:** 3 sets of 6-10 reps

Day 4: Core

- **Decline sit-ups (weighted):** 4 sets of 4-6 reps
- **Leg raises:** 4 sets of 5-8 reps
- **Plate twist:** (Explosive) 4 sets of 6-10 reps
- **V sit-ups:** (Lie with back on floor, hands extended above head, feet extended and slightly off floor. To do one rep you bring your legs and hands forward but still extended and touch each other to create a V. If this is too easy use ankle weights and hold a weight in your hands) 3 sets of 4-8 reps

Day 5: REST

Day 6: Arms

- **Reverse-grip barbell bench press:** 4-5 sets of 3-5 reps
- **Dips:** (Explosive) 3 sets of 8-10 reps
- **Single-arm reverse-grip push-downs:** 3 sets of 6-10 reps
- **Close-grip EZ-bar bicep curls:** 3 sets of 6-10 reps
- **Alternating dumbbell curls:** 6-10 reps