

Throwers					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
- Dynamics/stretch -Bench Press 4 X 6 -Incline Bench 4 X 6 -Cleans 4 X 6 -Curls 4 X 10 -Bent over rows 4 X 8 -Bulgarian Squats 3 X 6 -2 min - Hop overs (use bench as prop) -Core -Sprints -Stretch	- Dynamics/stretch -Bench Press 4 X 10 -Cleans 4 X 6 -DB pulls 3 X 6 -DB flies 3 X 6 -Standing DB press 3 X 6 -Squat 4 X 6 -2 min - Power jumps (vertical 30") -5 min - Med ball work (choose your favorite 2 above head and 2 attacking the ground) -Glide drills -Core -Sprints -Stretch	- Dynamics/stretch -Bench Press 4 X 6 -Incline Bench 4 X 6 -Cleans 4 X 6 -Curls 4 X 6 -Bent over rows 4 X 6 -Squats 3 X 10 -Step ups 2 X 30 seconds -2 min - 4 yard horizontal leaps (mark off 4yds) -Core -Sprints -Stretch	- Dynamics/stretch -Bench Press 4 X 10 -Cleans 4 X 6 -DB pulls 3 X 6 -DB flies 3 X 6 -Standing DB press 3 X 6 -Squat 4 X 6 -2 min - Power jumps (vertical 30") -5 min - Med ball work (choose your favorite 2 above head and 2 attacking the ground) -Glide drills -Core -Sprints -Stretch	- Dynamics/stretch -Pull ups 4 X 5 -Push ups 4 X 25 -Dips pulls 3 X 15 -Floor one arm DB press 3 X 6 -Sitting DB press 3 X 6 -Shuttles 5 sets (5yds-10yds-10yds-5yds) -2 min - Power jumps (vertical 30") -5 min - Med ball work (choose your favorite 2 above head/2 attacking the ground/oblique work) -Glide drills -Core -Sprints -Stretch	