|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **THROWS WORKOUTS: MARCH 16TH – 20TH** | | | | | | |
| Monday | | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Strength: LEGS  Warm-up and stretches  15 jumping jacks  10 squats  10 lunges each leg  25 calf raises  10 push ups  10 squats  10 sit-up  (repeat 3 times)  5 minute abs  Stretches | Technique:  (Elbow up, use your legs)  Warm-up and stretches  Shot-put: (w/ ball)  -10 shot-up throws  (both feet forward)  -10 shot-up throws  (feet sideways in power position)  -10 hip drive focused  Discus: no discus  -10 discus throws  (bring hand back and do the motions of throwing discus)  -10 hip drive with arm out  (repeat 3 times)  Stretches | | Strength: ARMS  Warm-up and stretches  10 jumping jacks  10 push-ups  10 squats  10 lunges each leg  10 push-ups  10 sit-up  1 minute arms in T shape  (repeat 3 times)  5 minute abs  Stretches | Technique:  (Elbow up, use your legs)  Warm-up and stretches  Shot-put: (w/ball)  -10 shot-up throws  (both feet forward)  -10 shot-up throws  (feet sideways in power position)  -10 hip drive focused  Discus: no discus  -10 discus throws  (bring hand back and do the motions of throwing discus)  -10 hip drive with arm out  (repeat 3 times)  Stretches | STRENGTH: Explosive  Warm-up and stretches  10 jump high  10 jump long  10 squat  Jumps  10 right leg  10 left leg  10 lunges each leg  (repeat 3 times)  5 minute abs  Stretches | Strength: LEGS  Warm-up and stretches  15 jumping jacks  10 squats  10 lunges each leg  25 calf raises  10 push ups  10 squats  10 sit-up  (repeat 3 times)  2 minutes hold arms up in a T shape  Stretches |