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| **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  |