

DAY - 1

MV TRACK: THROWERS WORKOUT

Week 1-3:

3 sets – 10, 6-8, 10 reps

Week 4-6:

4 sets – 10, 6, 6, 10 reps

Squats

RDL's

Step Up's with Dumbbells

Calf Raises with Dumbbells

Front Planks (3 sets of 40 seconds each)

Sitting Med Ball Weave (3 sets of 20)

Crunch (3 sets of 25)

DAY - 2

MV TRACK: THROWERS WORKOUT

Week 1-3:

3 sets – 10, 6-8, 10 reps

Week 4-6:

4 sets – 10, 6, 6, 10 reps

Cleans

Lat Pull Downs

Shurfs

Back Fly

Dumbbell Rows

Skull Crushers

Side Planks (3 sets on each side for 30 seconds)

Ball Crunch (3 sets of 30)

Alternating Arm / Leg Raise from All Fours
(3 sets of 12 per side)

DAY - 3

MV TRACK: THROWERS WORKOUT

Week 1-3:

3 sets – 10, 6-8, 10 reps

Week 4-6:

4 sets – 10, 6, 6, 10 reps

Bench Press

Dead Lift

Dumbbell Pectoral Fly

Dumbbell Military Press

Triceps Extension (dumbbells or machine)

Bicycle Crunch (3 sets of 15)

Front Planks (3 sets of 30 seconds)

Partner Med Ball Crunches (3 sets of 25)

