## Thrower's Weight Workout

#1	W/U x 6	W/U x 4	8 reps	8 reps	8 reps	l
BP						
squat or Hex DL						
Land Mine/Push						
Cleans						
"2			•	•	•	
#2	W/UX6	W/U x 4	8 reps	8 reps	8 reps	ſ
BP						
squat/DL						
Push Press						
Row						
#3	W/U x 6	W/U x 4	8 reps	8 reps	8 reps	
BP						
squat/DL						
Land Mine/Push						
Cleans						
#4	W/U x 6	W/U x 4	8 reps	8 reps	8 reps	
BP		•				
squat/DL						
Push Press						
Row						
						ļ.
#5	W/U x 6	W/U x 4	8 reps	8 reps	8 reps	
BP	1	ity o x :	0.000	0.000	0.000	
squat/DL						
Land Mine/Push						
Cleans						
Cicaris						
#6	W/II v 6	W/U x 4	6 rons	6 reps	6 reps	6 reps
BP #0		VV/ O X 4	01603	Отерз	отерз	01663
squat/DL						
Push Press						-
Row						
ш <b>-</b> 7	\\//LLC	14//11 4	C wasa	C none	e roma	e ross
#7	VV/UX6	W/U x 4	6 reps	6 reps	6 reps	6 reps
BP						
squat/DL						
Land Mine/Push						
Cleans						

#8	W/U x 6	W/U x 4	6 reps	6 reps	6 reps				
BP									
squat/DL									
Push Press									
Row									
#0	W/II v 6	\A//LL \ A	F rons	F rons	F rons	F rons			
#9 BP	VV/UX6	W/U x 4	5 reps	5 reps	5 reps	5 reps			
squat/DL									
Land Mine/Push									
Cleans									
Cicaris									
#10	W/Ux6	W/U x 4	5 reps	5 reps	5 reps	5 reps			
BP		11,0 % 1	0.000	0.000	0.000	0.000			
squat/DL									
Push Press									
Row									
	_								
#11	W/U x 6	W/U x 4	5 reps	5 reps	5 reps	5 reps			
BP									
squat/DL									
Land Mine/Push									
Cleans									
		_							
#12	W/U x 6	W/U x 4	4 reps	4 reps	4 reps	1			
BP									
squat									
Cleans									
			_	_					
#13	W/U x 6	W/U x 4	3 reps	3 reps					
BP									
squat									
Cleans									
#1.4	VA / / L L × A	\A//LL \ A	2 rons	2 rone					
#14 BP		W/U x 4	2 reps	2 reps					
squat Cleans									
Cicaris									
#15	6 reps	6 reps							
BP #15	40% max	40% max							
squat	40% max								
Cleans	40% max   40% max								
5.54115	.07011107	.570 11107	ı						