

Thrower's Weight Workout

#1	W/U x 6	W/U x 4	8 reps	8 reps	8 reps
BP					
squat or Hex DL					
Land Mine/Push					
Cleans					

#2	W/U x 6	W/U x 4	8 reps	8 reps	8 reps
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					

#5	W/U x 6	W/U x 4	8 reps	8 reps	8 reps
BP					
squat/DL					
Land Mine/Push					
Cleans					

#6	W/U x 6	W/U x 4	6 reps	6 reps	6 reps	6 reps
BP						
squat/DL						
Push Press						
Row						

#7	W/U x 6	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					

#9	W/U x 6	W/U x 4	5 reps	5 reps	5 reps	5 reps
BP						
squat/DL						
Land Mine/Push						
Cleans						

#10	W/U x 6	W/U x 4	5 reps	5 reps	5 reps	5 reps
BP						
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
BP					
squat					
Cleans					

#13	W/U x 6	W/U x 4	3 reps	3 reps
BP				
squat				
Cleans				

#14	W/U x 4	W/U x 4	2 reps	2 reps
BP				
squat				
Cleans				

#15	6 reps	6 reps
BP	40% max	40% max
squat	40% max	40% max
Cleans	40% max	40% max

Focus on speed