

## CORE TRAINING ROUTINE

1. V-UPS- add weight as the season progresses.
2. DUMBBELL LEG RAISES- done lying flat with light weight held between the ankles.
3. MEDICINE BALL SIT UPS- done with a partner, upon completing a sit up you, throw a medicine ball to your partner.
4. SIDE LIFT WITH PLATE- done while standing, with arms extended over head. Slowly, bend from side to side.
5. DELIVERY LIFT WITH DUMBBELL OR PLATE- stand with feet shoulder width apart, with a dumbbell in both hands. Holding the dumbbell near your left thigh, thrust the weight up, out, and across your body. As you do make sure the right foot turns in the direction of the thrust.
6. SIDE BENDS WITH DUMBBELL- holding a dumbbell in each hand, bend from side to side.
7. HEAVY CRUNCHES- can be done with a dumbbell or on a bench with the bar.

## OLYMPIC LIFTS

1. POWER CLEANS WITH DUMBBELLS-
2. DUMBBELL SNATCHES-
3. OVERHEAD STEP UPS-
4. OVERHEAD SQUAT-
5. DEADLIFT- once a week for first 3 weeks
6. SPEED CLEANS- same as power cleans, but with 50% of previous weight, for 5 reps.
7. PLYO BOX CLEANS- place a weighted bar on plyo boxes (about waist high) work on getting the bar to the chest.

## THROWERS LOWER BODY WARM UP ROUTINE

1. V-UPS
2. BACK EXTENSION W/ TWIST
3. ROCKET JUMPS
4. LEG TOSS
5. PUSH UP TOE WALK
6. SINGLE LEG SQUATS
7. WRESTLERS BRIDGE
8. TOE TOUCHES
9. PELVIC TILT LEG CRUNCHES
10. PRONE, ELBOW STAND, SINGLE LEG RAISES
11. SUPINE, ELBOW STAND, LEG RAISES
12. PRONE, HAND STAND, LEG RAISES
13. SUPINE, HAND STAND LEG RAISES
14. LATERAL, ELBOW STAND, SINGLE LEG RAISES

**\*\*EACH EXERCISE IS DONE FOR 20 SECONDS\*\***



## MEDICINE BALL ROUTINE

**Medicine ball Routine-** will be used to strengthen the athlete's core (Abs, hip flexors, etc.). Do one complete circuit of 10-12 reps.

1. Back to Back- a) Trunk Twist, as they pass the ball back and forth.  
b) Over /under, take ball from overhead and pass it between their legs to their partner.
2. Seated Back to Back- same as above, but sitting on the floor with legs extend outward.
3. North/South- the athletes will be on their backs in an inverted position. They will pass the ball back and forth as they do they will touch the ball to the floor. After ten reps they switch sides.
4. Chest Pass- they will use a two handed push to pass the ball back and forth. The athletes should be approx. ten feet apart. The goal is to throw the ball back to your partner as quickly as you receive it. The focus should be on controlling the ball's speed and direction.
5. Bounce Pass- a) two handed b) single handed c) against a mini trampoline.
6. Russian Twist- a) Seated- done from seated position on the floor, the athlete will twist from side to side, tapping the ball on the ground beside them.  
b) Physio-ball- shoulder blades should rest on the ball. The athlete, with arms extended, will twist upper torso from side to side, while trying to keep their lower body still.
7. Underhanded Backward Throws- athlete will squat, drawing ball between their legs, and jump. As they jump, they throw their hands over their head. The focus is on getting height and distance with the throw.
8. Seated side throws- seated, the athlete will throw the ball to a partner. Focus on follow through as the athlete throws the ball. Do to both sides.
9. Medicine Ball drops w/ Physio Ball- while athlete lies on a physio ball with hands in front of his/her chest, a partner will drop the medicine ball into their hands. The athlete will force the ball upward for the partner to catch.
10. Overhead Toss on knees-

