

THE LOCKDOWN SESSIONS

#StayHome #BeActive #StaySafe



WELSH ATHLETICS
ATHLETAU CYMRU

THROWS BASED SESSION

This session is designed for throws athletes but is applicable to athletes of all ages within a generic conditioning phase for programming, within the current climate the following allows the athlete to work the whole body and develop explosive power and condition the core. All abilities can do this together so empower everyone in the home to take part.

WARM UP IDEA

- High knees 1min
- Lunges 30 seconds each leg
- Star jumps 1 min
- Skipping 3 x1min

THE SESSION:

1. Headstands (feet touching floor and back up) 1 set of 5 reps
2. 3 x 10 press ups
3. Sit up and throw 3kg Med Ball, 2x15
4. 3 Javelin cross overs and throw 2x10 (3kg Med Ball)
5. Standing javelin Med Ball throws 2x10 (3kg)
6. Kneel and throws, Long arms extension into the throw 2x10 (3kg)
7. Slams from high to low onto ground 2x20 (3kg)
8. Twists 2x80 (5kg)
9. Kneel and throw (leaning all the way back so Med ball touches the floor) 1x5 (3kg)

View the workout on YouTube

