

Comet Clinic 2017
Strength for Throws
Weight Room Application

Front Loading (throws take place on ventral side of frontal plane)

Front Squat

- Elbows forward, start with dbells and plates if difficult
- Open hips/toes, down through heels/up through heels
- Head up and chest up

Alternating Lunge Jump/Step Up

- Mimic throwing positions with knee depth and jump height
- Slight bend in elbows
- Slight forward torso angle

Standing Bench Press

- Front foot forward (pending left/right handed thrower)
- 45 degree angle or less, start very light
- Keep legs bent and grounded

Olympic Lifts made Easy (start light, practice dropping weight for safety)

Hang Clean

- Hip hinge and shrug through heels

Hang Snatch

- Hip hinge and torso pull through heels

Twisting (throwing torque generated from torso, not from the feet)

Double Arm Horizontal

- Always light weight (2.5-5kg)
- Slight bend in elbows, high armpits
- Allow feet to turn, but not get picked up (after body)

Horizontal Plate

- Slight bend in elbows, plate at naval height
- Push to right, catch, push to left, catch...repeat
- Allow feet to turn, but not get picked up (after body)

Hammer Final Plate

- Slight bend in elbows, plate at naval in middle and over shoulder
- Push to right, catch, push to left, catch...repeat
- Allow feet to turn, but not get picked up (after body)

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