



Coach John Fouts
<https://throwslab.com>

PRE-WORKOUT FOODS

Healthy Carbohydrates

- whole grain peanut butter and jelly sandwich
- a cup of oatmeal
- brown rice
- quinoa
- sweet potatoes

POST WORKOUT FOODS

Protein

- protein shake
- cup of yogurt
- 16oz glass of chocolate milk
- chicken breast
- beef burger

*Note: Protein intake should include a high protein meal within an hour (ideally immediately) of a workout to give the muscles fuel to remodel and prevent muscle break down



5 DAY WORKOUT PLAN

| Day 1 | |
|-----------------------------------|---|
| 45 Degree Jumps | |
| | 8x4 - single leg jumps 45 degrees forward for maximum distance one right into the other |
| Standing Broad Jumps | |
| | 5 triple/5 double/5 Single |
| Shot Walking Strikes | |
| | 30 reps - focus on left arm block level with the ground and thumb down through delivery |
| Shot Put Wood Choppers | |
| | 8x8 both ways - shot in both hands, move aggressively from right shoulder to left hip across body, accelerate and resist both directions, repeat opposite direction |
| Alternating Lunge Jumps | |
| | 6x4 each leg - start in lunge position, jump and switch positions to opposite side, repeat for reps |
| Shot Put Zottman Curls | |
| | 5x15 each |
| Shot Front and Side Raises | |
| | 5x10 each way - raise shot in front, then side, repeat for reps, 10 reps each |
| Bench Dips | |
| | 5x10 |

| Day 2 | |
|-----------------------------------|---------------|
| Squat Jumps for Height | |
| | 8x8 |
| Shot Overhead for Distance | |
| | 15 each |
| Sprints | |
| | 10x 20 meters |
| Lateral Lunge jumps | |
| | 5x5 each way |
| Shot Russian Twists | |
| | 6x6 each way |
| V-PS | |
| | 4x10 |
| Planks | |
| | 3x45 seconds |

| Day 3 | |
|-----------------------------|---|
| Glute Bridges | |
| | 5X6 hold 2s each rep |
| 5 Way Lunge | |
| | 5x3 each way - on a clock with left foot at center lunge right foot to 12, 1:30, 3, 4:30, 6, repeat for reps, switch legs |
| Shot Walking Twists | |
| | 6x8 each |
| Line Hops | |
| | 5x4 double leg/5x3 single leg - pick a line on the ground and hop front to back and side to side across it for reps |
| Pushups | |
| | 6x8 reps |
| Partner Inverted Row | |
| | 5x10 |
| Strides | |
| | 10x60m run |

WORKOUT GUIDE

These workouts are generally about muscle building and general fitness.

If something hurts (not soreness, but pain) THEN DO NOT DO IT! **Warm up properly and go into a workout hydrated.** A good rule of thumb is 0.7-1 ounce of water per pound of bodyweight per day.

Muscle building and remodeling requires adequate protein intake. A good rule of thumb is 0.6-1g of protein per lb. of bodyweight per day spread out over 4-6 meals. If you are trying to lose weight maintain a food journal and a 300-500 calorie deficit (300-500 calories less taken in than burned) per day. If trying to gain weight maintain a food log and maintain a 300-500 calorie surplus every day.

In doing this program you personally assume any risk of injury inherent in working out. Be safe and always use a spotter.

| Day 4 | |
|--|---|
| Lateral Lunge Jumps with Shot Put Twist | |
| | 6x3 - jumping side to side, as you land twist shot down and to the side and repeat on the other side |
| Bulgarian Split Squat Jumps | |
| | 8x4 each |
| Single Leg Glute Ridge | |
| | 6x6 each |
| Calf Hops Forward | |
| | 6x10 emom - short, quick jumps forward, think of jumping using only the feet, calves and ankles |
| Shot Throw between Legs for Distance | |
| | 15 total |
| Shot Slams, Rainbow | |
| | 8x2 - stand facing forward, slam shot down from overhead to the outside of the right foot, pick up, making a shape like a rainbow with the shot and repeat on other side. |
| Yoga Boat Single Arm Shot Press | |
| | 4x20 each |
| Russian Twists with Shot | |
| | 4x10 each |

| Day 5 | |
|-----------------------------------|--|
| Lunge Jumps for Height | |
| | 8x6 each - start in lunge position, jump for height and switch legs, repeat for reps |
| Shot Overhead for Distance | |
| | 15 total |
| Hill Sprints | |
| | 10x 10m |
| Dynamic Step Ups | |
| | 6x4 each - step into bench, drive opposite knee, for height |
| Side Planks | |
| | 3x30 seconds |
| Flutter Kicks | |
| | 5x30 each |
| Planks | |
| | 3x50 seconds |

