

STANDING POWER THROW

TRAINING PROGRESSION

30-50% Max Lifting Weight
3-4 sets x 12-25 reps

50-70% Max Lifting Weight
3-5 sets x 3-12 reps

70-90% Max Lifting Weight
High reps of practice
prior to ACFT

Back/Front Goblet Squats

Power Tuck Jumps

Hip Thrusts

Bent Over Rows

Jumping Lunges

Broad Jumps

Medicine Ball Throws

Kettlebell Swings

Hang Cleans

Standing Power Throw

