

DROP YOUR POP PROGRAM

SAMPLE WORKOUT #3



WARM-UP

Perform your normal "team" warm up and a proper throwing program prior to performing the following drills:

DROP YOUR POP DRILLS - PROPER MECHANICS FOCUS:

PERFORM 2-3 SETS OF EACH DEPENDING ON TIME AVAILABLE (15-20 MINUTES):

- **One Knee Power Position Throws** - (2-3 Sets of 8-10 Reps)
- **One Knee Exchange & Throw (Posture Throws)** - (2-3 Sets of 8-10 Reps)
- **Two Knee Torque Throws** - (2-3 Sets of 8-10 Reps)
- **Mitt Arm Weighted Ball Throws** - (2-3 Sets of 8-10 Reps)
- **Live Throws** - (6-12 Reps depending on time and fatigue Level)

DROP YOUR POP - COMBO TRAINING:

Complete All (10-15 minutes):

- **Rice Bucket Series** - (1 X :30 sec - Each Variation)
- **Shoulder & Bicep - Band Resisted Anterior Deltoid** - (2-3 Sets of 8-10 Reps)
- **Rotator Series** - (2-3 Sets of 10-12 Reps Each Exercise)
- **Seated Torso Twists** - (2-3 Sets of 10-12 Reps)
- **Dot Drill** - (2-3 Sets of :10 Seconds Each Variation / :60 sec. Rest Between Sets)