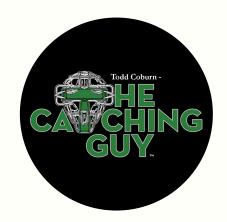
DROP YOUR POP PROGRAM

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)