

What's going on guys, Rob Gibson here. All right we're gonna go over the standing power throw workout. Okay we need to realize the most important muscles to exercise for the power throw event are the hamstrings, Low Back and your Quads. This is all lower body because that's where all YOUR power is coming from. When you throw the ball all right.

| ACFT Standing Power Throw | | NEWPTTESTARMY.COM | | | |
|---|-------------------------|-------------------|-------------|--------------|------|
| Goal for ACFT | Accessory Name | Reps | Weight | Time | Days |
| Strength Set (3 Sets) | Barbell Dead Lift | 10 - 8 Reps | Heavy | 2-3 Min | 3 |
| Hypertrophy Super-Set (3 Super-Sets) | Barbell Squat/Hamstring | 12 Reps | Med Light | ACFT | 3 |
| | Medicine Ball Throws | 12 Reps | Med Light | ACFT - 2 Min | 3 |
| Muscle Endurance Super-Set (3 Super-Sets) | Med Ball Power Jump | 10 Reps | Light / Med | ACFT | 3 |
| | Medicine Ball Squats | | | | |
| | Medicine Ball Slams | 20-30 Reps | Light | ACFT - 2 Min | 3 |

ACFT Standing Power (Medicine

Ball) Throw Workout PDF[/caption]



1 . The Dead Lift -

So obviously the deadlift is a great exercise for this not only do we need to do this or the other ACFT event the Three rep max deadlift but it's also gonna help us increase our strength with this standing power throw and allow us to throw the medicine ball further.

Remember:

Low reps

Nice heavy weight

We want to boost up STRENGTH

1. Barbell Good Mornings -

Okay, it's a great exercise for your hamstring and your low back. What it's going to do is give us that flexibility and strengthen in the rear muscles of the legs.

Make sure:

You're doing medium - light weight

Nice slow and controlled Reps. You don't want to hurt yourself.

1. Kettlebell Swings -

I can't Think of a better exercise than the kettlebell swing for this Medicine Ball Standing Power Throw event.

What we want to do is make sure we're working on our:

Explosive Power.

1. Medicine Ball Power Throw Jumps -

Okay this is exactly what you want! When we are trying to work on explosive power and handling the medicine ball with our hand grip... this is the KING o exercises for throwing the Medicine Ball further for the Standing Power Throw Event.

So remember:

This allows us to practice keeping that ball in our hands

Exploding from the deadlift position which you will be doing during this event

1. Band Power Throw Burnouts -

Last but DEFINITELY not least... You want to get reps, reps, reps, reps! Okay! So the band power throw burnouts are BEST all at the end of your Standing Power Throw Workout.

You want:

To do high reps

Explode and Repeat

Get used to doing this workout and these types of exercises and you will master the Standing Power Throw Event and throw the medicine ball further every ACFT you take!