



Training for Throwing

Strength // Power // RPE

Can you select 4 different exercises that can be used to improve either your shot put or javelin performance.

Students in Breakout Room:

POWER Example

Type -

Rate -

YouTube Link -

STRENGTH Example

Type -

Rate -

YouTube Link -

POWER Example

Type -

Rate -

YouTube Link -

STRENGTH Example

Type -

Rate -

YouTube Link -

10 😵‍💫 I am DEAD!!

9 😓 I maybe will die!

8 😞 I can only grunt, no talking possible!

7 😬 I could talk but don't want to, I am sweating so so much!

6 😧 I am getting breathless and definitely sweating!

5 😬 I am less comfortable but I can keep going no problem!

4 😓 I am sweating but I can still talk while I exercise.

3 😊 Comfortable, but starting to breathe a bit harder!

2 😎 Very comfortable, I can do this all day!

1 😴 Easy! I am watching Netflix.