



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.