

Triphasic Training Throws Manual

Alactic 3-Day Elite Block - Day 3 (Friday)

Pre		Active Dynamic Warm-up	Ankle Rocker Series			
Alactic Circuit						
Order	Exercise	Sets	Reps	Duration	Load	Notes
A	Left Arm DB Bench Press ISO	3	1	10s	90-92.5%	
B	Right Leg DB Split Squat ISO	3	1	10s	90-92.5%	
C	Right Arm DB Bench Press ISO	3	1	10s	90-92.5%	
D	Left Leg DB Split Squat ISO	3	1	10s	90-92.5%	
E	Right Leg SL Glute Ham Bar ISO	3	1	10s	90-92.5%	
F	Left Arm DB BO Row ISO	3	1	10s	90-92.5%	
G	Left Leg SL Glute Ham Bar ISO	3	1	10s	90-92.5%	
H	Right Arm DB BO Row ISO	3	1	10s	90-92.5%	
I	DB Shoulder Press ISO	3	1	10s	90-92.5%	
J	Chin Up ISO	3	1	10s	90-92.5%	
K	JM DB Press ISO	3	1	10s	90-92.5%	
L	DB Shoulder Press ISO	3	1	10s	90-92.5%	

Repeat A-L in series for 3 sets, 10s Rest between exercises

Access the full Triphasic Training Throws Manual Elite Program at the following link:

<http://store.xlathlete.com/ProductDetails.asp?ProductCode=TTM>