

NEWPORT THROWERS LIFT

FIRST 4 WEEKS

MONDAY

MED. BALLS - FIGURE 8s, OVER THE TOP, DISC THROWS - 3 x10

- 1. CLEAN PULLS - (100/10)5**
- 2. SHRUGS - (100/10)5 // BENTOVER ROWS x 10**
- 3. SQUATS - 10s TO FAILURE /5 SETS/ STRAIGHT LEG DEADLIFT x10**
- 4. BENCH - 10s TO FAILURE / 5 SETS // ARMWORK x 10**
- 5. KETTLE BELLS / TURN&PRESS, SQUAT & ROW, ALT. PRESS - 3 x10**

TUESDAY

MED. BALLS -WOODCHOPPERS, ONE ARM THROWS, OVERHEAD- 3 x10

- 1. SNATCH HIGH PULLS - (100/10)5**
- 2. RDLs - (100/10)5 // UPRIGHT ROW x 10**
- 3. FRONT SQUATS - 5s TO FAILURE / 5 SETS // BARBELL CURL x 10**
- 4. SEATED PRESS - 10s TO FAILURE / 5 SETS // ARMWORK x 10**
- 5. KETTLE BELLS / ONE ARM SWING, TWO ARM SWING - 3 x 10**

THURSDAY

MED. BALLS - FIGURE 8s, OVER THE TOP, DISC THROW - 3 x10

- 1. CLEAN PULLS - (100/10)5**
- 2. SHRUGS - (100/10)5 // BENTOVER ROWS x 10**
- 3. SQUATS - 10s TO FAILURE /5 SETS/ STRAIGHT LEG DEADLIFT x10**
- 4. BENCH - 10s TO FAILURE / 5 SETS // ARMWORK x 10**
- 5. KETTLE BELLS / TURN & PRESS, SQUAT & ROW, ALT. PRESS - 3 x10**

FRIDAY

MED. BALLS -WOODCHOPPERS, ONE ARM THROWS, OVERHEAD- 3 x10

- 1. SNATCH HIGH PULLS - (100/10)5**
- 2. RDLs - (100/10)5 // UPRIGHT ROW x 10**
- 3. FRONT SQUATS - 5s TO FAILURE / 5 SETS // BARBELL CURL x 10**
- 4. SEATED PRESS - 10s TO FAILURE / 5 SETS // ARMWORK x 10**
- 5. KETTLE BELLS / ONE ARM SWING, TWO ARM SWING- 3 x 10**

NEWPORT THROWERS LIFT

FIFTH WEEK

THROWERS WORKOUT / 5s

MONDAY

- 1. CLEANS - 5s TO FAILURE**
 - 2. CLEAN PULL - (100/5)5**
 - 3. SQUAT - 5s TO FAILURE**
 - 4. BENCH - 5s TO FAILURE**
 - 5. KETTLEBELLS - GOOSE STEPS 3 x 20 / SQUAT & ROWS 3 x 10**
- PIVOT & PRESS - 3 x 10**

TUESDAY

- 1. POWER SNATCH - 5s TO FAILURE**
 - 2. PUSH JERKS - 5s TO FAILURE**
 - 3. STEP-UPS - 5s TO FAILURE**
 - 4. RDLs - (100/5)5**
 - 5. CLUBBELLS - DRUMMERS 3 x 20 / HAMMER SWING 3 x 10**
- ALT SWING 3 x 15**

THURSDAY

- 1. POWER CLEANS - 5s TO FAILURE**
 - 2. CLEAN SHRUG - (100/5)5**
 - 3. SQUAT - 5s TO FAILURE**
 - 4. BENCH - 5s TO FAILURE**
 - 5. KETTLEBELLS - GOOSE STEPS 3 x 20 / SQUAT & ROWS 3 x 10**
- PIVOT & PRESS - 3 x 10**

FRIDAY

- 1. SNATCH - 5s TO FAILURE**
 - 2. PUSH JERKS - 5s TO FAILURE**
 - 3. STEP-UPS - 5s TO FAILURE**
 - 4. RDLs - (100/5)5**
 - 5. CLUBBELLS - DRUMMERS 3 x 20 / HAMMER SWING 3 x 10**
- ALT SWING 3 x 15**

NEWPORT THROWERS LIFT

SIXTH WEEK

THROWERS WORKOUT / 3s

MONDAY

1. CLEANS - 3s TO FAILURE
2. CLEAN PULL - (100/5)5 -- BENT ROWS x 10
3. SQUAT - 3s TO FAILURE -- STRAIGHT LEG DEADLIFT x 10
4. BENCH - 3s TO FAILURE -- ARMWORK x 10
5. KETTLEBELLS x 15 - 32K/40K - SQUAT&ROW, 24K - 2 ARM SWING
16K - ALT PRESS // MED BALL - FIGURE 8s - TRUNK ROTATIONS
JUMP ROPE

TUESDAY

1. SNATCH - 3s TO FAILURE
2. PUSH JERKS - 3s TO FAILURE - UPRIGHT ROW x 10
3. FRONT SQUAT - 3s TO FAILURE - GOOD MORNINGS x 10
4. SEATED PRESS - 3s TO FAILURE - ARMWORK x10
5. KETTLEBELLS x 15 - 32/40K FARMERS WALK, 24K - 1 ARM SWING
16K-1 ARM SNATCH // MED BALLS WOODCHOPPERS/1 ARM THROW
JUMP ROPE

THURSDAY

1. CLEANS - 3s TO FAILURE
2. CLEAN PULL - (100/5)5 -- BENT ROWS x 10
3. SQUAT - 3s TO FAILURE -- STRAIGHT LEG DEADLIFT x 10
4. BENCH - 3s TO FAILURE -- ARMWORK x 10
5. KETTLEBELLS x 15 - 32K/40K - SQUAT&ROW, 24K - 2 ARM SWING
16K - ALT PRESS // MED BALL - FIGURE 8s - TRUNK ROTATIONS
JUMP ROPE

FRIDAY

1. SNATCH - 3s TO FAILURE
2. PUSH JERKS - 3s TO FAILURE - UPRIGHT ROW x 10
3. FRONT SQUAT - 3s TO FAILURE - GOOD MORNINGS x 10
4. SEATED PRESS - 3s TO FAILURE - ARMWORK x10
5. KETTLEBELLS x 15 - 32/40K FARMERS WALK, 24K - 1 ARM SWING
16K-1 ARM SNATCH // MED BALLS WOODCHOPPERS/1 ARM THROW
JUMP ROPE

SEVENTH WEEK

NEWPORT THROWERS LIFT

THROWERS WORKOUT / 1s

MONDAY

1. CLEANS - 1s TO FAILURE // (80/3)3
2. CLEAN PULL - (100/3)5 -- BENT ROWS x 10
3. SQUAT - 1s TO FAILURE // (80/3)3
4. BENCH - 1s TO FAILURE // (80/3)3 ---- ARMWORK x 10
5. RUNNING STATIONS

TUESDAY

1. SNATCH - 1s TO FAILURE // (90/2)3
2. JERKS - 1s TO FAILURE // (90/2)3 -- UPRIGHT ROW x 10
3. FRONT SQUAT - 1s TO FAILURE // (90/2)3 -- GOOD MORNINGS x 10
4. SEATED PRESS - 1s TO FAILURE // (90/2)3 -- ARMWORK x10
5. RUNNING STATIONS

THURSDAY

1. CLEANS - 1s TO FAILURE // (90/2)3
2. CLEAN PULL - (100/3)5 -- BENT ROWS x 10
3. SQUAT - 1s TO FAILURE // (90/2)3 -- STRAIGHT LEG DEADLIFT x 10
4. BENCH - 1s TO FAILURE // (90/2)3 -- ARMWORK x 10
5. RUNNING STATIONS

FRIDAY

1. SNATCH - 1s TO FAILURE // (80/3)3
2. JERKS - 1s TO FAILURE // (80/3)3 - UPRIGHT ROW x 10
3. FRONT SQUAT - 1s TO FAILURE // (80/3)3 - GOOD MORNINGS x 10
4. SEATED PRESS - 1s TO FAILURE // (80/3)3 - ARMWORK x10
5. RUNNING STATIONS

NEWPORT THROWERS LIFT

AFTER SEVEN WEEKS THEN THE CYCLE GOES:

10s FOR A WEEK

5s FOR A WEEK

3s FOR A WEEK

1s FOR A WEEK

REPEAT CYCLE

FAILURE AT ANY NUMBER OF REPS IS TO COME IN 5 TO 6 SETS SO SQUATS FOR 10 WOULD SOMETHING LIKE THIS, 60K/10 - 90K/10 - 120K/10 - 150K/10 - 170K/8 THIS LIFTER DID NOT MAKE 10 ON LAST SET SO NEXT WORKOUT HE WOULD DO THE SAME WEIGHT AS SOON AS HE MAKES 170/10 HE MOVES HIS LAST SET UP TO 175 OR 180. ON FAILURE LIFTS ALWAYS START AT 60K AND TRY TO SPACE THE JUMPS AS EVENLY AS POSSIBLE, SO 10K JUMPS OR 20K JUMPS OR WHATEVER IT TAKES TO GET TO YOUR LAST SET.

THE OTHER LIFT ON THE LINE OF SQUAT OR PULLS IS A SECODARY LIFT IF THEY GET DONE BEFORE THE OTHER GROUPS.

WE GO BY GROUPS OR STATIONS AND ROTATE THROUGH THE WEIGHTROOM. SO OUR STARTERS START WITH CLEANS OR SNATCH, THEN MOVE TO PULLS THEN SQUATS AND THEN PRESS. SOME OTHER GROUP MIGHT START ON SQUAT THEN PRESS, CLEAN THEN PULL.

Hope you can understand this.