



3 Week Arm Strength Development Workout

Week 1: Monday-Wednesday-Friday

Strength Exercises

Alternating Medicine Ball 1-Arm Pushups	3 sets of 8 reps (add weight each set)
Overhead Wall Ball Throws	3 sets of 10 reps each side

Long Toss

Monday-Wednesday-Friday

1. 3 minutes at 60 feet. Rest 3-5 minutes
2. 3 minutes at 75 feet with a crow hop

Week 2: Monday-Wednesday-Friday

Strength Exercises

Alternating Medicine Ball 1-Arm Pushups	3 sets of 10 reps (add weight each set)
Overhead Wall Ball Throws	3 sets of 12 reps each side

Long Toss

Monday-Wednesday-Friday

1. 3 minutes at 60 feet. Rest 3-5 minutes
2. 3 minutes at 75 feet with a crow hop
3. 3 minutes at 90 feet with a crow hop.

Rest 3-5 minutes between sets

Week 3: Monday-Wednesday-Friday

Strength Exercises

Alternating Medicine Ball 1-Arm Pushups	3 sets of 12 reps (add weight each set)
Overhead Wall Ball Throws	3 sets of 15 reps each side

Long Toss

Monday and Friday

1. 3 minutes at 60 feet. Rest 3-5 minutes
2. 4 minutes at 75 feet with a crow hop
3. 3 minutes at 120 feet with a crow hop.

Rest 3-5 minutes between sets

Tuesday and Thursday

45-180 feet x 12 minutes

Wednesday

45-90 feet x 10 minutes