

Fitness for Throwing

Torso

This area is far too often neglected by the thrower simply because strengthening the torso does not result in large weights being lifted which can be boasted about to friends and competitors. However, this area is of vital importance because it

provides the link between leg strength and upper body strength. So much of throwing depends upon rotation; the muscles of the back and stomach provide much of that rotation as well as protecting the spine from injury. There are many exercises to choose from including sit-ups, side bends and hyper-extensions.



Fig 131 Sit-up.

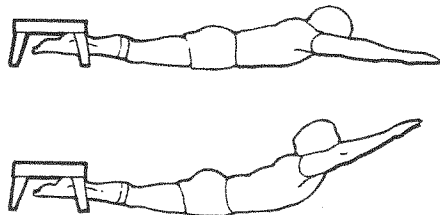


Fig 132 Hyper-extensions.

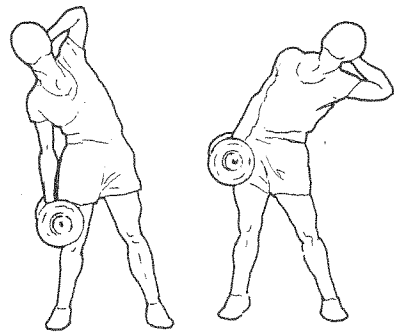


Fig 133 Side bends.

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Specific Exercises

At intermediate level you should also include some exercises specific to your event:

Shot – incline press
 Discus – bent arm flies
 Hammer – disc rotations
 Javelin – French press and bent arm pullover

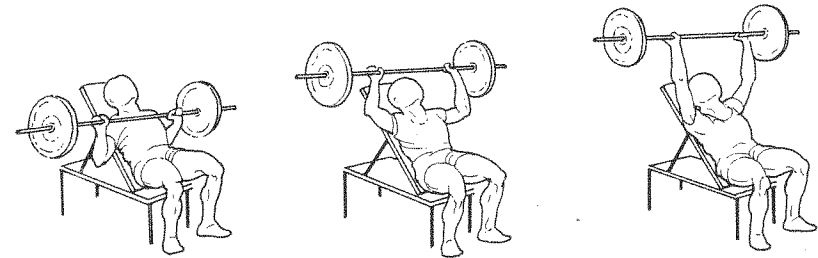


Fig 134 Incline press.

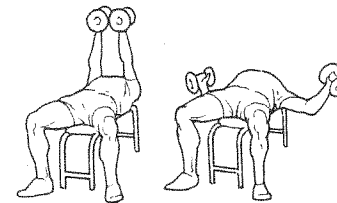


Fig 135 Start and finish point and mid point of bent arm flies.

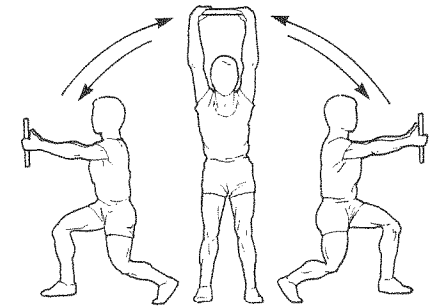


Fig 136 Disc rotations.

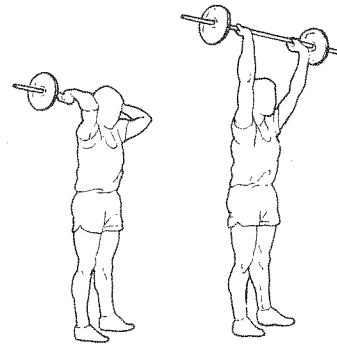


Fig 137 French press.

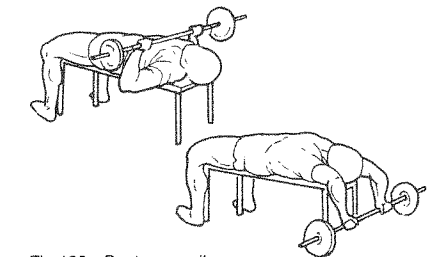


Fig 138 Bent arm pullovers.