	III Throwing Program					
(Throw	ng every other day, unl	ess specified by yo	our physician, the	rapist or tra	iner)	
Warm-	up Tossing		Warm-up			
1)	20-25 throws (15-20 yds)		10)	20-25 throws (20-25 yds)		
				20-25 throws ( 45-55 yds)		
Warm-up Tossing				20-25 throws (30-35 yds)		
2)	25-30 throws (15-25 yds)			20-25 throws (10-15 yds)(on a line)		
Warm-	up Tossing		Warm-up	Tossing		
3)	2 sets of 25 throws (	11)	15-20 throws (20-25 yds)			
				20-25 throws (40-50 yds)		
Warm-	up Tossing			20-25 thro	ws (30-40	yds)
4)	2 sets of 25-30 throv	vs (25 yds)		20-25 throws (10-20 yds)(on a line)		
				15-20 thro	ws (20-30	yds)(on a line)
Warm-	up Tossing					
5)	25-30 throws (30-35	(yds)	Warm-up	Tossing		
	,		12)	15 throws	(20-30  yds)	)
Warm-	up Tossing		,	20 throws	· · · · · · · · · · · · · · · · · · ·	
6)	2 sets of 30 throws (	35 vds)		20 throws (30-40 yds)		
				20 throws (10-20 yds)(on a line)		
Warm-	up Tossing				· · · · · · · · · · · · · · · · · · ·	)(on a line)
7)	10-15 throws (40 yd	(2)		20 1110 115	(20 50 ) 45	)(on <b>u</b> mie)
	20 throws (25-30 yds)		Warm-up	Tossing		
	20 throws (20-25 year)	13)		throws (20-30 yds)		
	20 throws (20-23 ye	s)(on a nne)	13)	20 throws (40-50 yds)		
Worm_	up Tossing			20 throws	-	-
8)	20 throws (40-50 yds)				•	-
0)	20 throws (25-30 yds)			20 throws (10-20 yds)(on a line) 20 throws (20-30 yds)(on a line)		
	20 throws (20-25 yds)			15 throws (roll out to throwing side)		
	20 throws ( 20-25 yds)			15 throws (roll to non-throwing side)		
War	un Taggi			15 uirows	(1011 to 1101)	i-unowing side)
	up Tossing	2)	XX/	To agi		
9)	20 throws (25-35 yds)		Warm-up		Des :4'	
	20 throws (40-50 yds)		14)	Progress to	Practice	
	20 throws (20 yds)(on a line)					
	10-15 throws (10-15 yds out)					