

POWERNET®



1160-2
BEGINNER



1160-3
INTERMEDIATE



1160-4
ADVANCED



Workout Guide Included

The 8-Week workout guide will introduced the PowerBands, Plyo balls and PownetNet Weighted Baseballs. Whether you are working towards overall arm care or to build arm strength, their are multiple exercises molded into one workout to help you reach your training goals.

8-WEEK THROWING PROGRAM

VIDEO
WORK
OUTS



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Visit our YouTube channel to view these and other exercises for the PowerBands.

Depending on your level each workout will vary in weight and resistance. Be sure to follow along with this guide and check out our videos for more information.



QUICK TIPS

1. It's a marathon not a race. Taking shortcuts will ultimately result in less gains and greater chance for injury.
2. Every part of this workout has a purpose, stay focused and treat every section equally.
3. You can play catch Tuesday and Thursday but no long toss.
4. Rest days are crucial. Take Saturday and Sundays to recover.

Arm Care

There is always risk of injury when you throw anything. Following this program, it is crucial to follow each step. Throwing the *Plyo Balls* and the *Weighted Baseballs* will help you form a proper throwing position with good arm action. Each step is important and will give you the best results with less chance of injury.

BEGINNER | INTERMEDIATE | ADVANCED | WEEK 1-2

WARM-UP : MONDAY-FRIDAY

- **Stretch**
- **Arm Circles**
- **PowerBand Exercises**

Visit the Powernet YouTube channel to view the exercises below with the PowerNet Pros

VIDEO
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OUTS



BEGINNER

1 SET X 10 REPS



INTERMEDIATE

1 SET X 10 REPS



ADVANCED

1 SET X 10 REPS

1. Overhead Pull-Down
2. Side Stretch
3. Forward Flies
4. Reverse Flies

5. Standing Y's
6. Standing A's
7. Internal Rotation
8. External Rotation

9. Elevated Internal Rotation
10. Elevated External Rotation
11. Reverse Throwing
12. Forward Throwing

BEGINNER | INTERMEDIATE | ADVANCED | WEEK 1-2

PLYO BALLS : MONDAY-FRIDAY



BEGINNER

1 SET X 10 REPS



INTERMEDIATE

1 SET X 10 REPS



ADVANCED

1 SET X 10 REPS

1. Reverse Throws
2. Opposite Foot Throws

Having a plan and working hard is the foundation for success, not in just this program but in life.

COACHES TIP: Throw the *Plyo Balls* into a concrete wall, chain-link fence, open field or a PowerNet.

BEGINNER | INTERMEDIATE | ADVANCED | WEEK 1-2

YOUTH POWER WEIGHTED BASEBALL PROGRAM: MONDAY-FRIDAY



BEGINNER

THROW FULL SET PER DRILL 1X



INTERMEDIATE

THROW FULL SET PER DRILL 1X



ADVANCED

THROW FULL SET PER DRILL 1X

Note: Throw heaviest to lightest as shown in the images above.

Week 1	Week 2
1. One Knee Drill	1. One Knee Drill
2. Reverse Throw Drill	2. Reverse Throw Drill
3. Base Drill	3. Base Drill
4. Triple Hop Drill at 50%	4. Walk Thru Drill
5. Triple Hop Drill at 75%	5. Triple Hop Drill at 50%
	6. Triple Hop Drill at 75%

BEGINNER | INTERMEDIATE | ADVANCED | WEEK 1-2

LONG TOSS: MONDAY | WEDNESDAY | FRIDAY



BEGINNER

75% EXERTION | MAX 45 FT.



INTERMEDIATE

75% EXERTION | MAX 75 FT.



ADVANCED

75% EXERTION | MAX 90 FT.

• **Start:**

1. At a comfortable distance from your partner throw the *Weighted Baseball* (Refer to image for your weight) with a nice loose arm action. As you throw, take steps back until you reach your max footage listed for your level (e.g. 45 ft. | 75 ft. | 90 ft.).

Note: Working back maintain a nice loose arm action creating an arc on each throw. Shuffle your feet.

2. When you pass your max footage point switch to a regular baseball. Continue to move backward until you reach your personal max throwing distance.

Note: You have reached your max throwing distance at this point. Work through the

• **PULL-DOWN PHASE:** Pull-Down Phase with a regular baseball.

1. Now work toward your partner. Each throw starts to create a line with less arc. **Do not get closer than 45 ft. for BEGINNER and 60 ft. for INTERMEDIATE | ADVANCED to your partner.**

COOL DOWN

- Repeat *PowerBand* exercises 1-10 from Warm-Up on pg.3
- Stretch

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Visit our YouTube channel to view these and other exercises for the PowerBands.

RECAP FOR WEEKS 1-2:

After the first two weeks you have established a routine and built the foundation to the 8-week throwing program. You should now be getting comfortable with the proper form for the drills and understanding how to play long toss. The sets, reps, and intensity of each throw will be increasing throughout the next weeks.

BEGINNER | INTERMEDIATE | ADVANCED | WEEK 3-4

WARM-UP : MONDAY-FRIDAY

- **Stretch**
- **Arm Circles**
- **PowerBand Exercises**

Visit the Powernet YouTube channel to view the exercises below with the PowerNet Pros

VIDEO
WORK
OUTS



BEGINNER

1 SET X 10 REPS



INTERMEDIATE

1 SET X 15 REPS



ADVANCED

1 SET X 15 REPS

1. Overhead Pull-Down
2. Side Stretch
3. Forward Flies
4. Reverse Flies

5. Standing Y's
6. Standing A's
7. Internal Rotation
8. External Rotation

9. Elevated Internal Rotation
10. Elevated External Rotation
11. Reverse Throwing
12. Forward Throwing

BEGINNER | INTERMEDIATE | ADVANCED | WEEK 3-4

PLYO BALLS : MONDAY-FRIDAY



BEGINNER

DRILL #1 #2

2 SETS X 10 REPS

DRILL #3

1 SET X 10 REPS



INTERMEDIATE

DRILL #1 #2

2 SETS X 10 REPS

DRILL #3

1 SET X 10 REPS



ADVANCED

DRILL #1 #2

2 SETS X 10 REPS

DRILL #3

1 SET X 10 REPS

1. Reverse Throws

2. Opposite Foot Throws

3. Walk Thru

You have the commitment to start but be sure to keep the drive to see it through. Finish what you started.

COACHES TIP: All Plyo Ball throws should hit the net or wall at head height.

BEGINNER | INTERMEDIATE | ADVANCED | WEEK 3-4

YOUTH POWER WEIGHTED BASEBALL PROGRAM: MONDAY-FRIDAY



BEGINNER

DRILL #1-4

THROW FULL SET PER DRILL 2X

DRILL #5 #6

THROW FULL SET PER DRILL 1X



INTERMEDIATE

DRILL #1-4

THROW FULL SET PER DRILL 2X

DRILL #5 #6

THROW FULL SET PER DRILL 1X



ADVANCED

DRILL #1-4

THROW FULL SET PER DRILL 2X

DRILL #5 #6

THROW FULL SET PER DRILL 1X

Note: Throw heaviest to lightest as shown in the images above.

Week 3		Week 4	
1. One Knee Drill	4. Step Back Drill	1. One Knee Drill	4. Walk Thru Drill
2. Base Drill	5. Triple Hop Drill	2. Mud Drill	5. Step Behind at 50%
3. Walk Thru Drill		3. Base Drill	6. Step Behind at 75%

BEGINNER | INTERMEDIATE | ADVANCED | WEEK 3-4

LONG TOSS: MONDAY | WEDNESDAY | FRIDAY



BEGINNER

75% EXERTION | MAX 45 FT.



INTERMEDIATE

75% EXERTION | MAX 75 FT.



ADVANCED

75% EXERTION | MAX 90 FT.

• **Start:** **Note:** You will repeat the same **Long Toss Routine** for the first 4 weeks.

1. At a comfortable distance from your partner throw the **Weighted Baseball** (Refer to image for your weight) with a nice loose arm action. As you throw, take steps back until you reach your max footage listed for your level (e.g. 45 ft. | 75 ft. | 90 ft.).

Note: Working back maintain a nice loose arm action creating an arc on each throw. Shuffle your feet.

2. When you pass your max footage point switch to a regular baseball. Continue to move backward until you reach your personal max throwing distance.

Note: You have reached your max throwing distance at this point. Work through the

• **PULL-DOWN PHASE:** Pull-Down Phase with a regular baseball.

1. Now work toward your partner. Each throw starts to create a line with less arc. **Do not get closer than 45 ft. for BEGINNER** and 60 ft. for **INTERMEDIATE | ADVANCED** to your partner.

COOL DOWN

- Repeat *PowerBand* exercises 1-10 from Warm-Up on pg.8
- Stretch

YOU MADE IT THIS FAR...



CONGRATULATIONS!
YOU HAVE NOW COMPLETED
WEEK 4

4-Weeks of:



Daily Warm-Ups



Plyo Ball Workouts



Weighted Baseball Training



Long Toss

ONLY ONE BOX LEFT TO CHECK...



PowerNet Challenge

**PUT THESE ON.
GET FREE GEAR!**



www.TrainingNets.com/PowerNet-Challenge

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Visit our YouTube channel to view these and other exercises for the PowerBands.

RECAP FOR WEEKS 3-4:

You are half-way through the program and some of you will be feeling tired (that is totally normal). We will now be increasing reps and weights with our Powerbands and Plyo Balls. In the upcoming weeks you will start to see and feel your arm getting stronger.

BEGINNER | INTERMEDIATE | ADVANCED | WEEK 5-6

WARM-UP : MONDAY-FRIDAY

- **Stretch**
- **Arm Circles**
- **PowerBand Exercises**

Visit the PowerNet YouTube channel to view the exercises below with the PowerNet Pros

VIDEO
WORK
OUTS



BEGINNER

1 SET X 20 REPS



INTERMEDIATE

1 SET X 20 REPS



ADVANCED

1 SET X 20 REPS

1. Overhead Pull-Down
2. Side Stretch
3. Forward Flies
4. Reverse Flies

5. Standing Y's
6. Standing A's
7. Internal Rotation
8. External Rotation

9. Elevated Internal Rotation
10. Elevated External Rotation
11. Reverse Throwing
12. Forward Throwing

BEGINNER | INTERMEDIATE | ADVANCED | WEEK 5-6

PLYO BALLS : MONDAY-FRIDAY



BEGINNER

DRILL #1	3 SETS X 10 REPS
DRILL #2	2 SETS X 10 REPS
DRILL #3	1 SET X 10 REPS
DRILL #4	1 SET X 10 REPS



INTERMEDIATE

DRILL #1	3 SETS X 10 REPS
DRILL #2	2 SETS X 10 REPS
DRILL #3	1 SET X 10 REPS
DRILL #4	1 SET X 10 REPS



ADVANCED

DRILL #1	3 SETS X 10 REPS
DRILL #2	2 SETS X 10 REPS
DRILL #3	1 SET X 10 REPS
DRILL #4	1 SET X 10 REPS

1. Reverse Throws
2. Opposite Foot Throws
3. Base Drill
4. Walk Thru

What the mind can see and believe, the body will achieve.

COACHES TIP: *Plyo Ball* drills help improve and establish a better arm path.

BEGINNER | INTERMEDIATE | ADVANCED | WEEK 5-6

YOUTH POWER WEIGHTED BASEBALL PROGRAM: MONDAY-FRIDAY



BEGINNER

THROW FULL SET PER DRILL 2X



INTERMEDIATE

THROW FULL SET PER DRILL 2X



ADVANCED

THROW FULL SET PER DRILL 2X

Note: Throw heaviest to lightest as shown in the images above.

Week 5		Week 6	
1. One Knee Drill	4. Walk Thru Drill	1. One Knee Drill	4. Step Back Drill
2. Mud Drill	5. Triple Hop Drill	2. Mud Drill	5. Triple Hop Drill
3. Base Drill	6. Step Behind Drill	3. Base Drill	6. Step Behind Drill

BEGINNER | INTERMEDIATE | ADVANCED | WEEK 5-6

LONG TOSS: MONDAY | WEDNESDAY | FRIDAY



BEGINNER

75% EXERTION | MAX 45 FT.



INTERMEDIATE

75% EXERTION | MAX 75 FT.



ADVANCED

75% EXERTION | MAX 90 FT.

• **Start:** *Note:* Same Long Toss Routine but with new weights!

1. At a comfortable distance from your partner throw the **Weighted Baseball** (Refer to image for your weight) with a nice loose arm action. As you throw, take steps back until you reach your max footage listed for your level (e.g. 45 ft. | 75 ft. | 90 ft.).

Note: Working back maintain a nice loose arm action creating an arc on each throw. Shuffle your feet.

2. When you pass your max footage point switch to a regular baseball. Continue to move backward until you reach your personal max throwing distance.

Note: You have reached your max throwing distance at this point. Work through the

• **PULL-DOWN PHASE:** Pull-Down Phase with a regular baseball.

1. Now work toward your partner. Each throw starts to create a line with less arc. **Do not get closer than 45 ft. for BEGINNER** and 60 ft. for **INTERMEDIATE | ADVANCED** to your partner.

COOL DOWN

- Repeat *PowerBand* exercises 1-10 from Warm-Up on pg.14
- Stretch

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Visit our YouTube channel to view these and other exercises for the PowerBands.

Recap for weeks 5-6:

Your arm should now feel stronger with a built up endurance and strength increase throughout your long toss and pulldown phase. With two weeks left weights are not going to be changing but you will be adding additional sets.

BEGINNER | INTERMEDIATE | ADVANCED | WEEK 7-8

WARM-UP : MONDAY-FRIDAY

- **Stretch**
- **Arm Circles**
- **PowerBand Exercises**

Visit the PowerNet YouTube channel to view the exercises below with the PowerNet Pros

VIDEO
WORK
OUTS



BEGINNER

1 SET X 20 REPS



INTERMEDIATE

1 SET X 20 REPS



ADVANCED

1 SET X 20 REPS

1. Overhead Pull-Down
2. Side Stretch
3. Forward Flies
4. Reverse Flies

5. Standing Y's
6. Standing A's
7. Internal Rotation
8. External Rotation

9. Elevated Internal Rotation
10. Elevated External Rotation
11. Reverse Throwing
12. Forward Throwing

BEGINNER | INTERMEDIATE | ADVANCED | WEEK 7-8

PLYO BALLS : MONDAY-FRIDAY



BEGINNER

DRILL #1	3 SETS X 10 REPS
DRILL #2	2 SETS X 10 REPS
DRILL #3	2 SETS X 10 REPS
DRILL #4	2 SETS X 10 REPS



INTERMEDIATE

DRILL #1	3 SETS X 10 REPS
DRILL #2	2 SETS X 10 REPS
DRILL #3	2 SETS X 10 REPS
DRILL #4	2 SETS X 10 REPS



ADVANCED

DRILL #1	3 SETS X 10 REPS
DRILL #2	2 SETS X 10 REPS
DRILL #3	2 SETS X 10 REPS
DRILL #4	2 SETS X 10 REPS

1. Reverse Throws
2. Opposite Foot Throws
3. Base Drill
4. Walk Thru

Without self-discipline, success is impossible. Congratulations on finishing strong, you out worked and now it's time to out play!

COACHES TIP: For each drill make sure you take your time. Don't rush through it and ruin your form.

BEGINNER | INTERMEDIATE | ADVANCED | WEEK 7-8

YOUTH POWER WEIGHTED BASEBALL PROGRAM: MONDAY-FRIDAY



BEGINNER

THROW FULL SET PER DRILL 3X



INTERMEDIATE

THROW FULL SET PER DRILL 3X



ADVANCED

THROW FULL SET PER DRILL 3X

Note: Throw heaviest to lightest as shown in the images above.

Week 7		Week 8	
1. One Knee Drill	4. Walk Thru Drill	1. One Knee Drill	4. Step Back Drill
2. Mud Drill	5. Triple Hop Drill	2. Mud Drill	5. Triple Hop Drill
3. Base Drill	6. Step Behind Drill	3. Base Drill	6. Step Behind Drill

BEGINNER | INTERMEDIATE | ADVANCED | WEEK 7-8

LONG TOSS: MONDAY | WEDNESDAY | FRIDAY



BEGINNER

75% EXERTION | MAX 45 FT.



INTERMEDIATE

75% EXERTION | MAX 75 FT.



ADVANCED

75% EXERTION | MAX 90 FT.

• **Start:** *Note:* Same Long Toss Routine but with new weights!

1. At a comfortable distance from your partner *Note:* Working back throw the Weighted Baseball (Refer to image for your weight) with a nice loose arm action. As you throw, take steps back until you reach your max footage listed for your level (e.g. 45 ft. | 75 ft. | 90 ft.).

Note: Working back maintain a nice loose arm action creating an arc on each throw. Shuffle your feet.

2. When you pass your max footage point switch to a regular baseball. Continue to move backward until you reach your personal max throwing distance.

Note: You have reached your max throwing distance at this point. Work through the Pull-

• **PULL-DOWN PHASE:** Down Phase with a regular baseball.

1. Now work toward your partner. Each throw starts to create a line with less arc. **Do not get closer than 45 ft. for BEGINNER and 60 ft. for INTERMEDIATE | ADVANCED to your partner.**

COOL DOWN

- Repeat *PowerBand* exercises 1-10 from Warm-Up on pg.19
- Stretch



Our Vision

Building confidence through sports is a far-reaching achievement that takes time and repetition.

Winners aren't built overnight. We believe the people who challenge themselves and others to create strong habits to excel in sports walk away with something even greater than the game: pride, confidence and self-respect. This places them in a position to experience sustained success in all areas. Our dedication to providing quality equipment at affordable prices has never wavered. Our commitment to getting our gear in the hands of the player continues to be our driving force. Our hope is to play a role in building winners not only in sports, but in life as well. We trust in the process of training and hard work on and off the field.

Thank you for choosing Powernet Inc.

***Out Work!
Out Play!***