

# POWERNET®



## Workout Guide Included

In this 8-Week All-In-One Throwing Program you will utilize our *PowerBands*, *Plyo Balls* and *Weighted Baseballs*. Over the next 8-weeks you will form a foundation that can result in increased arm strength and overall arm care. There are multiple drills molded into one workout to help you reach your training goals.

### 1160-1

ALL-IN-ONE ARM CARE BUNDLE

## ALL-IN-ONE THROWING PROGRAM

VIDEO  
WORK  
OUTS



## TABLE OF CONTENTS

Quick Tips .....	2
WEEK 1-2 WARM-UP .....	3
WEEK 1-2 PLYO BALL DRILL.....	4
WEEK 1-2 WEIGHTED BASEBALL DRILLS.....	5
WEEK 1-2 LONG TOSS & COOL DOWN.....	6



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. Weeks 3-8 vary for the daily Weighted Baseball sets. Pay close attention to the days, sets and reps to complete the proper routine.
4. Rest days are crucial. Take Saturday and Sunday 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.

## WEEK 1-2

WARM-UP : MONDAY-FRIDAY

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

**1 SET X 20 REPS**

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

VIDEO  
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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

# WEEK 1-2

**PLYO BALLS : MONDAY-FRIDAY**

## 1. Reverse Throws

**2 SETS X 10 REPS**



## 2. Opposite Foot Throws

**2 SETS X 10 REPS**



**RECOMMENDATION:** Don't chase your balls, use the 7x7 Training Net as a catcher.



*Having a plan and working hard is the foundation for success, not only in this program but in life as well.*

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

# WEEK 1-2

YOUTH POWER WEIGHTED BASEBALL PROGRAM: MONDAY-FRIDAY

**THROW FULL SET PER DRILL 1X**



**Note:** *Throw heaviest to lightest.*

<b>Week 1</b>	<b>Week 2</b>
1. One Knee Drill      4. Walk Thru Drill	1. One Knee Drill      4. Walk Thru Drill
2. Reverse Throw Drill	2. Reverse Throw Drill      5. Triple Hop Drill at 75%
3. Base Drill	3. Base Drill

## WEEK 1-2

LONG TOSS: MONDAY | WEDNESDAY | FRIDAY



75% EXERTION | MAX 90 FT.

### • **Start:**

1. At a comfortable distance from your partner, throw the 8 oz. Weighted Baseball with nice loose arm action. As you throw, take steps back until you reach approximately 90 ft.

**Note:** Work back maintaining a nice loose arm action creating an arc on each throw. Shuffle your feet.

2. When you pass the max footage of 90 ft. 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. Continue to work through the Pull-Down Phase with a regular baseball.

### • **PULL-DOWN PHASE:**

1. Now work toward your partner. Each throw should start to create a line with less arc. **Do not get closer than 60 ft. to your partner.**

#### COOL DOWN

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

## TABLE OF CONTENTS

WEEK 3-4 WARM-UP ..... 8

WEEK 3-4 PLYO BALL DRILL..... 9

WEEK 3-4 WEIGHTED BASEBALL DRILL..... 10

WEEK 3-4 LONG TOSS & COOL DOWN..... 11

### *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 following weeks.



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



## 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



**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

# WEEK 3-4

## PLYO BALLS : MONDAY-FRIDAY

### I. Reverse Throws

2 SETS X 10 REPS



2 SETS X 10 REPS



### 2. Opposite Foot Throws

2 SETS X 10 REPS



2 SETS X 10 REPS

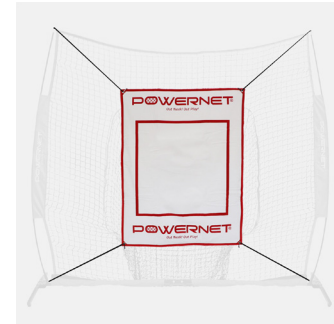


### 3. Walk Thru

1 SET X 10 REPS



**RECOMMENDATION:** Throw into the PowerNet Power Pad. Similar to the sound of a catcher's glove, the heavy-duty canvas pad and high-density foam material creates a "pop" on impact.



*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.**

# WEEK 3-4

## YOUTH POWER WEIGHTED BASEBALL PROGRAM: MONDAY-FRIDAY

**Mon, Wed, Fri**

**THROW FULL SET PER DRILL 1X**

**Tues, Thurs**

**THROW FULL SET PER DRILL 2X**



**Note:** *Throw heaviest to lightest.*

<b>Week 3</b>	<b>Week 4</b>
1. One Knee Drill	1. One Knee Drill
2. Base Drill	2. Mud Drill
3. Walk Thru Drill	3. Base Drill
4. Step Back Drill	4. Walk Thru Drill
5. Triple Hop Drill	5. Step Behind at 75%

## WEEK 3-4

LONG TOSS: MONDAY | WEDNESDAY | FRIDAY



75% EXERTION | MAX 90 FT.

### • **Start:**

1. At a comfortable distance from your partner throw the 10 oz. *Weighted Baseball* with nice loose arm action. As you throw, take steps back until you reach approximately 90 ft. **Note:** *Work back maintaining a nice loose arm action creating an arc on each throw. Shuffle your feet.*

2. When you pass the max footage of 90 ft. 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. Continue to work through the **Pull-Down** Phase with a regular baseball.*

### • **PULL-DOWN PHASE:**

1. Now work toward your partner. Each throw starts to create a line with less arc. **Do not get closer than 60 ft. to your partner.**

#### COOL DOWN

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

**YOU'VE 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](http://www.TrainingNets.com/PowerNet-Challenge)

## TABLE OF CONTENTS

<b>WEEK 5-6 WARM-UP .....</b>	<b>14</b>
<b>WEEK 5-6 PLYO BALL DRILL.....</b>	<b>15</b>
<b>WEEK 5-6 WEIGHTED BASEBALL DRILL.....</b>	<b>16</b>
<b>WEEK 5-6 LONG TOSS &amp; COOL DOWN.....</b>	<b>17</b>



**DOOR**

### *RECAP FOR WEEKS 3-4:*

You are half-way through the program and you might 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.



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

## 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



**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

# WEEK 5-6

## PLYO BALLS : MONDAY-FRIDAY

### 1. Reverse Throws

2 SETS X 10 REPS



2 SETS X 10 REPS



### 2. Opposite Foot Throws

2 SETS X 10 REPS



2 SETS X 10 REPS



### 3. Walk Thru

1 SET X 10 REPS



### 4. Base Drill

1 SET X 5 REPS



1 SET X 5 REPS



1 SET X 10 REPS



**RECOMMENDATION:** Don't break your back, use a PowerNet Bucket Caddy!



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

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



# WEEK 5-6

## YOUTH POWER WEIGHTED BASEBALL PROGRAM: MONDAY-FRIDAY

**Mon, Wed, Fri**

**THROW FULL SET PER DRILL 1X**

**Tues, Thurs**

**THROW FULL SET PER DRILL 2X**



**Note:** Throw heaviest to lightest.

<b>Week 5</b>		<b>Week 6</b>	
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

# WEEK 5-6

LONG TOSS: MONDAY | WEDNESDAY | FRIDAY



75% EXERTION | MAX 90 FT.

## • **Start:**

1. At a comfortable distance from your partner throw the 8 oz. *Weighted Baseball* with nice loose arm action. As you throw, take steps back until you reach approximately 90 ft.

**Note:** *Work back maintaining a nice loose arm action creating an arc on each throw. Shuffle your feet.*

2. When you pass the max footage of 90 ft. 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. Continue to work through the **Pull-Down** Phase with a regular baseball.*

## • **PULL-DOWN PHASE:**

1. Now work toward your partner. Each throw starts to create a line with less arc. **Do not get closer than 60 ft. to your partner.**

### COOL DOWN

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

## TABLE OF CONTENTS

<b>WEEK 7-8 WARM-UP</b> .....	19
<b>WEEK 7-8 PLYO BALL DRILL</b> .....	20
<b>WEEK 7-8 WEIGHTED BASEBALL DRILL</b> .....	21
<b>WEEK 7-8 LONG TOSS &amp; COOL DOWN</b> .....	22

### *Recap for weeks 5-6:*

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



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

## WEEK 7-8

WARM-UP: MONDAY-FRIDAY

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

**1 SET X 20 REPS**

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

VIDEO  
WORK  
OUTS



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

# WEEK 7-8

## PLYO BALLS : MONDAY-FRIDAY

### 1. Reverse Throws

1 SET X 10 REPS



1 SET X 10 REPS



### 2. Opposite Foot Throws

1 SET X 10 REPS



1 SET X 10 REPS



### 3. Walk Thru

1 SET X 10 REPS



1 SET X 10 REPS



**RECOMMENDATION:** PowerNet Pitch Perfect Targets are a great way to practice your aim. Set them up on a fence or net.



### 4. Base Drill

2 SETS X 5 REPS



2 SETS X 5 REPS



1 SETS X 5 REPS



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

**COACHES TIP:** Take your time on each drill. Don't rush through it and ruin your form.

# WEEK 7-8

YOUTH POWER WEIGHTED BASEBALL PROGRAM: MONDAY-FRIDAY

**Mon, Wed, Fri**

THROW FULL SET PER DRILL 1X

**Tues, Thurs**

THROW FULL SET PER DRILL 3X



**Note:** Throw heaviest to lightest.

<b>Week 7</b>		<b>Week 8</b>	
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

## WEEK 7-8

LONG TOSS: MONDAY | WEDNESDAY | FRIDAY



75% EXERTION | MAX 90 FT.

### • **Start:**

1. At a comfortable distance from your partner throw the 8 oz. Weighted Baseball with nice loose arm action. As you throw, take steps back until you reach approximately 90 ft.

**Note:** Work back maintaining a nice loose arm action creating an arc on each throw. Shuffle your feet.

2. When you pass the max footage of 90 ft. 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. Continue to work through the **Pull-Down** Phase with a regular baseball.

### • **PULL-DOWN PHASE:**

1. Now work toward your partner. Each throw starts to create a line with less arc. **Do not get closer than 60 ft. 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!***