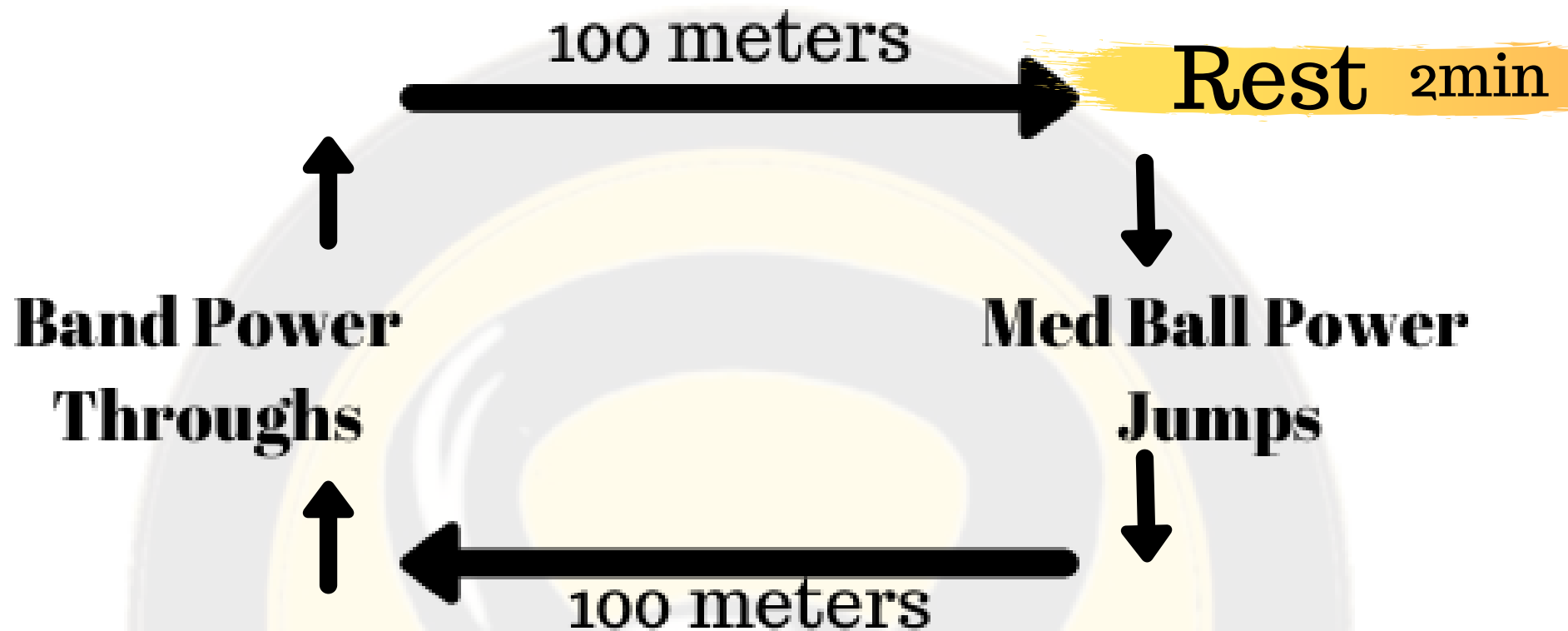


# STANDING POWER THROW WORKOUT #1



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- MED BALL POWER JUMPS X 12 REPS
- RUN 100 METERS
- BAND POWER THROUGHS X 16+ REPS
- RUN 100 METERS

2 MIN REST PERIODS

**REPEAT 2-3 TIMES**